

# MARCH 2025 NEWSLETTER



**Y4D FOUNDATION**  
Empowering the Underprivileged



## MARCH 2025

Y4D Foundation is a non-profit organization based on the idea of empowering the underprivileged. We aim to bring societal change through our interventions in areas of education, livelihood, healthcare, & environment. With an ambition to enable equal opportunities for all, Y4D undertakes numerous initiatives which are supported by our corporate partners and other stakeholders.

### EDUCATION

#### **Empowering Young Minds: Celebrating Women's Achievement & Education**

As a part of Project ImpAct, supported by ALTIMETRIK Ltd., Y4D Foundation celebrated Women's Day at New English School, Hinjewadi, and Abasaheb Atre Din Prashala, High School, and Junior College. The events brought together students and teachers to honor the contributions of inspiring women.

Students at New English School and Abasaheb Atre Din Prashala celebrated Women's Day by honoring iconic women, delivering inspiring speeches on women's achievements, and emphasizing the importance of education. At Abasaheb Atre Din Prashala, students from grades 5<sup>th</sup> to 9<sup>th</sup> delivered inspiring speeches on women's contributions and the role of women in shaping families and communities. The celebration ended with heartfelt tributes from teachers and a surprise birthday gift for a student, making the event even more special.



### EDUCATION

#### **From Chalkboards to Smart Boards: A New Era of Learning Begins**

Y4D Foundation, in partnership with Quest Global, under the initiative chalkboard to smartboard is transforming classrooms at SAMPARC Lily English Medium School & Jr. College, Malavali, Pune. With the installation of two smart boards, 580+ students from Grades 5<sup>th</sup> to 12<sup>th</sup> now have access to interactive and modern learning tools. The inauguration was led by Mr. Gopish Pillai (Global Delivery Leader in Hi-Tech Vertical) and a passionate team of Quest Global employees. The event was filled with engaging activities, including career guidance sessions, hands-on capacity-building exercises, and employee interactions that motivated students to dream big.



To ensure long-term impact, teacher training sessions are planned for the last week of March, equipping educators with the skills to maximize digital learning. This initiative is a step towards equipping young minds with the skills and opportunities they need for a brighter future.



## EDUCATION

### Empowering Young Minds: Managing Stress & Boosting Focus



Y4D Foundation, in partnership with Symbiosis Institute of Health Sciences (SIHS), Pune, conducted engaging sessions on stress management and study techniques for 8<sup>th</sup> and 9<sup>th</sup>-grade students at Rasta Peth Education Society and New English School & Jr. College, Hinjewadi.

Led by SIHS B.Sc. Behavioral Health Sciences interns, the sessions helped students understand stress, anxiety, and effective study habits. Through interactive discussions and real-life scenarios, they learned the difference between healthy (eustress) and overwhelming stress (distress), along with practical coping strategies.

The workshop also highlighted the importance of time management and balancing academics with extracurricular activities. By the end of the session, students felt more confident and prepared to handle academic challenges with a positive mindset.



## LIVELIHOOD

### Empowering Women with Hygiene and Livelihood Initiatives in Gujarat

Y4D Foundation, in partnership with HCCB, is making a positive impact in Vasnakhurd, Gujarat, by equipping women with the resources and knowledge they need to improve their lives. The initiative brought together over 100 women and 30 HCCB volunteers to address critical hygiene issues while promoting community well-being.

During field visits, the Y4D team discovered a pressing issue—limited access to hygiene resources was impacting women's health. Recognizing this need, Y4D and HCCB joined forces to raise awareness and provide practical solutions. The event featured insightful discussions, where HCCB representatives applauded Y4D's efforts in identifying and addressing these gaps.

As a hands-on step toward better health, women received wash kits with essential hygiene supplies. More than just a distribution drive, this initiative reinforced the importance of personal hygiene, ensuring long-term well-being for the community.





## LIVELIHOOD

### Strengthening SHG's : Papad-Making Initiative in Odisha

In celebration of International Women's Day, Y4D Foundation laid initiatives to empower 35+ women in Kumarbasta village, by providing them with skills and resources to achieve financial independence.

As part of the initiative, a papad-making machine was donated to the Mahamai Self-Help Group, enabling the women to start their own small businesses. Under the guidance of HCCB representative, a special session was held focusing on confidence-building, entrepreneurship, and market expansion. The session covered various topics such as production techniques, hygiene practices, and sales strategies, equipping the women with the knowledge to grow their businesses successfully.



This initiative is just one of the many ways Y4D Foundation is committed to supporting women in creating a self-sufficient and sustainable future.



## LIVELIHOOD

### Celebrating Women's Strength and Opportunities in Pirangut



In a heartfelt Women's Day celebration, Y4D Foundation, in collaboration with HCCB, brought together 65 women in Pirangut to honor their contributions and explore new paths to empowerment. The event was filled with inspiring speeches, engaging activities, and a strong sense of unity, reinforcing the commitment to supporting women's growth.

Sonali Kale, HR Manager, emphasized the importance of self-reliance, encouraging women to take charge of both their personal and professional development. Her words deeply resonated with Rekha, a single mother seeking stable employment, who found new opportunities by connecting with HR professionals at the event. Adding joy to the celebration, a lively musical chairs competition brought laughter and excitement, with two winners receiving prizes as a symbol of participation and resilience.

The event highlighted the power of community and support in uplifting women. By promoting self-sufficiency and engagement, the event became a stepping stone toward a stronger, more empowered future for the women of Pirangut.



## LIVELIHOOD

### Women Leaders Unite to Drive Change and Empower Communities in Ratnagiri

In an impactful Women's Day celebration, Y4D Foundation and HCCB brought together 127+ women in Boraj village (Ratnagiri), including Sarpanchs from nine villages, SHG Presidents, and CRP Leaders. The event aimed to inspire leadership, empowerment, and solidarity among women. The women shared their struggles and aspirations, highlighting the importance of support and guidance in overcoming the challenges they face.

An interactive session encouraged open discussions, where Meena Patil, an SHG leader, shared her journey of starting a small business despite obstacles. Her story inspired many to pursue their dreams with confidence. The celebration also included engaging games, creating a joyful atmosphere of connection and encouragement. With the support of local leaders, the event reinforced the power of unity, reminding every woman that change begins with confidence and collective strength.



## LIVELIHOOD

### Hands4Change: Empowering Women and Girls in Wada, Maharashtra

In a remarkable Women's Day celebration under the theme Hands4Change, 60 women and 40 young girls gathered in Khupari Village to share their aspirations and challenges. Supported by HCCB, the event fostered a spirit of empowerment and community-driven change.



One of the most touching moments came from Aarti, a 16-year-old student who dreams of becoming a teacher but faces family resistance due to traditional beliefs. Inspired by the discussions, she bravely shared her ambition for the first time, receiving encouragement and guidance from mentors.

This moment captured the true essence of Hands4Change—breaking barriers and building confidence. Women shared their inspiring journeys of overcoming challenges, motivating others to pursue their dreams. The event fostered unity and empowerment, leaving a lasting impact.



## LIVELIHOOD

### **Hands4Change: Strength, Support, and a New Path for Women in Pilukhedi**

In Pilukhedi (MP), women from all walks of life came together to celebrate Women's Day, not just as an event, but as a movement for empowerment and change. With over 60 participants—doctors, teachers, social workers, and community leaders—the gathering became a powerful space for learning, sharing, and inspiring action. The day began with a symbolic lamp-lighting ceremony, setting a hopeful tone. Ms. Anita, a social worker, shared her inspiring journey of helping domestic abuse survivors, reminding everyone that change starts with courage and community support.

The event also featured a hands-on WASH (Water, Sanitation, and Hygiene) session, where women discussed common health challenges and learned simple hygiene practices to improve their families' well-being. Women left not just with knowledge but with a renewed sense of strength, unity, and determination to create a better future for themselves and their communities.



## LIVELIHOOD

### **Empowering Women Through Digital Literacy in Palakkad, Kerala**

In Perumatty village, Palakkad, district of Kerala state, a special Women's Day celebration brought together Self-Help Group (SHG) leaders and members to discuss empowerment and financial independence. Organized by Y4D Foundation and HCCB, the event focused on equipping women with essential skills for today's world.

Latha, an SHG leader, shared how digital payment systems helped her overcome financial struggles and grow her small business, inspiring many in the audience. Another powerful story came from Radha, a mother of two, who once feared online banking but now confidently manages her household budget and helps other women embrace digital transactions.



Through real-life stories and shared experiences, the event reinforced the power of knowledge and support in transforming lives. By promoting digital and financial literacy, Y4D continues to uplift women, helping them build stronger, self-reliant communities.



## LIVELIHOOD

### Inspiring Women to Lead and Thrive in Siddipet, Telangana



Y4D Foundation, in partnership with HCCB, organized a heartfelt Women's Day celebration at Kothur Anganwadi, bringing together 28+ women and senior healthcare professionals to promote empowerment and well-being.

The event was filled with inspiring stories, including Shanti's journey—a young mother breaking societal barriers to pursue nursing. Her determination resonated deeply, reminding everyone of the power of resilience and support.

Senior nurses shared valuable insights on maternal health, child nutrition, and self-care, encouraging women to become advocates for health in their families and communities. The celebration reinforced the importance of knowledge and unity in building a brighter future for all.



## LIVELIHOOD

### Empowering Women Entrepreneurs in Sangareddy, Telangana

Y4D Foundation, in collaboration with HCCB, hosted a Women's Day celebration and 'Women Empowerment' session in Sangareddy, Telangana, bringing together Self-Help Group (SHG) leaders to discuss leadership, entrepreneurship, and financial independence.

During the session, women shared the challenges they face, such as limited access to financial resources and digital illiteracy, which often hinder business growth. Renu, a mother of three, shared her inspiring journey of overcoming financial struggles through her tailoring business, emphasizing the need for better financial training and resources.

Chief Guest TMC Srinivas encouraged women to work with local authorities and NGOs to overcome these challenges. The event concluded with an interactive workshop on confidence and decision-making, inspiring women to take charge of their futures and create lasting change in their communities.





## LIVELIHOOD

### Empowering Women Through Financial and Digital Literacy in Verna, Goa

A financial & digital literacy session held in Dongurli, Thane village, Verna, Goa, helped Self-Help Group (SHG) members gain essential skills to manage their finances independently. The training covered financial security, safety measures & government schemes, equipping women with practical knowledge for everyday financial decisions. Women shared challenges like lack of documentation and digital banking struggles. Trainers guided them through online banking, UPI, and secure payments, boosting their confidence.



The session also emphasized the importance of saving, planning, and making informed financial choices. Through interactive Q&A discussions, women clarified their doubts and learned strategies to secure their earnings, driving them towards greater financial independence and confidence.



## LIVELIHOOD

### A Step Towards Change: Women's Day Sparks Inspiration in Guntur (AP)

Y4D Foundation celebrated International Women's Day at Chinnavadlapudi Community Hall with a powerful gathering of women and young girls, celebrating strength, ambition, and the power of knowledge. The event focused on unlocking career opportunities, developing skills, and turning aspirations into reality. Inspiring speeches highlighted the invaluable role of women in shaping society. An Anganwadi teacher led a session on hygiene and well-being, showing how small daily practices can lead to a healthier community.

One of the most inspiring moments came when a group of young girls courageously shared their dreams of pursuing higher education, despite financial and social barriers. Their determination sparked meaningful discussions on scholarships and vocational training, igniting hope and motivation among all attendees.





## LIVELIHOOD

### Inspiring Young Minds: Women's Day Celebration at Govt. MPPS School (TS)

Y4D and HCCB jointly celebrated International Women's Day with school children at Govt. MPPS School, Kasala (Telangana), creating a day filled with learning, motivation, and aspirations. HCCB representative joined the event, engaging with students on career opportunities, skill development, and the power of education in shaping their futures.

The celebration began with a cultural performance by schoolgirls, showcasing their confidence and creativity. Their enthusiasm set the stage for an inspiring discussion on dreams and possibilities. A key moment came when a young girl shared her dream of becoming an engineer despite facing financial struggles. Her determination sparked meaningful conversations about scholarships and skill-building programs,

encouraging students to believe in their potential and pursue their ambitions. The event left students feeling motivated, hopeful, and ready to chase their dreams.



## LIVELIHOOD

### Project SHINE Brings New Opportunities for Women in Dabolim, Goa

Y4D Foundation in partnership with Hindustan Coca-Cola Beverages (HCCB), launched Project SHINE to empower rural women through skill training and livelihood support. As part of the initiative, 50 sewing machines, 15 solar lights, a solar panel, and an RO water filter were provided to Self-Help Groups (SHGs) in Dabolim, Goa.



In addition to providing resources, Y4D Foundation is conducting training sessions to help women gain financial independence. The launch event was attended by dignitaries, including Mr. Himanshu Priyadarshi (HCCB), Mr. Mauvin Godinho (Minister for Transport, Goa), and other key officials.

Through Project SHINE, women are being equipped with the skills and tools needed to build a better future for themselves and their communities.



## HEALTHCARE

### Celebrating Women's Strength and Well-Being in Karnataka

Y4D Foundation and HCCB celebrated International Women's Day in Kabbalammappalya village of Karnataka state with a special focus on health, hygiene, and empowerment.



Dr. Naresh and his medical team led an engaging awareness session on WASH (Water, Sanitation, and Hygiene), preventive healthcare, and nutrition. Women learned simple yet impactful practices to improve their health and well-being.

One inspiring moment came from Lakshmi, a mother of three, who shared how her family faced frequent illnesses due to limited access to clean water. Motivated by the session, she pledged to implement hygiene practices at home and advocate for better sanitation in her village. With speeches, sports, and workshops, women found a platform to learn, grow, and inspire each other, strengthening community spirit.



## HEALTHCARE

### Women's Day Health Camps Bring Essential Care to Communities in Goa

On Women's Day, Y4D Foundation organized two health check-up camps in North Goa, benefiting over 404 individuals at Dongurli Thane and Chicalim Joggers Park. The camps focused on preventive healthcare, ensuring that people received essential medical check-ups and guidance on maintaining their well-being.

Attendees had access to free health screenings, including eye tests, blood pressure and sugar level checks, and general health consultations. Doctors and healthcare experts provided valuable advice on early detection of common illnesses and the importance of regular check-ups.

For many women, this was their first health camp experience, giving them a chance to learn about nutrition, lifestyle diseases, and mental well-being. The initiative reinforced Y4D Foundation's and HCCB's commitment to accessible healthcare, empowering individuals to take charge of their health and build a stronger, healthier community.





## EMPLOYEE ENGAGEMENT

### ALTIMETRIK Employees Transform School Spaces Under Project ImpAct



Recently, ALTIMETRIK employees participated in a meaningful engagement activity at ZP Primary School, Sai Village, Maval Block, Pune, under Project ImpAct. Through a school wall painting activity, they turned the walls into colorful and educational spaces, creating a more engaging environment for students.

The initiative concluded with an inauguration ceremony celebrating the completion of key renovations, including a newly upgraded boys' washroom, 50 desk benches, a water purifier with a cooler, and roof waterproofing. These improvements are a step toward providing better learning conditions for students and teachers, highlighting the power of community collaboration and employee involvement.

In order to make a positive social impact on the lives of our fellow citizens and jointly contribute to the UN SDGs, Y4D Foundation looks forward to establishing effective CSR partnerships in the thematic areas of Education, Skill Training, and Environment Sustainability & Health.

To create an impact, enquire on: [mail to: csr@y4d.ngo](mailto:csr@y4d.ngo)

**Donate to the worthy cause**

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