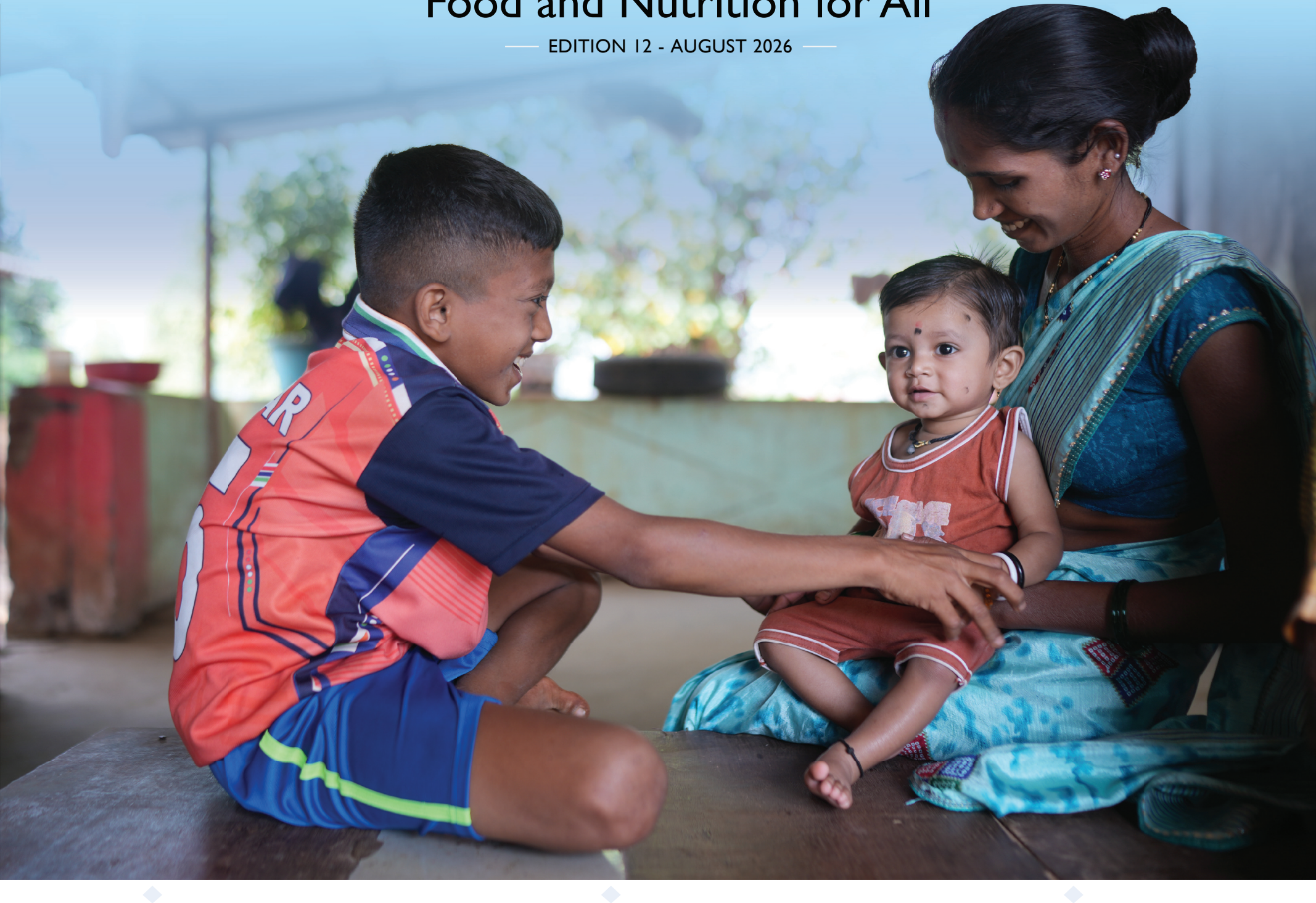


AAṚMBH

Food and Nutrition for All

— EDITION 12 - AUGUST 2026 —



Dear Team,

Our work stayed true to a simple belief: meaningful change begins with care, awareness, and collective action. We reached communities with nutritional awareness, trained frontline workers to counsel lactating women, engaged adolescent girls in menstrual health conversations, served over 3,000 meals cooked by our staff, supported a blood donation drive, and strengthened maternal and child nutrition across regions.

None of this would be possible without our teams, volunteers, healthcare workers, and community partners.

Thank you! Here's to building healthier, more resilient communities together.

Warm Regards,

K Corp Charitable Foundation

THE SQUAD

PLATES OF KINDNESS

More than 3,000 freshly prepared meals and refreshments were served across multiple regions this quarter through our employee volunteering initiative, Plates of Kindness. Served personally, one plate at a time, the drive transformed a simple act of distribution into moments of connection, dignity and care.



EVERY DROP COUNTS

Employees at the Mumbai head office came together for a blood donation drive, donating over 69 units of blood, a vital resource supporting patients through emergencies, surgeries, and critical treatments. Beyond the donations, the drive sparked meaningful conversations around becoming regular donors and carrying this spirit of giving forward.

POSHAN PAKHWADA

As part of India's national nutrition campaign, Poshan Pakhwada reached 28 villages in Gadchiroli, supporting mothers, children, and adolescent girls through Anganwadi workers, ASHAs, and health staff. The campaign included 80 Poshan Pledges, seven food demonstrations, 12 parent meetings, and the distribution of 260 IEC materials, strengthening nutritional awareness at the grassroots level.



REGION IN FOCUS - KARJAT

Since 2022, Our NGO partner United Way Mumbai has worked across 484 Anganwadis in Karjat. This quarter's efforts continued that commitment, moving from awareness to action. On Menstrual Hygiene Day, 190 adolescent girls from Khandpe, Khandas, Ambot and Kalamb joined health workers for a street play, hygiene demonstrations and open discussions that helped break menstrual myths.

On the National Safe Motherhood Day, 59 pregnant women and 26 community members attended a health camp offering haemoglobin testing, weight monitoring, and guidance on ANC registration, institutional deliveries and breastfeeding, along with nutrition demonstrations. The day ended with a Godbharai ceremony for nine expectant mothers and distribution of maternal health kits.

Supporting these outcomes, 382 Anganwadi, ASHA and ANM workers completed six training programmes, strengthening their knowledge of the four pillars of complementary feeding. Together, these efforts show Karjat's steady progress toward healthier, better-informed communities.



DID YOU KNOW ?

The First 1,000 Days isn't just a number!

It represents roughly 270 days of pregnancy and a child's first two years, the critical window when nutrition shapes lifelong brain development, immunity and overall health.

Imagine the difference if every family knew just how important these first 1,000 days truly are.

LOOKING AHEAD

A glimpse of what's next:

AUGUST

SEPTEMBER



SEEDBALL DISTRIBUTION

From our hands to their homes.

GRAIN DONATION DRIVE

Together, 10 lakh meals.

POSHAN MAAH

A month. A thousand conversations.

TO KNOW MORE VISIT:

www.kcorpcharitablefoundation.com