

MAY 2025

VOLUNTEER VOICE

Official Newsletter

Join Hands. Change Lives. Volunteer with Vidyaranya

We believe that real change begins with one helping hand. For over three decades, we've stood beside women, children, the elderly, and persons with disabilities—offering care, dignity, and opportunity.

But behind every impactful program is the power of people—and that's where you come in.

Engaging with Young Minds



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What We Did This Month

SKILL BUILDING FOR LIVELIHOOD



Women in our residential care are empowered through skill development programs such as tailoring, embroidery, candle-making, and handicrafts. These trainings not only build confidence but also equip them to earn a livelihood and work toward long-term economic independence. The program also fosters a sense of purpose, creativity, and community, allowing women to regain control over their lives and contribute meaningfully to society.

While healing and empowerment are at the core of our work, we also believe that joy matters. Whether it's watching an IPL match together or cheering for RCB with pure excitement, our residents find moments of laughter, bonding, and belonging. Because being happy is just as important as being safe.

MOMENTS OF RECREATION



DAILY YOGA FOR WELLNESS



Our residents begin their day with yoga—nurturing both body and mind. Through gentle stretches, breathing exercises, and guided meditation, yoga helps improve their physical well-being while bringing a sense of calm and balance. For many, it becomes a daily ritual of self-care, strength, and inner peace—an important step on their journey toward healing and holistic health.

Real Stories, Real Change



When Saraswathi lost her parents at a young age, life forced her into survival mode. Raised by her grandmother in a home filled with fear and abuse, she carried more pain than dreams. But her turning point came the day she stepped into Vidyaranya. Unsure of her future, Saraswathi joined our tailoring training program. Slowly, stitch by stitch, she began to rebuild not just her livelihood, but her confidence.

Today, she is not only financially independent but aspires to start her own boutique—a dream stitched with resilience, hope, and skill.

Saraswathi is one of over 1,200 women who have passed through Vidyaranya's programs since 2008—each one rewriting her own story of courage.

Because sometimes, all it takes is a safe space, a skill, and someone who believes in you



Volunteer with Vidyaranya



Every life matters—whether it's a child who needs guidance, an elderly soul seeking companionship, or a woman rebuilding her life after distress. Our work goes beyond care; it's about restoring dignity, joy, and hope.



As a volunteer, you can be a part of this transformation. Whether you have a few hours a week or a special skill to share, your time can bring warmth, strength, and support to someone who needs it most. From teaching and mentoring to simply listening and showing up, every act of kindness counts.



Because when you give your time, you're not just changing their world—you're enriching your own.

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