

Care Foundation

Care for the Planet and Care for the Humanity



Catalyst for Awareness, Renewal and Empowerment



Message from the Director

Dear Friends,

I am happy to share with you the Annual Report which provides a brief of the work that CARE Foundation has undertaken in the year 2023-24. This year the main focus were CARE- the Nature, the Elderly and Capacity building .

It is our responsibility to leave to the future generations a living environment in which to breathe clean air, have access to un contaminated water and enjoy the fabulous diversity of creation. Contributing to the caring of the nature is a commitment to the humanity whose life is conditioned by the environment.

Approximately every second elderly claims that Human Rights of elderly are affected due to pandemic and related issues. They complained that ever widening gap is responsible for this situation. Covid-19 pandemic has imposed many challenges before older people, from social isolation, financial penury, psychological issues to elder abuse and neglect.

To be successful in today's dynamic world, organizations need to embed resilience. **Capacity building** is a systematic approach of knowledge and skills development. It ensures an organization which has the internal expertise to effectively implement change and improve performance.

We needed a comprehensive solution of motivation, skill development, and most importantly building confidence. CARE has designed a number of programmes which encompass those criterion.

I have been so pleased with the work that we have done at CARE so far 2023, We approach another year of opportunities remain connected CARE grows to new heights. We promise to build on our work and continue to strive for a more inclusive society in the year ahead!

I am grateful to the Board under whose skilled guidance CARE grows. I would also like to place on record the hard work put in by volunteers and unit in charges.

We look forward to another year full of opportunities with you.

A handwritten signature in dark ink, appearing to read 'Gracy Sebastian', with a long horizontal line extending to the right.

Gracy Sebastian (President)

Caring for the environment is caring for ourselves.

Climate Change is causing life threatening issues all over the world. Longer and hotter summers affecting animals, crops and humans. With the higher risk of drought, farming is becoming more difficult. There is insufficient water for power generation leading to long hours of load shedding. Incessant and torrential rain, floods and landslides leading to loss of lives, houses and plantations. Use and disposal of plastics is another major environmental hazard. Loss of biodiversity is evident in the extinction of some plants, birds and animal species.

As a result migrants, internally displaced persons, unemployed and unorganized youth are on the increase. Poverty and various ailments have become very common in urban as well as in rural areas. Much more need to be done to reduce the impact of fossil fuels from the vehicles. India stands fifth in the list of most polluted country in the world.

The change of era we are living through is shaking all levels of our life. The most urgent among the immense challenges facing humanity at this time is to restore the condition of life on planet Earth. Otherwise, there is no future for our planet earth. Environmental imbalance with its effects on the lives of human beings, especially the poorest touches the hearts of those of us who want to contribute to a world that is more just.



Increasing temperatures, changing rainfall patterns, declining snowfall, retreating glaciers, and declining groundwater can make the situation even worse. Impacts

can be aggravated by rising sea-levels and more intense tropical cyclones, precipitating a major crisis for food security and the rural economy.



Urban populations cannot escape the consequences of global warming, either. Densely populated urban areas, especially those with unplanned urbanization, would be increasingly at risk from prolonged spells of extreme heat, floods, and disease.

In a very real sense development is the best adaptation – investing in skills, health, knowledge,

better infrastructure and a more diversified economy will render countries more climate-resilient.

The report therefore demands action - bold action - to ensure that the future of millions is not put at risk. This requires strong political will together with innovation, for early action on climate change will far outweigh the costs in the longer term.

A number of events organized to create awareness in different category of children and youth.

In collaboration with the Forest department W.Bengal, Carefoundation organized drawing competition, planting of trees, awareness programme, distribution of saplings..etc. were organized in different units.



Caring the Aging

Old age is an unavoidable part of our life cycle and should be lived gracefully rather than grudgingly. In today's fast paced world we only start noticing signs of



old age much after the gradual process is well underway, purpose of life is a life of purpose. So start donating now for the special cause.

A large number of older persons have suffered due to many ills of Covid-19 situation such as unemployment, paralyzed healthcare system, almost

non-functional education system, derailed transport system, loss of business & industry, restrictions on social, religious & cultural freedom.

It has not only affected day-to-day life of older persons but also affected their quality of life adversely. Among affected financial issues



more critical and that health

are issues were critical for them. Psychological condition more critical during this situation • A sense of loneliness / isolation are the most prominent psychological issues • Most disturbing Impact of increased Unemployment / Joblessness was increased dependence on others as their

quality of life has been compromised due to rising inflation.



An initiative to identify basic healthcare requirements of elderly living in the rural areas and provide them with medical/healthcare assistance such as clothes, food ration, medicines, counseling etc. were carried out. A group of young medical team wholeheartedly takes up this task.

We believe, sustained efforts would not only create older persons friendly environment, it would also awaken a sense of responsibility amongst us all, to make this possible. Older persons do not need charity or sympathy. They need respect, companionship and opportunities to live with their beliefs. CARE endeavours to bring about a



change in the perception of old age and assist older persons to move surely but steadily from helplessness and self pity towards - Confidence, Respect & Mutual Caring.

Majority of older persons, particularly in rural areas, still suffering from financial problems and poor financial status is major factor responsible for their miserable situation in old age.



We cultivate health consciousness and create demand for essential health services Mobilizes demand for public health and nutrition services by convening women's groups. These groups serve as a platform for beneficiaries together, enabling them to voice their concerns and solutions through interactive sessions. This approach not only fosters a sense of community among beneficiaries but also enhances their understanding of the available services, creating a supportive social environment that promotes and facilitates the access to health and nutrition services.

Blood donation Camp



A Blood donation camp was organized by our Barrackpore unit, through which more than 80 units of blood was donated by both club boys, college students, CARE volunteers. It is a way of our gesture in bringing a ray of hope to contribute to the serious problems of acute shortage of blood. India faces a blood shortage of 3 million units. The problem can be addressed if an additional two percent of Indians donate blood, as opened by the Health experts. We need 12 million units of blood every year but just about nine million units are being donated. Our unit has been religiously organizing blood donation camps every year and students and the faculty members come forward voluntarily to donate blood. While addressing to people at the camp our volunteers brought awareness in them about shortage of blood and why we must donate blood every year, to help the persons requiring blood. Blood donation can save lives of innumerable persons. Donation of blood is very critical and crucial for saving lives many patients and those who have met with accidents. It is as such a great service or contribution to the society and people living in it.



Capacity Building/Awareness sessions



The CARE Foundation team has experienced significant growth, through our dynamic and dedicated team, comprised of passionate individuals hailing from diverse regions across the country.

United by a shared determination to drive positive change, we embody values of humility and integrity, fostering an environment of continuous learning and feedback. Our team is committed to creating an impact at the grassroots level. To us, to be the catalysts for awareness, renewal and empowerment is more than just a job – it's a calling.

