

P A S S A G E S



FOUNDERS: Dr. Tarana Khubchandani, Kaya Shewakramani, Valerie Singhvi

EDITORIAL

*"We must accept finite disappointment but never lose infinite hope."
- Martin Luther King*

Dear PASSAGES' family,

As the new year dawns on us, it's time to review and reflect on the past year with gratitude and look ahead with renewed faith and resolve.

This past year, we, at Passages, have kept our spirits up with hope by organizing some fun, unconventional events!

We planned some positive, interactive sessions for our friends and well-wishers during our Passages' celebratory 26th year. From awareness stalls at exhibitions, dance workshops and talks - all efforts throughout the year have been directed towards engagement with friends and well-wishers!

The highlight of the year was the opportunity to learn different Dance forms for several weeks with renowned former actress model, play director, Salome Roy Kapur, who generously gifted her time towards teaching aspiring dancers and left leg claimants!

Thank you, all participants, for being part of these gratifying and fulfilling hours while moving and grooving to retro beats. We appreciate your support towards the cause of contributing to our Medicine Bank initiative through these 'Joy of Dance' sessions.

We are grateful to Ms. Madhvi Goenka of the Helping Hands Foundation for an opportunity to hold an awareness camp at the Festive Edit at the St. Regis Hotel.

We also appreciate the efforts made by Ms. Ravit Kedem in organizing an awareness campaign at their annual American Club for International Women (ACIW, India) Charity Shopping Mela held at the Trident Hotel.

In keeping with our organization's on-going women's wellness aim, we thank Dr. Vidya Arunachalam for her simple, practical but very valuable tips on dealing with 'Stress Busting in the Second Innings' of our lives.

As we enter 2025, I am grateful for the lessons that 2024 had offered. I learned that progress isn't always loud. Sometimes it's in the quiet victories, like finishing a course, learning from mistakes, living one day at a time.

We look forward to a new year filled with hope and growth.

Kaya Shewakramani

OUR ACTIVITIES – 2024

MARCH 11, 2024



Passages, in collaboration with Ms. Manisha Goenka (donor/well-wisher), organized a **Magic Show** for the children undergoing cancer treatment at the **St. Jude's Child Care Centre**, Cotton Green. Food and Gifts were also distributed to the children at this event.

We are thankful to the following for their kind support:

- Mr. Prashant Patil (Funtoons) - Magic Show
- Skillmatics - Gifts
- Laxmi Vilas Hotel - Food

OUR ACTIVITIES – 2024

APRIL, JULY, AUGUST 2024



The Joy of Dance with **Salome Roy Kapur** at the Gallery Art and Soul, Worli

(12 sessions)

Rashna Doongaji, a participant, reports...

“Everybody should just dance, dance, dance! It's good for mental health, it releases endorphins, makes you feel happy, and a happy person is a healthy person. Passages got it right! 'The Joy of Dance' added much cheer to our lives; everyone who attended eagerly awaited Wednesdays, in April, July and August 2024. We learnt the line dance, the cha cha cha and a few others. We danced, we laughed, we fostered friendships and our teacher Salome Aunty patiently, with love and enthusiasm, got us moving together as one unit.

The beautiful part is that she put in her heart and soul for no personal gain but for Passages so that it could help people, and all our contributions went to helping patients who needed care.

This was one of those rare events where everyone involved found joy and meaning. So, let's just dance, dance, dance.

Looking forward to many more!”

OUR ACTIVITIES – 2024

AUGUST 7, 2024



Stress Busting in the Second Innings - an interactive talk with guest speaker, **Dr. Vidya Arunachalam**, at the Banquet Hall, Madhuli, Worli.

A brief report by Dr. Tarana Khubchandani, Founder Director, Passages.

“Dr. Vidya Arunachalam’s take gave us valuable insights on how to deal with our forever companion “stress!”

She covered the following topics with examples which gave much clarity :

- *Identifying stress on the body - physical, emotional, social*
- *Cortisol excess*
- *Accessing alpha and beta brain wave states in the brain*

- *Addictions, e.g., drama*
- *Auto immune responses”*

The session ended with many from the audience sharing their personal experiences, a vote of thanks and a sumptuous lunch to celebrate our NGO’s completion of 26 successful years.

OUR ACTIVITIES – 2024

OCTOBER 15, 2024



The Festive Edit: an exhibition organized by the **Helping Hands Foundation**, at the St. Regis Hotel, Lower Parel. Our awareness literature was distributed, and well-wishers donated a lot of interesting merchandise, the proceeds of which went for our Medicine Bank initiative.

OCTOBER 26, 2024



Distribution of Diwali Gifts to our regular patients who come fortnightly for their chemotherapy tablets, to add a little festive cheer for themselves and their families.

OUR ACTIVITIES – 2024

NOVEMBER 10, 2024



ACIW Charity Shopping Mela, organized by the **American Club for International Women**, at the Trident Hotel, BKC. Here too, our Passages' stall distributed awareness literature and visitors donated towards our cause.

DECEMBER 21, 2024



Exhibition, Fundraiser and Distribution of awareness literature at the Breach Candy Swimming Bath Trust.

CANCER HEALTH PROGRAMME

We are grateful for donations that poured in throughout the year towards our patient aid. The funds have been well distributed between our Medicine Bank registered Breast Cancer patients who, through the year, come in for their monthly quota of post-operative medication of Tamoxifen and Letrozole tablets. Currently, we have 25 patients registered with us and the numbers keep increasing. Please do get in touch with us if you know any patients needing these medications. Several other individual patients from lesser-privileged backgrounds were assisted for their on-going chemotherapy and radiation therapy with financial aid given by Passages.

In March, the children staying at the St. Jude's' Childcare Centre (India) were treated to a magic show, lunch and return gifts.

October, being Breast Cancer awareness month and the beginning of the festive season, donations to patients in the form of Care packages of sweets and snacks and other goodies, were distributed.

Passages turned 26 this July !

And for that, we are ever grateful
to our friends, well wishers & donors.

Thank you for being a part of our journey.

We appreciate your continued support
for the cause !

Kaya, Tarana, Valerie

PASSAGES