

# Kinspire's Column

Not only a friend, but something much more; A guide and a role model is what we will strive for.

## Health Education to Orphanages in Developing Countries

Colleen McCullough

Last month Kinspire's Column included an article on the importance of health education in developing countries. Both Kinspire and JBFC (a non-profit all girls orphanage in Tanzania) will be working with the CHANGE team to develop individualized health curriculum covering topics such as:

- Sanitation
- Nutrition and Physical Exercise
- Women's Education
- Sex Education
- Mental Health
- Geographical Health

The CHANGE team will first be identifying what health education is already provided to each orphanage. Then activities, scripts, videos, and screenplays will be created to cover the missing curriculum, which will be uploaded and disseminated to the target orphanages. Stay tuned for more updates!

## Inside this Edition:

Health Education

Kinspire Kollaborates

What We Are Thankful For

## How can you help?

Donate today at our website

Volunteer your time

Become a sponsor or a partner

Visit our website for more!

<http://kinspire.org>



Did you know that our logo is both a graduation hat and a light bulb?



Kinspire's President, Kavya Magham, in a Skype call!

## Kinspire Kollaborates

Sowmya Magham

Kinspire brings to all prospective volunteers, Kinspire Kollaborate! This is a program catered towards groups of people who would like to work with others to create a strategic plan to help Kinspire. Teams of 2-6 people can help Kinspire by finding new sponsorships or even setting up their own fundraiser to raise money! This program carries endless possibilities and is perfect for those who want to apply their creative ideas to support Kinspire! Be sure to contact Sowmya Magham if you are interested and/or would like more information!

Sowmya Magham: [sowmyamagham@kinspire.org](mailto:sowmyamagham@kinspire.org)

## What Are Our Volunteers Thankful For?

Colleen McCullough

Thanksgiving is a time of reflection and appreciating all that we are thankful for. We asked several of our dedicated volunteers what they are thankful for in Kinspire. Here are some of their responses! We hope you can take these responses to reflect on why you are thankful for Kinspire. Giving back, especially to children in need, is an incredibly rewarding experience. We at Kinspire thank you, our generous donors, volunteers, and sponsors, for your incredible support that allows us to continue providing these opportunities for our kids.

“A collaborative and encouraging environment”

*Esha More*

“The opportunity to connect with and help out kids who need it”

*Ishanie Choudhury*

“I’m thankful for the technology which allows us to create portals in order to help educate children”

*Reeya Patel*

“I’m thankful to work with volunteers with diverse backgrounds and learn from their unique perspectives and ideas”

*Tanvi Dighde*

“I’m thankful to share my knowledge and experiences during my time in school with kids who are so passionate to learn!”

*Nicole Bohra*

“Thankful for the awesome opportunity to be able to actively help kids in need across the world while still sitting at home!”

*Pranita Mantravadi*



#gokinspire



