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**Annual Report
2022-23**



Key Highlights of the year:

- Successfully Distributed 1 crore meals till now
- This year we started expanding into other States starting From Bihar for our women in need.
- Successfully reached the one crore mark in Donations both Cash and in Kind
- Signed MOU With Round Table Bal Krishna International School for Supporting Children's in their Education.
- For the Entire Year we are taking up Ration and milk expenses for few Families in need.
- We this year Reached Around 1000 women's. through our cancer Awareness programs and Rallies.



Starting from my own journey as a cancer survivor, our path has been one of resilience and determination. Today, as we reflect on our progress, we celebrate a significant milestone – one crore meals served. This achievement stands as a testament to the unwavering support we've received, including yours. Your backing has enabled our team to accomplish what once seemed insurmountable.

Looking ahead, we are fueled by a renewed commitment to serve our community even better. Our focus extends beyond mere sustenance; we're embarking on initiatives centred around women's empowerment, children's welfare, and supporting the girl child. Our endeavours include providing free meals and medications to those in need, while also equipping women with skills to earn a dignified livelihood.

As we step into the future, we aspire to reach greater heights, continuously striving to make a meaningful impact in the lives of those we touch. Your continued support remains invaluable on this journey of compassion and progress. Together, we're not just aiming for the stars; we're shooting for the moon, driven by a shared vision of a better, more inclusive world. Thank you for being an indispensable part of this remarkable journey.

Anchal Sharma
Founder (Trustee)

Anchal Sharma



Stories of Change at meals of happiness

I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do.

— Edward Everett Hale



MOU With RTBK International School #1

In partnership with **RTBK International School** in Kirari Delhi, we signed a Memorandum of Understanding on April 20th, 2022, embarking on a journey to support the School on their journey for the education of deserving children at nominal fees, ensuring a brighter and more secure future for them.

Throughout the year, our collaboration with RTBK International School has been marked by impactful initiatives aimed at nurturing the minds and talents of approximately 250 children enrolled in primary classes. We at "Meals of Happiness," has provided nutritious meals to these children twice a week, ensuring their physical well-being alongside their educational development.

Furthermore, we have supplied stationary items, games, and other essential resources, enriched the learning environment and fostered a culture of holistic growth. Recognizing the importance of soft skills and talents in young learners, we have actively supported initiatives focusing on dancing, drawing, singing, and other relevant skill-building activities.

Our commitment to the community extends beyond the classroom as we have collaborated with RTBK International School in organizing functions and competitions, providing platforms for students to showcase their talents and foster a sense of camaraderie.

In addition to these efforts, we have supported the school's other initiatives, including funding the education of select students **"Free of Cost."** for that we are running campaigns to support funding of these young minds. We firmly believe that investing in the education of even one child can have a transformative impact on entire families and communities. These children, brimming with potential, represent the future sportsmen, engineers, and chartered accountants of our nation.

This year, through our collective endeavours, we have positively impacted approximately 2000 individuals. Looking ahead, we are committed to doubling this impact in the coming year, aiming to reach 4000 individuals and contribute towards a better future and a stronger India.

Our partnership with RTBK International School exemplifies our unwavering dedication to education and community development, and we look forward to continuing our collaborative efforts for years to come.



About our Partner RTBK International School:

RTBK International School, acronym for **Round Table Bal Krishna International School**, has been a beacon of hope and education for the past 25 years. Situated in Kirari, near Nangloi Delhi, an underdeveloped area predominantly inhabited by economically disadvantaged families, the school has undertaken the noble responsibility of educating children at nominal fees. Moreover, it extends its benevolence by providing free education to underprivileged girl children, aiming to empower them with knowledge and opportunities.

Legacy of Impact:



Throughout its illustrious journey, RTBK International School has made significant strides in the realm of education, having imparted knowledge to approximately 15,000 to 20,000 students. This impact transcends mere numbers, reaching and positively influencing over 100,000 individuals within the community. The school stands as a testament to the transformative power of education, uplifting lives and paving the way for a brighter future.



In an area where basic necessities are often lacking, RTBK International School has emerged as a cornerstone of support and development. Its unwavering commitment to serving the needs of the community reflects in its holistic approach towards education. The school's alumni, comprising



successful professionals in various fields such as engineering, MBA, chartered accountancy, and teaching, stand as living examples of

the transformative power of education. Many of them, having benefited from the school's teachings, now actively contribute to its mission, ensuring its continuity and furthering its impact.

RTBK International School's journey of 25 years exemplifies a profound dedication to the cause of education and community development. Its tireless efforts have not only shaped individual lives but have also contributed significantly to the socio-economic fabric of the region. As the school continues its noble endeavour, it remains a beacon of hope, inspiring generations to come and reaffirming the belief that education is the most potent tool for social change.





Name: Neelam Devi

Age: 70

Adversity faced by her: Cataracts, problem Walking , Severe Pain in knee

Support From Meals of Happiness: Ration kits from 2 years, milk from 1 years and bearing Medications bills from last 2 years **to her and her children**

Her life and current Situation: In the heart of Delhi, amidst the cacophony of urban life, there resides a woman whose story echoes the quiet desperation of countless others like her. Meet Neelam Devi, a 70-year-old mother from Bihar, whose world has been eclipsed by the shadows of sorrow and hardship.

Neelam's journey is one fraught with pain and adversity. For the past two years, she has been a constant companion at the bedside of her son, Rajeev Mehta, who lies paralyzed, his once vibrant spirit now confined to the stillness of a hospital bed. With each passing day, Neelam watches helplessly as her son's condition deteriorates, her own struggles magnified by the weight of his suffering.

Amidst the chaos of medical appointments and treatments, Neelam finds solace in the kindness of strangers. For the past two years, Meals of Happiness has been a beacon of light in her darkest hour, providing not just nourishment for her body, but also comfort for her weary soul. With each meal, she feels a glimmer of hope amidst the despair, a reminder that she is not alone in her struggles.

But even amidst this fleeting respite, Neelam's burdens remain heavy. With no source of income to sustain her, she finds herself on the brink of destitution, forced to sell off pieces of her ancestral land in Bihar just to afford the bare necessities. The land that once held the promise of security and stability now serves as a desperate means of survival, a stark reminder of the lengths a mother will go to for the sake of her child.

She embodies the silent struggles of countless mothers who bear the weight of their children's pain on their weary shoulders. Her story is one of resilience in the face of adversity, of love that transcends all boundaries.

But amidst the darkness, there is a glimmer of hope. With each act of kindness, with each meal provided and bill paid, there lies the promise of a brighter tomorrow. For it is in these small gestures of compassion that Neelam finds the strength to carry on, knowing that she is not alone in her journey. As we bear witness to Neelam's story, may we be reminded of the power of empathy and the importance of reaching out a hand to those in need. For in lifting others, we too find solace in our shared humanity.



Name: Rajeev Mehta (Son of Neelam Devi)

Sex: Male

Age: 39

Adversity Faced by him: cancer Survivor, physiotherapy going on, half body below waist is paralysed , bed ridden uses wheel chair for medical treatment

Support From Meals of Happiness : Ration kits from 2 years, milk from 1 years and bearing Medications bills from last 2 years to him and his mother.

His Journey : Two and a half years ago, their world came crashing down when Rajeev was diagnosed with cancer, a ruthless invader that threatened to consume him whole. With hearts heavy with fear and uncertainty, Rajeev, his devoted wife, and his doting mother embarked on a journey into the unknown, leaving behind the familiar comforts of home in search of a cure.

For Rajeev, the battle against cancer was an arduous one, marked by endless cycles of treatment and relentless pain. Yet, against all odds, he emerged victorious, a survivor in the truest sense of the word. But victory came at a steep price, for in its wake, Rajeev was left paralyzed, his once agile body rendered immobile by the cruel hand of illness.

Now, confined to a wheelchair, Rajeev's world has shrunk to the four walls of a hospital room, his days spent in the relentless pursuit of healing. Physiotherapy sessions offer a glimmer of hope amidst the darkness, each painful movement a testament to his unwavering determination to reclaim his life.

But just as Rajeev and his family dared to hope for a brighter future, tragedy struck once more. A routine check-up revealed a sinister presence lurking near his stomach, a cruel reminder that the specter of illness still looms large over their lives.

In their darkest hour, Rajeev's wife and mother stand as pillars of strength, their love unwavering in the face of adversity. Together, they navigate the treacherous waters of illness, their bond unbreakable, their resolve unshakeable.

Yet, as they watch their beloved husband and son wage war against an unseen enemy, they cannot help but wonder how much more they can endure. For Rajeev's journey is not just one of personal triumph, but of collective resilience in the face of insurmountable odds.



Name: Santosh Kumar Sahni

Sex: male

Age: 29

Adversity Faced by him: Case of liver transplant, waiting from last, currently 1.5 years treatment is going on in AIIMS.

Support From Meals of happiness: Ration Kits from last 1.5 years & Milk every day from last 6 months.

His journey & problem faced: Santosh's journey began years ago, when fate dealt him a cruel hand, thrusting him into the unforgiving grip of liver disease. In a desperate bid for survival, he underwent a liver transplant, a fleeting reprieve from the clutches of death. Yet, just as hope began to flicker in the darkness, tragedy struck once more.

Two years ago, the spectre of illness reared its head once more, casting Santosh into the throes of uncertainty. With each passing day, his condition deteriorated, his body ravaged by the relentless march of disease. The doctors' prognosis was grim - another liver transplant was his only hope for survival.

But hope, it seems, comes at a steep price. Despite being a beneficiary of the Pradhan Mantri funds, Santosh finds himself shackled by the

burden of financial distress. With seven lakhs in hand and **a total cost of eleven lakhs for the transplant at AIIMS**, he stands at the precipice of despair, the daunting chasm of a **four-lakh shortfall** before him.

For two long years, Santosh has languished in the purgatory of waiting, each passing day a cruel reminder of the scarcity of time and resources. His family, dependent upon him for their very survival, bears witness to his silent suffering, their own hopes and dreams eclipsed by the shadow of his illness.

Once a farmer in the verdant fields of Bihar, Santosh now finds himself a prisoner of his own body, his once vibrant spirit dimmed by the pall of illness. With every laboured breath, he is reminded of the cruel injustice of his fate, the weight of his family's future resting heavily upon his weakened shoulders.

As Santosh grapples with the agonizing reality of his plight, his story serves as a poignant reminder of the stark realities faced by millions of individuals grappling with illness and poverty. We at meals of happiness is trying to raise funds for him and meanwhile providing him and his family with ration kits and milk we understand that that's not enough but from our side this is something and we wish him to be fine one day and leading a normal life again



Name: Rishabh Kumar

Sex: Male

Age: 6

Hardship faced by child: problem in speaking, constantly issues in throat from last 6 months, not able to eat anything properly.

Support From Meals of happiness: Ration Kits & Milk From last 6 months.

About the Child : Young Rishabh Kumar's voice remains but a whisper, silenced by the cruel grip of illness. At just six year age , his innocence is overshadowed by the weight of his affliction, leaving him unable to speak or eat for the past six agonizing months.

Born into the humble abode of a taxi driver, Rishabh's family knows all too well the sting of poverty. Yet, their struggles have multiplied tenfold with their beloved child's health crisis. With each passing day, Rishabh's frail form dwindles further, his once vibrant spirit dimmed by the relentless assault on his throat.

Amidst the chaos of their plight, a glimmer of hope emerges in

the form of Meals of Happiness. For six months, they have provided sustenance in the form of milk for Rishabh and ration kits for his family,

But the road ahead is fraught with uncertainty, as Rishabh's treatment at AIIMS is only in its initial phases. His family's meagre means are stretched thin, unable to bear the weight of the mounting medical bills.



We are together in all these Stories.

At Meals of Happiness, our mission transcends mere sustenance; it embodies a profound commitment to alleviating the burdens of illness and poverty that plague countless families in our midst. In the shadow of afflictions like cancer, brain tumours, and paralysis, even the most resourceful individuals find themselves teetering on the edge of despair. For the impoverished, putting food on the table is not merely a matter of sustenance—it's a battle for survival.

Amidst the bustling streets of New Delhi, where the walls of hospitals like AIIMS and Safdarjung stand as silent witnesses to the suffering of countless souls, we have made it our purpose to provide solace and sustenance to those in need. In our journey thus far, we have served over 1,000,000 meals, a testament to the power of collective compassion and generosity.

Yet, even amidst the harsh realities of poverty and illness, there exists a glimmer of hope—a beacon of light that refuses to be extinguished. It is in the selfless contributions of our donors, who have stood by us unwaveringly for the past three years, that we find the strength to continue our noble endeavour.

As we bear witness to the stark realities faced by the less fortunate, let us not lose sight of the resilience and fortitude that define the human spirit. Together, through acts of kindness and compassion, we can create a future where no one sleeps hungry, and where every individual find comfort and peace of mind in a nourishing meal



Celebrations At Meals of Happiness:

In addition to our core initiatives, we also recognized the importance of celebrating cultural festivals and ensuring that no one feels deprived of the joy and camaraderie these occasions bring. India's rich tapestry of festivals, including Holi and Diwali, holds profound significance in our collective ethos, and we believe that everyone should have the opportunity to partake in these celebrations regardless of their circumstances.

Understanding the financial burdens and healthcare challenges faced by many individuals, particularly those grappling with medical bills and health issues, we felt compelled to extend our support beyond traditional avenues. With a deep sense of empathy and compassion, we embarked on a journey to ensure that no one feels excluded from the festivities that unite our nation.



Through our "Family Meals of Happiness" initiative, we endeavoured to bring joy and warmth to the lives of those in need, especially during festive occasions. Leveraging our limited resources and the generosity of our supporters, we sought to bridge the gap between privilege and adversity, spreading smiles and fostering a sense of belonging among marginalized communities.



During Holi and Diwali, when the entire country resonates with jubilation and merriment, we stood by our commitment to inclusivity and solidarity. Through innovative fundraising efforts on platforms such as WhatsApp and Instagram, coupled with the prudent utilization of available funds, we extended a hand of friendship and support to those in need.

Our efforts culminated in vibrant celebrations where beneficiaries were not merely recipients of aid, but integral participants in the festivities. We distributed gifts on Diwali, organized joyous gatherings, and ensured that every individual felt cherished and valued as part of our extended family.

As we reflect on these heart-warming moments, we are reminded of the transformative power of empathy and collective action. Together, we reaffirm our pledge to stand alongside the marginalized and underserved, spreading hope, happiness, and the spirit of togetherness throughout our communities.

In the coming year, we remain steadfast in our commitment to fostering an inclusive society where every individual is empowered to embrace their cultural heritage and celebrate life's

moments with dignity and joy. With your continued support, we will continue to weave a tapestry of compassion and resilience, enriching the lives of those we serve and uplifting the collective spirit of our nation.





Health and Wellness Workshops

Meals of Happiness spearheaded a transformative 10-day yoga workshop tailored explicitly for cancer patients and other patients who are suffering from health concerns across multiple venues in New Delhi, including the prominent locales of SDA Market and Nangloi. This initiative was meticulously designed to accentuate the pivotal role of holistic healing and self-care practices in the arduous journey towards recovery from cancer.

Observing the profound emotional challenges faced by individuals battling cancer, our organization recognized the imperative to address not only the physical ailments but also the mental and emotional well-being of patients. Depression and anxiety often accompany the diagnosis of cancer, exacerbated by socio-economic factors such as homelessness and food insecurity. It is within this context that Meals of Happiness assumed the responsibility of nurturing the mental health of these individuals, understanding that emotional resilience is integral to their overall well-being.

To this end, our workshops enlisted the support of dedicated volunteers committed to delivering free-of-cost yoga classes to those in need. Through these sessions, participants were imparted with invaluable insights into the transformative power of yoga, learning how it can catalyse overcoming feelings of numbness and sadness. Emphasis was placed on fostering a positive mindset and cultivating inner strength, thereby enabling individuals to navigate their journey with courage and optimism.

Moreover, recognizing the unique challenges **faced by women affected by cancer**, Meals of Happiness organized specialized classes tailored to address their emotional needs. Cancer, with its

far-reaching implications, often strips individuals of their sense of security and stability. By providing a supportive environment conducive to emotional healing, we sought to empower these women to reclaim agency over their lives and embark on a path towards renewal and growth.

At Meals of Happiness, we remain steadfast in our commitment to breaking the stigma surrounding mental health and championing the holistic well-being of individuals affected by cancer. Through our unwavering dedication and compassionate initiatives, we endeavour to instil hope, resilience, and a renewed sense of purpose in the lives of those we serve, reaffirming our mission to foster a society where every individual can thrive and flourish. Here are few pictures that we had taken during our beautiful journey





Cancer Awareness Bike Rallies

Throughout the year, our organization hosts organized bike rallies dedicated to raising awareness for cancer. Our collective efforts symbolize over 100 bikers, serve as platforms for our mission to spread awareness and support for cancer prevention, detection, and treatment. As part of our commitment to amplifying our message, we recently hosted a prominent show and event, where esteemed medical professionals were invited to provide insights and expertise on cancer-related matters. The event garnered significant attention from various media outlets, amplifying our reach and impact. Through the convergence of passionate bikers, medical experts, and media coverage, we aim to shine a spotlight on the importance of cancer awareness and empower individuals to take proactive steps towards combating this disease. Our collective efforts symbolize a unified front in the fight against cancer, inspiring hope and fostering a sense of community support for those affected by this widespread illness.



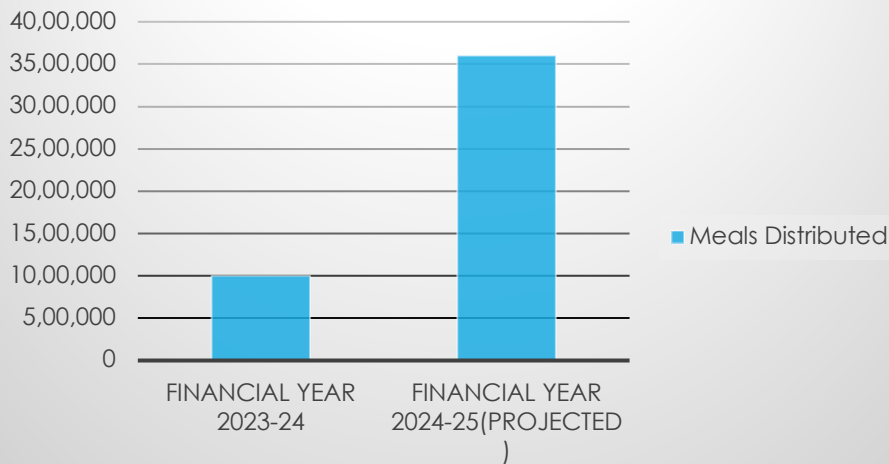
Nutritional Support for Children:

“Despite global efforts, in 2022, an estimated 45 million children under the age of 5 suffered from wasting, 148 million had stunted growth and 37 million were overweight. A fundamental shift in trajectory is needed to achieve the 2030 nutrition targets”. (Source United Nation Website: <https://www.un.org/sustainabledevelopment/hunger/>)

In United Nations Sustainable Development Goals there are total 17 goals and out of that Goal No- 2 Stands for **“ZERO HUNGER”**

In the fiscal year 2024, our organization proudly achieved a significant milestone by **distributing 1,000,000 meals, ensuring that 2500 to 3000 children received essential** nourishment every day of the year, regardless of weather conditions or festivities. Our unwavering commitment stems from the understanding that hunger transcends external circumstances, and access to food is fundamental to the well-being of these vulnerable populations.

Meals Distributed



Our success is attributed to the dedicated support of our donors, who generously contribute ready-to-eat meals or ration kits on a daily or monthly basis. With their assistance, we diligently prepare and distribute meals to underserved children residing in various slum areas of Delhi. Witnessing instances of child mortality due to malnutrition in these communities fuels our resolve to intervene effectively, ensuring that no child succumbs to hunger under our

watch.

Beyond serving children, our outreach extends to patients residing outside hospital premises, unable to afford accommodations or adequate sustenance. Recognizing their dire circumstances, we provide nourishing meals, offering both physical sustenance and a glimmer of hope for improved conditions. Many of these individuals, residing in makeshift dwellings near hospitals or on the streets, lack access to nutritious food, making our intervention crucial for their survival and recovery.

In addition to food provisions, we extend support in the form of clothing and financial assistance for medications, acknowledging the multifaceted challenges faced by these vulnerable populations. Our holistic approach aims not only to alleviate immediate hunger but also to address underlying socio-economic disparities, fostering resilience and empowerment within the communities we serve. As we reflect on the past year's achievements, we express profound gratitude to our donors, volunteers, and stakeholders whose unwavering support enables us to make a meaningful impact on the lives of those in need. Looking ahead, we remain steadfast in our mission to combat hunger and alleviate suffering, guided by the principle that every individual deserves access to nutritious food and dignified living conditions.



Cancer Awareness Drives

In collaboration with local communities in slum areas like Vasant Kunj and Chhatarpur, we facilitate impactful workshops focused on breast cancer awareness. These sessions serve as vital platforms for empowering underprivileged women with essential knowledge about breast health and early detection practices. Through interactive discussions, informative presentations, and hands-on demonstrations, we strive to break barriers of misinformation and stigma surrounding breast cancer. By fostering a supportive environment, we encourage attendees to prioritize their health and seek timely screenings, thus potentially saving lives. Our efforts extend beyond mere education; we aim to instill a sense of agency and confidence among participants, empowering them to take proactive steps towards their well-being. Together, we're fostering a community of empowered individuals equipped with the tools to detect and combat breast cancer effectively.



Women empowerment

Our organization continued its efforts in women empowerment through various programs, including the establishment of a swing learning centre and support for artisan women from villages. By providing skills training and avenues for economic empowerment, we strive to uplift women and create sustainable livelihood opportunities for them.

As we reflect on our accomplishments, we are grateful for the unwavering support of our donors, partners, volunteers, and staff who continue to be instrumental in driving our mission forward. Together, we remain steadfast in our commitment to creating a more equitable and compassionate society, where every individual has the opportunity to thrive and lead a dignified life



New Project in Backward Areas

Introducing a transformative initiative aimed at empowering women, particularly targeting an initial cohort of approximately 100 Women's. Our project endeavour, we aspire to catalyse with sewing machines, not only fostering skill development but also facilitating sustainable income generation. By equipping them with the tools and knowledge necessary for garment creation, we aim to empower them to contribute meaningfully to their households' economic stability. Our approach prioritizes dignity and respect, recognizing the invaluable role these women play within their families and communities. Through this endeavour, we aspire to catalyse positive change, uplifting these women and their families towards a brighter, more prosperous future.

Financials for the period 2022-23(Extracts)

Meals Of Happiness

BALANCE SHEET AS AT MARCH 31, 2023

PARTICULARS	Sch.No.	AS ON 31.03.2023	AS ON 31.03.2022
<u>SOURCES OF FUNDS</u>			
TRUST FUND	1	5,27,961.39	10,46,301.00
TOTAL		5,27,961.39	10,46,301.00
<u>APPLICATION OF FUNDS</u>			
Fixed Assets Op. WDV	2	5,48,819.00	5,48,819.00
Add: Additions during the year			
Less: Sold during the year (WDV on date of sale)			
Sub-Total		5,48,819.00	5,48,819.00
Less : Depreciation		1,28,917.60	
		4,19,901.39	5,48,818.99
CURRENT ASSETS, LOANS AND ADVANCES	3	1,62,073.00	5,33,225.00
Less: CURRENT LIABILITIES	4	54,013.00	35,742.00
NET CURRENT ASSETS		1,08,060.00	4,97,483.00
TOTAL		5,27,961.39	10,46,301.99
		-	

As per our report of even date

For D Pathak & Co.

Chartered
Accountants (FRN-
001439C)

For Meals of Happiness

Trustee

C.A Ankurit Srivastava

Partner
Membership No: 509613
Place: New Delhi
Date: 28-10-2023
UDIN: 23509613BGSACH5856

Ankurit Srivastava




**Meals Of Happiness
INCOME AND EXPENDITURE
FOR THE YEAR ENDED ON 31st MARCH, 2023**

PARTICULARS	SCH. NO.	AS ON 31.03.2023	AS ON 31.03.2022
A. INCOME			
Donations Received			
Local Donations	5	7,93,505.00	31,21,105.00
In Kind(Ration Kits , foods)	5	94,50,000.00	-
TOTAL		1,02,43,505.00	31,21,105.00
B. EXPENDITURE			
Expenses Incurred	6	1,06,32,938.00	27,35,038.00
Depriciation	7	1,28,917.60	-
TOTAL		1,07,61,855.60	27,35,038.00
Excess of Expenditure over Income		(5,18,350.61)	3,86,066.99
Utilized from Accumulated Reserve			-
Balance Transferred to Trust Fund		(5,18,350.61)	3,86,066.99
TOTAL		1,02,43,505.00	31,21,105.00

As per our report of even date
For D Pathak & Co.
Chartered Accountants
(FRN-001439C)

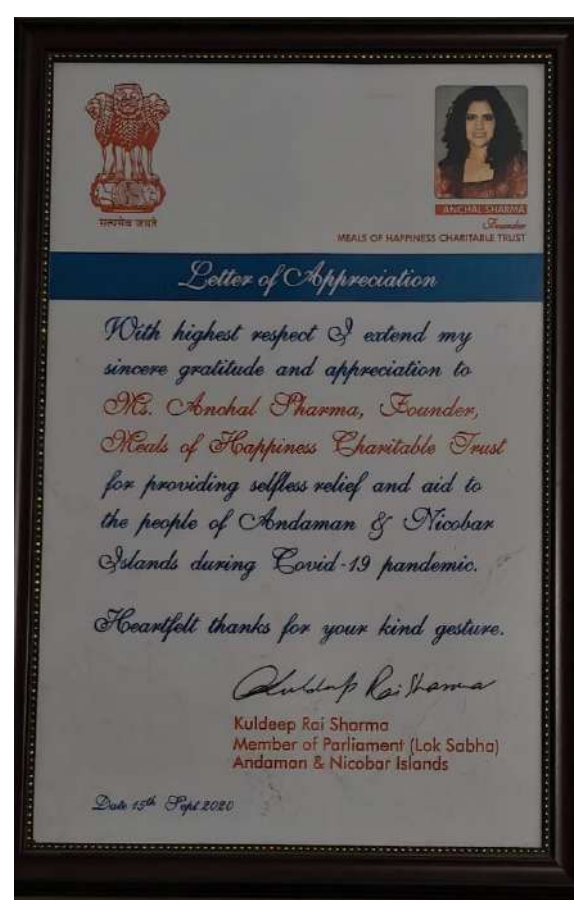
For Meals of happiness

C.A Ankurit Srivastava
Partner
Membership No: 509613
Place: New Delhi
Date: 28-10-23
UDIN: 23509613BGSAC5856

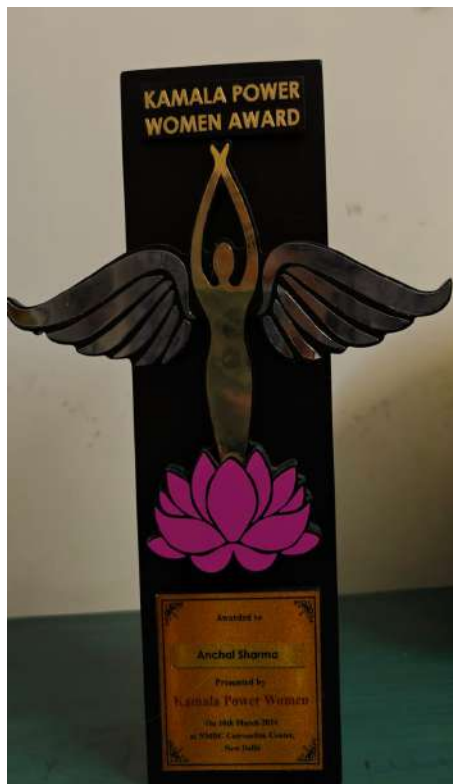
Trustee

Ankurit Srivastava



Recognition & Awards



Our Trustees



Anchal Sharma

A resilient survivor, overcoming 3rd stage breast cancer at 32, exemplifying courage and tenacity. Through adversity, she inspires hope, advocates for awareness, and embraces life with newfound gratitude. Acknowledged for her remarkable journey, she has been honoured with prestigious awards, symbolizing her resilience and advocacy. **To mention few :**

- Tata Perseverance Award - Tata Institute - Anchal Sharma (2022)
- 100 Influential Indians - Fox Story India - Influential Individuals - Anchal Sharma (2022)
- Youth Icon Award - Dainik Bhaskar – Anchal Sharma (2021)
- Corona Yodva Samman Patra - Lawyers Vision – Disaster
- Certificate of Appreciation - Human Rights Council of India - Human Rights Advocacy - Anchal Sharma (2021)

As the founder of Meals of Happiness and Can Heal LLP, her vision has transformed countless lives. Since inception, Meals of Happiness has generously provided over a crore meals, uplifting not only individuals but entire families, embodying the power of compassion and healing through nourishment

Driven by an unwavering belief, she champions the notion that no one should endure hunger, advocating for universal contentment and happiness. Her dedication radiates through her endeavours, striving to ensure that every individual experience fulfilment and sustenance, embodying the essence of compassionate humanity.

Jayshree Jayaraman

A competent professional with 25 years of experience in the social sector and 5 years in Teaching & policy research. Two decades of experience accomplished the objectives of Rotary International and its Regional office of South Asia in India, by assisting leadership and external stakeholders. Roles spanned from fostering donor relationships, fundraising, fund administration, grants documentation, and providing administrative support to Rotary Clubs and Districts in South Asia.



- Project presentations for Donors centred around thematic areas of Education, Health, Skill Development, Maternal & child Health, and Water & Sanitation. Proposals for Corporates CSR ranged from US\$ 30,000 to US\$ 250,000.
- Processes, Systems & Procedures – Donor Contribution; Recognition; Grant reporting and Closure; CSR – Proposal, Agreements, Fund receipts, Implementation by clubs, Closure report to Corporates.
- Recipient of “Living Our Values” Award from world headquarters and regional office in India, while supporting leadership, managing the trustee briefings and training programs.
- Team Management – HR and Administration as part of responsibilities. Team Members reporting were from a minimum of 3 and a maximum of 10.
- Initial career-focused Research Projects centered on Women Empowerment, Health, and Education including child rights at the local level supported by various International and Government agencies



Dr Charu Garg

I have 24 years of post M.D experience in the field of Oncology. I did 3 years of residency from Gujarat Cancer & Research Institute (GCRI), Ahmedabad. GCRI is a tertiary referral center for cancer treatment in Western India and boasts of one of India’s busiest and most advanced radiotherapy department. I have also worked in the premier institutes of Delhi, NCR – Rajiv Gandhi Cancer Institute and Research Centre (RGCI), Medanta – The Medicity.

Research and Training

- Have been to Medison, U.S.A, in July 2022, for training on Tomo therapy.
- Have been to Manheim University Clinic, in March 2009, for training on IGRT, Monaco and VMAT.
- Worked as the study co-coordinator in the phase-III clinical trial in Glioblastoma Multiforme.
- Have 19 years of experience in training DNB students and Radiation Oncologists.



Manoj Sharma

With a decade of dedicated service in legal consultancy within a prestigious law firm, I bring a wealth of experience in administrative support, meticulous organisation, and adept client assistance. My tenure reflects a commitment to professionalism, efficiency, and contributing to the seamless operation of legal proceedings.

OUR TEAM



Shoaib Ali Khan

Events & Administrative manager

As a seasoned professional dancer with 25 years of expertise, I hold the Guinness World Record for my contributions to the art form. My extensive experience includes teaching both domestic and international students, performing in shows nationwide, and spearheading India's bike rallies to support cancer awareness. I am actively engaged with Meals of Happiness, overseeing day-to-day operations, event management, crowd funding, and serving as an event manager. With a passion for both dance and philanthropy, I am dedicated to making a positive impact on communities through my talents and initiatives.



Prerna Mishra

Finance head at Meals of Happiness

As an graduate from Delhi University & Masters in Social Work, I possess a decade of distinguished leadership as a school principal under Round Table. Alongside, I actively serve as a trustee in numerous organizations, leveraging my ten years of management experience to drive impactful initiatives. Committed to education accessibility, I prioritize teaching underprivileged children at nominal fees, fostering empowerment through knowledge. Additionally, I champion women's empowerment by providing employment opportunities to over 50 women.

Our Volunteers



Margo Cooper (Miss World Bulgaria 2019)

Miss World Bulgaria 2019, renowned as a model, actress, and philanthropist, commands a dedicated following of over 100,000 supporters. Her influence extends beyond glamour, as she actively champions humanitarian causes, leveraging her platform to drive positive change. A true embodiment of beauty, talent, and compassion, she inspires millions worldwide.



Rashi Chaudhary

With a postgraduate degree in Human Resources and three years of professional experience, I've honed my skills in talent acquisition, employee relations, and performance management. Through strategic initiatives and effective communication, I've contributed to fostering a positive workplace culture while ensuring organizational success and employee satisfaction.



Mohd Rafey Khan

With a bachelor's degree in marketing and two years of hands-on experience, I've honed my skills in market research, campaign development, and client relationship management. Collaborating within dynamic teams, I've strategized and executed impactful marketing initiatives, contributing to brand growth and market expansion.



Pallavi Tondon

She is a marketing expert with over 10 years of experience in social media. She's got a degree in marketing management and has completed several marketing courses. Pallavi knows how to make social media work for businesses, using her skills to create successful campaigns and strategies that connect with people online



Harshit Gupta

With a postgraduate degree in hand and two years of dedicated service in charitable work, I've cultivated invaluable experience in community outreach, fundraising, and project management. My passion for making a difference has driven me to effectively collaborate with diverse teams, implement impactful initiatives, and positively impact the lives of those in need



Ashish Chaudhary

With a background as a semi-qualified Chartered Accountant and three years of hands-on experience, I've honed my expertise in forensic audit and specialized monitoring for Government of India Entities for listed companies. Also working with charitable trusts My role has been pivotal in ensuring compliance, detecting financial irregularities, and implementing robust monitoring mechanisms. I've contributed to enhancing transparency, accountability, and overall financial integrity. My dedication to ethical practices have consistently yielded impactful results in safeguarding organizational



Aarti Dubey

With a bachelor's in commerce and a profound passion for humanitarian endeavours, I've devoted three enriching years to teaching underprivileged children. Through empathetic pedagogy and dedication, I strive to empower these young minds, fostering hope and knowledge for a brighter, equitable future.



Parth

With six years of seasoned expertise in forex and finance, I've adeptly managed organizational funds, ensuring optimal liquidity and maximizing returns. Through strategic analysis and risk management, I've navigated volatile markets, preserving capital and fostering financial growth. My proficiency lies in balancing stability with opportunity, driving sustained organizational prosperity.



MORGANA FUCHS

A multitalented German, with a flair for fashion design, adept massage therapy skills, and a passion for showcasing India's beauty as a tour guide. Embracing Indian culture for six enriching years, they blend creativity with cultural understanding, creating unforgettable experiences for travellers while adding vibrancy to the fashion world.



Pratham Sharma

A diligent BBA graduate with one year of experience in the audit domain, demonstrating a keen eye for detail and a commitment to upholding the highest standards of accuracy and integrity. Concurrently, actively engaged in volunteering efforts with Meals of Happiness, endeavouring a passion for community service and social responsibility. Possessing strong analytical skills and a solid understanding of financial principles, coupled with a compassionate and empathetic approach to helping those in need.

Meals of Happiness

Charitable Trust

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