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# HemAth



**" They believed they could  
and so they did "**

Check out HemAth's website to learn more about our projects, programs, and products!!

[Click Here!!](#)

## A message from the President

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Namaskar,

It has been an incredible 2-year journey for me at the helm of HemAth! What was started by five founding members is today a group of over 150 women working together to accomplish the aim to Inspire, Enable and Empower the displaced women of Kashmir.

Our new Program “WateHavuk” is a one on one mentorship program for the young underprivileged Kashmiri women led by very accomplished women in their field globally. We completed successfully 1st session in 2022. The impact of the Wate Havuk pilot program was profound, with the mentees achieving remarkable milestones and experiencing life-changing outcomes.

To jumpstart Sechan te Pann project, HemAth in collaboration with Govt. Polytechnic for Women Jammu under the scheme of Community Development through Polytechnic (CDTP) held skill training workshops at its Jagti township facility along with embroidery project.

Second, 2-day FREE MEDICAL CAMP organized by HemAth in collaboration with VITASTA was jointly held at Vitasta Hospital, in April, that served over 900 patients.

The organizational profile for HemAth Inc has been accepted in DESA's Civil Society database of UNITED NATIONS in 2022 and is awaiting application acceptance of accreditation. HemAth has also been approved as an official Certifying Organization for the US President's Volunteer Service Award. The ability to bestow Presidential recognition to our volunteers is a tremendous honor.

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## A message from the President

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HemAth is honored to be widely supported by various other organizations: Young Indian Culture Group (YICG) of New York, KOAC of Canada, Kashur Raag of US and Sharika Charitable trust in India and above all our community members and KOAC have encouraged HemAth ladies' and given their self-confidence a big boost by purchasing merchandize at their weddings/events. I will like to acknowledge all the donors especially Dr. Suresh Raina ji for his generous donation making it possible.

Please read in detail about each of our projects and accomplishments in the following pages of newsletter. A lot has been accomplished, yet a lot is left to be concurred. Please donate generously if you want to give HemAth to our sisters, mothers and daughters @hemath.org

**Dr. Shakun Munshi Malik**

Founder, President, and CEO



## A message from the Vice President & Treasurer

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Namaskar!

You provided the help HemAth ladies needed, in form of Training Programs, Skillful Instructors, Health Diagnostic Testing, Mentorship, Wellness and many other areas.

Your support has changed many lives!!

The details of Revenue and Expenses for Year 2022 are as follows:

### **Revenue -**

Through Donation and Fundraiser: \$93,623.41

### **Expenditure -**

Itemized Categories: \$44,695.75

1. Sewing Machines and Equipment: \$1,143.00
2. Medical Equipment: \$39,700.00
3. HemAth Office Maintenance/ Project payments: \$2,045.00
4. Wate Havuk Mentee Training support: \$250.75
5. Printing and Mailing: \$800.00
6. Skilled Embroidery Trainer: \$480.00
7. Bank And PayPal Fees: \$277.00

HemAth continues to utilize your generous contributions in creating entrepreneurial opportunities through various enhancement programs!!

**Dr. Rajesh Kaul Mattoo**

Vice President & Treasurer














# WATE HAVUK

Wate Havuk is a Kashmiri phrase that translates to someone who shows you the path forward, which is entirely reflective in the accomplishments of our mentees. This year, the Wate Havuk program launched, with the goal of providing opportunities for displaced Kashmiri women through skill development, grooming for job readiness, networking, and much more.

Wate Havuk Program Objective:







- To develop mentee's skills
- Groom for job rediness
- Broadening mentee's network
- Help connect to potential carrer oppurtunities
- Put mentee on a path to ultimate long-term succes

## Our nine AMAZING Wate Havuk Mentees – Inaugural Class of 2022







|   |   |  |
|---|---|--|
|  <p><b>ANUPAM RAINA</b><br/>Homemaker,<br/>Udhampur<br/>Former Lecturer<br/>MCA, Jammu<br/>University<br/><br/><b>Loves:</b> Listening to<br/>music, Dancing and<br/>travelling</p>                                  |  <p><b>ISHA BHARATI<br/>PANDIT</b><br/>English Teacher<br/>Utsav Foundation, NGO<br/>Jammu<br/>M.A., English Literature<br/><br/><b>Loves:</b> Reading, painting,<br/>sketching, dancing,<br/>writing poems</p>  |  <p><b>JOSHINA GANJOO</b><br/>Associate Managing<br/>Editor, Noida<br/><b>Sage Publishing</b><br/>Dentist, Oral<br/>Implantology<br/><b>Loves:</b> Socializing,<br/>Travelling, Financial<br/>Planning</p>  |
|  <p><b>JYOTI RANI RAJPUT</b><br/>Mass<br/>Communications<br/>BCA, Jammu Univ;<br/>Pursuing<br/>Journalism, IGNOU<br/><b>Loves:</b> Reading<br/>books, Listening to<br/>music</p>                                     |  <p><b>MEGHA PANDITA</b><br/>BSc Student (2<sup>nd</sup> year)<br/>Jammu<br/><br/><b>Loves:</b> Playing<br/>Badminton, Reading<br/>Books, Listening to music<br/>and Social Service</p>                          |  <p><b>NISHA KOUL</b><br/>Student<br/>Jammu<br/>B.Com, Studying M.Com<br/><br/><b>Loves:</b> Studying,<br/>Singing, Surfing for latest<br/>news</p>   |
|  <p><b>SHEWANI PANDITA</b><br/>Deputy Leader, HR<br/>Narayana Hospital<br/>MBA, MS University,<br/>Vadodara, Gujarat<br/>Jammu<br/><br/><b>Loves:</b> Stone Art<br/>Painting, Gardening,<br/>Interior Decoration</p> |  <p><b>SHWETA RAINA</b><br/>HR Professional,<br/>Entrepreneur<br/><b>Byjus (former)</b><br/>BBA, Jammu University<br/><br/><b>Loves:</b> Badminton,<br/>Watering, sowing &amp;<br/>nurturing plants. Singing</p> |  <p><b>SONAM SURRENDER</b><br/>Founder &amp; Entrepreneur<br/><b>AS TECH SOLUTIONS</b><br/>Jammu<br/>BCA, Pursuing MCA<br/><br/><b>Loves:</b> Music, Net-<br/>surfing (Social Media),<br/>Creative work</p> |

# WATE HAVUK

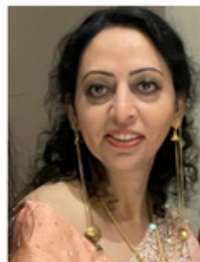
## Wate Havuk Mentors – Senior & accomplished leaders

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|---|---|
| <b>SHARDA CHERWOOD</b><br><br>Board Member, Former EY Partner<br><b>Various US leading Company Boards</b><br>New York, USA<br>B.S. Accounting, CPA   | <b>ASHA WAZIR</b><br><br>Chief General Manager (Corp Mgmt. Services)<br><b>MECON, a PSU under Gov.</b><br>Ranchi, India<br>Chemical Engineer                               |
| <b>ANILA BHAN</b><br><br>Senior Global Product Manager<br><b>Cytiva, Danaher OPCo</b><br>Boston, MA, USA<br>Ph.D. Medicinal Chemistry                | <b>ANSHU KAK</b><br><br>Cloud/AI Digital Transformation Leader<br><b>Google</b><br>New Jersey, USA<br>Computer Science, Engineer   |
| <b>DIVYA DHAR</b><br><br>Managing Director<br><b>Accenture</b><br>Bangalore, India<br>Bachelor of Engineering (B.E.),<br>Computer Systems Technology | <b>MEGHA KOUL</b><br><br>First Year Medical Student<br><b>University of New England College of Osteopathic Medicine</b><br>Boston, MA, USA<br>B.S. Northeastern University |

## Wate Havuk Mentors – Senior & accomplished leaders

|   |   |
|---|---|
| <b>RASIKA RAINA</b><br><br>Senior Vice President,<br>Digital Cross-Border Payments<br><b>Mastercard</b><br>New York, USA<br>MBA, International Finance               | <b>SHOBITA DHAR</b><br><br>Content Specialist, Corp.<br>Communication, <b>RoundGlass</b><br>Former Journalist, TOI<br>Noida, India<br>M.A., English Literature         |
| <b>SEEMA KAUL</b><br><br>R&D & Customer Initiatives Leader<br><b>ServiceNow</b><br>Fremont, CA, USA<br>Electronics, Software Engineer                                | <b>SUNITA DURRANI</b><br><br>Consultant, Public Health<br>Noida<br><b>Wate Havuk LinkedIn Coach</b><br>Masters in Public Health,<br>The University of Hong Kong        |
| <b>OUR ADVISORS AND SUBJECT MATTER EXPERTS</b>  |   |
| <b>RITA ZUTSHI</b><br><br>Business Control Specialist<br><b>Bank of America</b><br>New Milford, Connecticut, USA<br>Masters of Law, Punjab University,<br>Chandigarh | <b>SHIVANI RAINA</b><br><br>Research & Clinical Director<br><b>Speech Language Institute</b><br>New Jersey, USA<br>Language Development &<br>Communication Specialist |

### Program Coordinator & Manager



Anjali Raina (Kaul)

## An inspirational career comeback story – By Anupam Raina

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The remarkable journey of a 35-year-old mentee from Udhampur serves as a powerful testament to the unwavering strength of determination and the transformative impact of having the right support and guidance in one's life. Despite encountering numerous personal and family challenges, she refused to surrender her dreams, and instead took control of her destiny by enrolling in the Wate Havuk Program in 2022, a decision influenced by her mother's wise recommendation. While uncertainty loomed in the early stages, her indomitable spirit and unwavering hope propelled her forward, continuously pushing herself to grow and evolve. The Wate Havuk Program proved to be a pivotal turning point in her life. Equipping her not only with the requisite skills to excel in her chosen field but also providing her with a newfound psychological boost and unwavering confidence to conquer the obstacles in her path. Surrounded by a supportive network of mentors and fellow mentees, she embarked on a transformative journey that would ultimately realize her lifelong aspiration of becoming a computer teacher at a highly regarded school. The Wate Havuk mentee's story radiates as a beacon of inspiration, illuminating the fact that, armed with the right mindset and unwavering support, anyone can triumph over adverse circumstances and achieve their most cherished goals. It serves as a powerful reminder to never relinquish our dreams and always carry within ourselves the remarkable ability to shape our own destinies for the better.

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## Hear from our Mentees

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"Wate Havuk has been an invaluable experience that guided me and improved my focus towards achieving my goals and realizing my full potential".



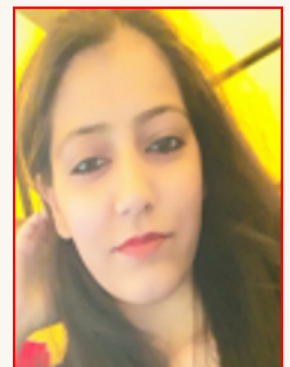
**Joshina Ganjoo**



"Wate Havuk was an amazing, personalized mentorship program, which helped me unlock my potential and transform it into excellence – it has been a springboard for my success".

**Shweta Raina**

"Forever grateful to HemAth for their Wate Havuk mentorship program, which has transformed me into a confident and better equipped woman to take charge of my career and future in pursuit of my dream to make my mark on the world. You can be next!"



**Isha Bharti Pandit**



"One can succeed if determined. Wate Havuk mentor will act as a force multiplier".

**Sonam Surrender**

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## Ver Tikki Masala

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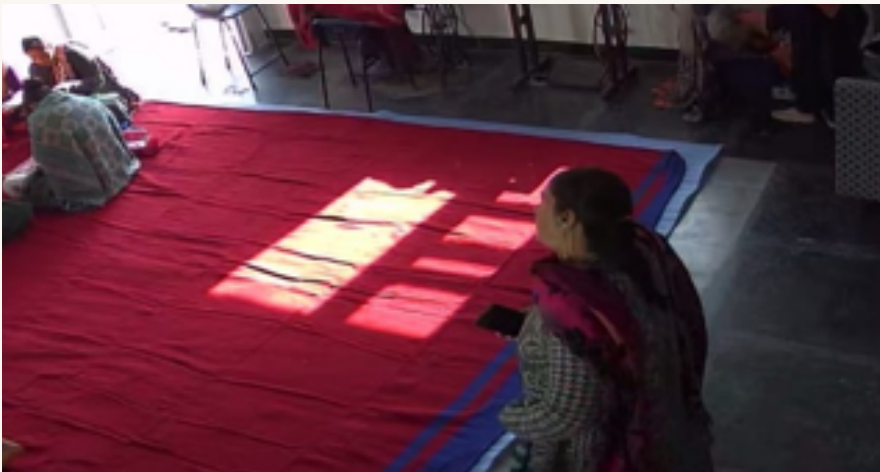
The founders' of HemAth have worked tirelessly through multiple trial and error rounds in order to achieve the best recipe for the Ver. Led by Reena Moza ji, the HemAth team continues to work towards creating the most authentic Ver possible. While some units of the Ver have been sold, as a team we are persistent in our pursuit of the best recipe for the Ver.

HemAth's team in Jammu worked with displaced Kashmiri women to demonstrate, in-person, how to make Ver.

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## Sechan Te Pann

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For as long as we can remember, Kashmir has been known for its embroidery. So what better way to empower the displaced women of Kashmir than to hone their skills in traditional and generational methods of stitching? In collaboration with Govt. Polytechnic for Women Jammu and under the scheme Community Development through Polytechnic (CDTP), our aim for this program was to develop these women's skills to a level in which they could make a profit off of their work, and provide an income for their families. Likewise, these women were trained in how to make atthor, pillow cases, kurtis, and much more!!

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# Embroidery Project

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Embroidery is what Kashmir is known for. HemAth purchased 2 embroidery machines and hired a full-time teacher from Calcutta for 3 months duration. The ladies continue to practice the crafts.

A group will be selected after an exam to start embroidery on merchandize.

In addition, HemAth is exploring methods to bring back the hand embroidery that is rapidly vanishing as a specialty of Kashmiri crafts.

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## Aathor Making Project

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Not only is Kashmir one of the most picturesque corners of India but also its people are known for their artistic expertise. The handicrafts of the valley have made their mark at the international level, however; some of the Kashmiri pandit handicrafts like handmade Aathor making (a special earring used by Kashmiri pandit women on auspicious occasions), hand embroidery etc. is at the brink of extinction. HemAth founder Shakun Malik researched and then trained women with Aathor making on zoom. The ladies of Purkoo camp owned the project with team lead Princy Bhat and have started to create beautiful, totally handmade Aathors. These Aathors can also be changed into long earrings

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## HemAth is very proud of the work put in by our Summer Interns

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**Megha** was born in Norwood, Massachusetts. She grew up in a very Kashmiri family, She speaks fluent Kashmiri and has stayed very connected to her Kashmiri roots. After graduating she worked as a medical assistant at the Sports Medicine Clinic of Massachusetts

General Hospital,

Megha is currently on her own medical journey as a second-year medical student at the University of New England College of Osteopathic Medicine in Maine, USA. Megha aims to pursue a career in sports medicine and physiatry.



**Megha Koul**



**Annika Kak**

Annika is a junior in high school.

She has helped *create this newsletter* and assisted with the Wate Havuk Program.

Annika's favorite things to do are reading and baking cookies.

# HemAth is very proud of the work put in by our Summer Interns

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**Arya** was born in Plano, TX to Randhir and Renu Wokhlu. She is a sophomore at the University of Texas at Dallas pursuing Health Sciences. Arya wants to work in the mental health domain applying her focus on enabling disadvantaged community members from economic and mental health perspective.



**Arya Wokhlu**



**Medha Fotedar**

Medha Fotedar, an 18 year old kashmiri living in Houston, Texas and currently going to Rice university to study physics.



HemAth

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# THANK YOU

**We are grateful to all our donors and selfless volunteers who are making a difference in changing lives.**

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Please continue to show your support

Aathors for Sale

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HemAth

