



# Sheets of Kindness

A Community service initiative by Kushagra Kedia (2020 - present)

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## Project details

- Seeing all the excess cloth at my father's cloth factory, I decided to try and help underprivileged members of society.
- As a part of this project, I decided to donate cloth for linen to an old age home, **Kishan Gopal Rajpuria Vanprasthashram**.
- From the inception of the project I also visited the old age home on a weekly basis and served lunch to all the residents.



# Mission and Vision

The mission of Sheets of Kindness is to provide dignity, care, and advocacy for disadvantaged and vulnerable senior citizens in the community. The project's vision is to broaden its scope in assisting with essential services, recovery from adversity, and community integration, with a focus on increasing the number of recipients through building a volunteer base, community awareness, and financial support.



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## Key achievements

- Donated cloth for 100 bed sheets to the **Kishan Gopal Rajpuriya Vanprasthashram** in Mumbai.
- Served lunch on a weekly basis for over 4 years.
- Provided comfort and dignity to the residents through improved bedding.
- Contributed to the well-being of the elderly through regular meals.
- Fed cows on my visits as well





# Impact on Senior Citizens



The initiative has had a significant impact on the lives of the elderly residents at the Kishan Gopal Rajpuria Vanprasthashram. The donated bed sheets have improved their comfort and dignity, while the weekly meals have contributed to better health and well-being. My personal interactions with the residents have also provided them with a sense of connection and support.

# Lessons Learned

Through this experience, I learned the importance of empathy, compassion, and giving back to the community. The moving stories of tenacity and resilience shared by the elderly residents have been particularly inspiring and have motivated me to continue seeking opportunities to make a difference in the lives of others.





## Conclusion

Sheets of Kindness is a shining example of how a small act of kindness can have a profound impact on the lives of those in need. By providing essential bedding and regular meals to senior citizens, the initiative has not only improved their physical comfort but also their emotional well-being. The founder's dedication and commitment to the cause serve as an inspiration to others who wish to make a difference in their communities.