SUBHVAISHALI FOUNDATION

October 2026

NEWSLETTER

Voices That Matter



Hello , Everyone !

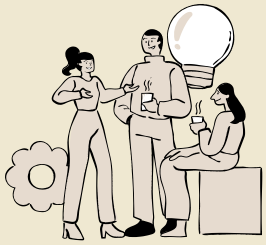
Welcome to the October 2026 edition of our newsletter!

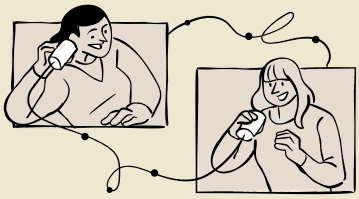
This month, through Voices That Matter, we celebrate the power of ideas, awareness, and meaningful conversations. Our volunteers share their thoughts on health, society, the environment, artificial intelligence, and climate change, highlighting the role each of us can play in creating a better future.

Every voice brings a unique perspective, and every idea has the potential to inspire positive change. Together, let us encourage thoughtful discussions, responsible actions, and stronger communities.

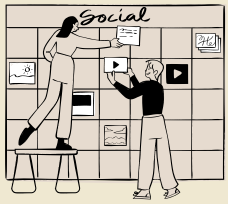
Your Voice Matters. Your Perspective Matters.

~ With Gratitude ,
TEAM SUBHVAISHALI FOUNDATION









VOICES THAT MATTER

Real People | Real Perspectives | Brighter Tomorrow.



Mohit Dagar

SVF Volunteer
Mumbai

01 | HEALTH

HEALTH IN THE DIGITAL AGE

Do you think excessive screen time is affecting the health and lifestyle of young people? What changes can help create a healthier digital routine?

Excessive screen time is increasingly influencing the health and lifestyle of young people. As a final-year medical student who spends several hours each day using an iPad for video lectures and digital note-taking, I understand how easily productivity can turn into exhaustion when screen use becomes a constant part of daily life. Digital eye strain, disrupted sleep patterns, and sedentary habits are important concerns that deserve greater attention.

However, promoting unrealistic digital detoxes is not always the most practical solution. Instead, we need to develop sustainable habits that allow us to benefit from technology without compromising our well-being.

For me, maintaining a dedicated period of physical activity has made a significant difference. Spending 90 to 120 minutes at the gym each day provides an opportunity to step away from screens, stay physically active, and support my mental well-being. Others might find their balance through walking outdoors, gardening, playing a sport, or engaging in activities that do not involve digital devices.

A healthier digital routine also depends on intentional device management. Setting app limits, keeping phones away from the bed at night, prioritising adequate sleep, and avoiding mindless snacking while using screens are practical steps that can improve everyday well-being.

Ultimately, the goal is not to eliminate technology, but to use it with greater awareness and discipline. Technology should support our ambitions, not come at the cost of our health.

> **“A healthier digital life begins when we make conscious choices about how we use our screens—and how we spend our time away from them.”**

VOICES THAT MATTER

Real People | Real Perspectives | Brighter Tomorrow.

02 | SOCIETY



Aditya Unde
SVF Volunteer
Sangamner A.Nagar

MISINFORMATION AND SOCIAL MEDIA



When information spreads faster than ever on social media, what responsibility do we have before believing or sharing it?

We have become so accustomed to social media that we rarely pause to question what we see. Every day, news, videos, and messages circulate across platforms such as WhatsApp and Instagram. Often, we find something interesting or surprising and share it without verifying its authenticity. What seems like a casual click can influence what others believe and how information spreads.

Shocking headlines and widely circulated messages can be particularly persuasive. We may believe them because they come from someone we trust or because so many others are sharing them. Yet, popularity does not guarantee accuracy, and a message does not become true simply because it has been forwarded repeatedly. Sometimes, the reality behind a viral claim is very different from what it appears to be.

Responsible social media use begins with a simple habit: pausing before sharing. Checking the original source, looking for reliable reporting, and comparing information with credible sources can help us make informed decisions. If we cannot establish whether something is true, choosing not to forward it is a responsible decision.

We must also recognise that our online actions have real-world consequences. Even without intending harm, sharing unverified information can create confusion, damage reputations, and influence the decisions of others. Our responsibility lies not only in what we publish, but also in what we choose not to circulate.

Social media remains a valuable space for learning, communication, and awareness. The answer is not to distrust everything we encounter, but to approach information with curiosity, caution, and critical thinking.

Before sharing a post, we should ask ourselves one important question: Do I actually know that this is true?

> “Before you forward a message, pause and think. Sometimes, choosing not to share is the most responsible thing you can do.”

VOICES THAT MATTER

Real People | Real Perspectives | Brighter Tomorrow.

03 | ENVIRONMENT



Shweta Shinde
Dist Coordinator
Nashik

WASTE AND OUR RESPONSIBILITY



1) What simple changes can individuals make in their daily lives to reduce waste and keep their surroundings cleaner?

Let's Make Every Space a Cleaner Place

Keeping our surroundings clean does not always require extraordinary efforts. It can begin with small, conscious choices that become part of our everyday routine. Carrying a reusable bag, avoiding unnecessary plastic, and choosing to reuse rather than discard are simple steps that can make a meaningful difference.

At home, segregating wet and dry waste, reducing food waste, and composting kitchen scraps can help minimise the amount of waste we generate. These habits not only keep our homes cleaner but also encourage more responsible waste management.

Clean surroundings also depend on how responsibly we use shared public spaces. Using designated bins, avoiding littering, and encouraging children to respect and care for their surroundings can gradually create a stronger culture of cleanliness.

We do not need to change everything overnight. A few thoughtful choices, repeated consistently, can become lasting habits—and those habits can contribute to healthier, cleaner spaces for everyone.

Cleanliness is not just a responsibility; it is a habit we can all build.

> "Small daily choices can create cleaner surroundings and a healthier tomorrow."

VOICES THAT MATTER

Real People | Real Perspectives | Brighter Tomorrow.

03 | ENVIRONMENT

WASTE AND OUR RESPONSIBILITY



Shramika Dokhale
SVF Volunteer
Nashik

2) Is keeping our surroundings clean mainly the responsibility of the government, or does it begin with each one of us?

Keeping our surroundings clean is not solely the responsibility of the government; it begins with each one of us. While the government plays an important role by providing waste collection, sanitation facilities, and systems to maintain cleanliness, these efforts can succeed only when citizens actively participate and take responsibility.

Cleanliness begins with simple everyday actions—avoiding littering in public places, using designated bins, reducing unnecessary plastic, and keeping our homes, schools, and neighbourhoods clean. These may seem like small actions, but when practised consistently by many people, they can create a visible and lasting impact.

The significance of this shared responsibility is also reflected in initiatives associated with Gandhi Jayanti and Swachhata-related awareness in India, when communities come together for cleanliness drives and campaigns. However, cleanliness should not be limited to a particular day or campaign. It should become a part of our everyday behaviour and civic responsibility.

The government must provide the necessary infrastructure and services, but citizens must use them responsibly and contribute through their own actions.
Ultimately, a clean community is created through partnership—where effective public systems are strengthened by responsible citizens.

> “Clean surroundings are not created by one authority; they are created by a community that takes responsibility.”

VOICES THAT MATTER

Real People | Real Perspectives | Brighter Tomorrow.

04 | YOUTH AND TECHNOLOGY



Tejal Bidgar
SVF Volunteer
Nashik

AI AND YOUNG MINDS

1) As AI becomes part of education and everyday life, what should young people learn to use it responsibly without becoming dependent on it?

AI is becoming an increasingly important part of education and everyday life, and for young people in rural areas, it can open doors to learning opportunities that may not always be easily accessible. It can help students overcome limited access to teachers, libraries, and educational resources by bringing information and learning support closer to their communities.

Young people can use AI to understand difficult concepts, practise languages, explore information, and develop new skills. However, responsible use begins with understanding its limitations. Students should learn to verify AI-generated information, question what they receive, and avoid simply copying answers without understanding them.

Young people should also develop awareness about digital safety, privacy, and responsible technology use. At the same time, they should continue to value local knowledge, traditional skills, agriculture, and the experiences of their communities—forms of knowledge that technology cannot simply replace.

A healthy approach is to think independently first and use AI for guidance, clarification, and exploration when needed. In this way, AI becomes a tool that strengthens learning rather than a substitute for effort, curiosity, or judgement.

With the right balance, AI can create new educational opportunities for rural youth while helping them remain confident, creative, and in dependent.

> “AI should be a helping hand, not a substitute for hard work.”

VOICES THAT MATTER

Real People | Real Perspectives | Brighter Tomorrow.

04 | YOUTH AND TECHNOLOGY

AI AND YOUNG MINDS



Aarti Pathare
SVF Volunteer
Nashik

2) Can excessive dependence on AI affect creativity and critical thinking among young people? Why or why not?

AI has become a powerful part of education and everyday life, offering quick access to information, ideas, and solutions. However, excessive dependence on it can affect the way young people develop creativity and critical thinking.

Creativity grows through curiosity, experimentation, mistakes, and the ability to develop ideas independently. If young people begin relying on AI for every idea or solution, they may gradually become less willing to explore, question, and think beyond the answers provided to them.

Similarly, critical thinking involves understanding information, asking questions, evaluating evidence, checking facts, and making informed decisions. Simply accepting or copying AI-generated responses without understanding them can weaken these skills over time.

At the same time, AI itself is not the problem. When used responsibly, it can help students understand complex concepts, explore new perspectives, generate ideas, and improve their work. The key is to use AI as a learning aid rather than a substitute for independent thought.

Young people should first attempt to understand and solve problems on their own, and then use AI for guidance, clarification, or further exploration. This approach allows technology to strengthen learning while preserving the human qualities that matter most—curiosity, creativity, judgement, and independent t hinking.

> **“AI should expand the way we think, not replace the way we think.”**

VOICES THAT MATTER

Real People | Real Perspectives | Brighter Tomorrow.

05 | CLIMATE AND SOCIETY

CLIMATE CHANGE & EVERYDAY LIFE



Rinku Gavali
SVF Volunteer
Nashik

1) What role can young people play in helping their communities adapt to changing climate and environmental conditions?

Young people have a vital role to play in helping communities respond to a changing climate. Their contribution can begin with awareness, but it must ultimately translate into participation, innovation, and responsible action.

They can create awareness about climate change, water conservation, waste management, and sustainable living within their families, educational institutions, and local communities. By participating in tree plantation drives, clean-up initiatives, recycling programmes, rainwater harvesting, and community campaigns, young people can turn environmental awareness into collective action.

Digital platforms also offer an opportunity to amplify reliable information and encourage responsible environmental behaviour. At the community level, young people can support preparedness for challenges such as heatwaves, floods, and water scarcity, particularly by helping vulnerable groups access relevant information and resources.

Beyond awareness and participation, innovation can become a powerful tool for change. Young minds can explore practical solutions for reducing waste, conserving water and energy, and promoting sustainable practices.

Ultimately, climate resilience begins with everyday choices. By leading through example—reducing unnecessary plastic use, conserving resources, choosing sustainable modes of transport, and caring for trees—young people can inspire others to act.

> **When awareness becomes action and individual responsibility becomes collective participation, young people can help build communities that are healthier, safer, and more resilient to a changing climate.**

VOICES THAT MATTER

Real People | Real Perspectives | Brighter Tomorrow.

05 | CLIMATE AND SOCIETY

CLIMATE CHANGE & EVERYDAY LIFE



keshavi Patil
SVF Volunteer
Nashik

2) What role can young people play in helping their communities adapt to changing climate and environmental conditions?

Young people can become important catalysts for helping their communities respond to changing climate and environmental conditions. Their role begins with responsible everyday choices, but can grow into awareness, community participation, and practical innovation.

Simple actions such as conserving water and electricity, reducing plastic use, planting trees, and keeping shared spaces clean can contribute to healthier and more sustainable communities. When these habits are adopted consistently, they can influence others and gradually become part of the community's culture.

Young people can also use their voices to spread awareness among friends, families, and neighbours through social media, educational institutions, and local campaigns. Participating in cleanliness drives, recycling initiatives, tree-planting activities, and other environmental programmes allows them to turn awareness into meaningful community action.

Technology and creativity can further strengthen their contribution. Young minds can identify local environmental challenges and explore practical, innovative solutions that are relevant to their communities.

Most importantly, young people can lead by example. By working together, encouraging responsible habits, and involving others in environmental initiatives, they can help their communities become more prepared, conscious, and re silient.

> "Change becomes stronger when young people turn awareness into action and inspire their communities to act with them."

VOICES THAT MATTER

Real People | Real Perspectives | Brighter Tomorrow.

05 | CLIMATE AND SOCIETY



Priyanka Chaudhary
SVF Volunteer
Nashik

CLIMATE CHANGE & EVERYDAY LIFE

3) climate change is no longer just an environmental issue. How do you think it is affecting our health, lifestyle and everyday choices?

Climate change is no longer a distant environmental concern; it is increasingly becoming a part of our everyday lives. Rising temperatures, changing rainfall patterns, and extreme weather conditions can directly affect our health, food systems, water availability, and daily routines.

These changes also influence the way we live and the choices we make. From how we use water and electricity to how we travel, consume resources, and manage waste, our everyday decisions can either increase environmental pressure or help reduce it.

Simple actions such as conserving water and energy, reducing unnecessary plastic use, avoiding waste, and choosing more sustainable alternatives can contribute to a healthier environment. While one individual action may seem small, its impact becomes significant when many people adopt responsible habits consistently.

Young people, in particular, can play an important role by practising sustainable choices and encouraging others to become more environmentally conscious. Awareness is the first step, but meaningful change begins when awareness is translated into everyday action.

By making responsible choices today and inspiring others to do the same, we can contribute to healthier communities, a more sustainable lifestyle, and a safer future.

> “Small choices, when multiplied by many, can create a meaningful change for our health, our communities, and our future.”

DONATE US

- Bank Name: Axis Bank Vaijapur
- Account Name: Subhvaishali Foundation
- Account Number: 926010021523407
- IFSC Code: UTIB0000165
- Mobile No: 9307085598

Follow Us

अयं निजः परो वेति गणना लघुचेतसाम् ।
उदारचरितानां तु वसुधैव कुटुम्बकम् ॥

“This person is mine, and that person is a stranger”—such thinking belongs to narrow-minded people. For those with generous hearts, the entire world is one family.

VASUDHAIVA KUTUMBAKAM — THE WORLD IS ONE FAMILY