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**KASHMIR CARE[®]
FOUNDATION**
Humanity Always....Education First!

KCF Chronicle

A Newsletter of Kashmir Care Foundation

Edition - 01 / Vol. - 01

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Contents

- 04 President's Note — Dr. Altaf Lal
- 06 Editorial Note — Dr. Mir Zahoor Gul
- 07 The Measure of Change - Dr. Mahrukh Banday
- 08 The Origin Story
- 11 Who We Are -
Advisory, Core Working Group & Student Chapter
- 15 Our Highlights
- 17 Our Initiatives at a Glance
- 20 Photo Gallery
- 23 Monthly Features
by Greater Kashmir & Kashmir Life
- 28 Our Flagship programs
- 34 Our Partnerships
- 37 Voices of Impact
- 39 The Analytics
- 41 The Ripple Effect of Care



President's Message



Dr. Altaf A. Lal

On behalf of the Kashmir Care Foundation (KCF), it is with great joy, pleasure and enthusiasm that I extend a heartfelt and warm welcome to you.

At KCF, we are embarking on an **ambitious journey to build a global community** that brings together students, researchers, and professionals from diverse continents, cultures, and backgrounds.

Our mission is **simple but powerful** — to unite experts, mentors, and learners in the collective pursuit of advancing education, research, and innovation on a local and global scale.

At the heart of our efforts lies a distinguished Advisory Group and a Core Working Group, comprising individuals from a **broad spectrum of fields**, including public service, academia, the corporate sector, social service, and philanthropy. These accomplished professionals bring with them a wealth of knowledge, experience, and insight, providing invaluable guidance for our work plan. Their support ensures that KCF remains steadfast and current in its mission to equip our community with the tools and opportunities necessary to empower the next generation of students, thinkers, leaders, innovators and change-makers.

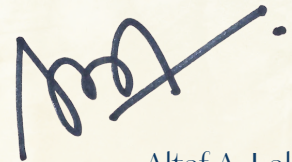
Together, we envision a future in which students and young professionals are not only recipients of knowledge but also active participants in shaping the future. Through mentorship and hands-on learning, we aim to empower individuals with the knowledge and skills they need to excel in a rapidly changing world.

By fostering creativity, critical thinking, effective communication, and innovation, we strive to inspire the leaders of tomorrow to embrace new opportunities, challenge the status quo, and drive meaningful, positive change across various fields.

At KCF, we recognize that success in today's world requires more than just academic knowledge—it demands a combination of soft skills, cutting-edge technologies, and real-world expertise. Our mission is to equip students and young professionals with these essential tools, preparing them to stay ahead of the curve and thrive in both the workforce and entrepreneurial ventures. Through carefully designed programs, workshops, and many collaborative initiatives, we aim to provide them with the expertise needed to navigate an ever-evolving landscape and to make lasting contributions to their industries and communities.

At KCF, we welcome diversity in all its forms, and we are driven by the belief that every individual has the potential to unlock extraordinary achievements. Our foundation is built on the principles of inclusion, equity, and empowerment, ensuring that no one is left behind in their pursuit of knowledge and personal growth. As we continue to expand our global network and deepen our impact, **we remain committed** to providing opportunities for individuals to realize their full potential and to create a future in which education, innovation, and social change go hand in hand.

We invite you to be a part of this exciting journey—whether you are a student, a mentor, an entrepreneur, a business owner, a professional, or a partner—**together, we can make a meaningful difference.**



Altaf A. Lal
Founder & President



Editorial Note



Dr. Mir Zahoor Gul

Dear KCF Community and Supporters

It brings us immense joy to present the first edition of the Kashmir Care Foundation's newsletter, **KCF CHRONICLE** —an honest, and small yet meaningful step in our journey of self-reflection and community engagement.

This newsletter is more than a collection of updates; it is a window into our journey, our values, and our continued efforts to make meaningful change. It is an invitation for you to walk with us, question with us, and grow with us.

Since our inception, we've been driven by the shared purpose of upliftment, guidance, and giving back to the society. We're proud of the impact we've made so far—thanks to your unwavering support, encouragement, and belief in our vision. We are immensely grateful for the community that fuels our mission.

Of course, not everything has gone as planned. There have been hurdles, missed steps, and lessons along the way. But with every challenge, we've grown. We remain committed to learning, evolving, and holding ourselves to a higher standard, always open to doing better—with your guidance and feedback.

We invite you to walk with us, share your thoughts, and stay connected as we build a future shaped by compassion, collaboration, and care.

"The journey of a thousand miles begins with a single step — and every step taken together brings us closer to change."

- Chinese proverb

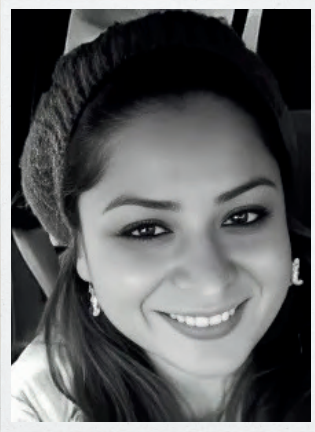
With gratitude,

Mir Zahoor Gul

On behalf of CWG - Kashmir Care Foundation



Perspective



Dr. Mahrukh (Mahi) Banday

The Measure of Change...

It started as a whisper, a flicker, a spark,
An idea for change that lit up the dark.
We dreamed of a world more open, more kind,
Where knowledge and guidance could free every mind.

The dream took on edges, began to expand,
From murmured idea to action well-planned.
We taught and we mentored, we listened, we spoke,
We bridged across borders, through screens and through smoke.

But action alone is a seductive song,
It feels like we're right, even when we are wrong.
So we turn to the mirror, to truth's quiet face,
To ask if our motion is keeping the pace.

We count what can count, the outcomes, the reach,
The minds that were sparked, the lives we could teach.
Yet numbers mean little without soul and intent—
So we ask ourselves softly: What has this meant?

Are we still rooted in the dream we once drew,
Or drifting from purpose as progress grew?
It's not just results that must pass the test,
But whether our efforts gave others their best.

So we pause, we reflect, and if needed, we steer—
To align what we do with the why we hold dear.
For the truest of changes begins in the heart,
And spreads when we each choose to do our small part.

—Mahi

*The following newsletter is an attempt to do this self-reflection
and include you all in our journey...*





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The Origin Story



The story of the Kashmir Care Foundation is one born from a deep sense of purpose, a passion to make a difference, and a commitment to uplift those in need.

It began with a simple yet profound belief: that the power of education, innovation, and collaboration could bring about meaningful change, not just in the lives of individuals, but in entire communities and beyond.

It all started with **Kashmir***, a region known for its rich history, beauty, and culture, but also for its challenges. For years, the region had faced socio-economic difficulties, limited access to quality education, and an overall lack of resources for its youth and underprivileged communities. These struggles were deeply felt by those who lived in Kashmir, especially the younger generation, who often saw limited opportunities for their dreams to take flight. This reality weighed heavily on the hearts of those who understood the immense potential within the people of Kashmir, waiting to be unlocked.

Dr. Altaf Lal, the founder and heart of KCF, was one of those individuals who deeply felt this gap. Having grown up in Kashmir, he witnessed firsthand the untapped talent, the hunger for knowledge, and the unspoken dreams of countless young people. But he also saw how many of those dreams were crushed under the weight of circumstances—lack of mentorship, limited educational resources, and an overall shortage of opportunities to truly excel. It was this deeply emotional realization that became the catalyst for what would eventually become the ‘Kashmir Care Foundation’.

Dr. Lal shared his vision with a group of friends—a vision of a foundation that would empower the youth of

Kashmir, offer them the mentorship and resources they needed, and provide a platform for innovation and collaboration.

He spoke of creating a global community called the “**Kashmir Global Connect**”, where individuals could come together from various backgrounds, share ideas, and toward a future where education and research were accessible to all. It was not just about education, he emphasized it was about unlocking the potential within every individual, regardless of their background or circumstance.

At first, the idea seemed daunting. Establishing a foundation from scratch, with limited resources and so many obstacles in the way, felt overwhelming. But there was something undeniably

*Kashmir here represents all of Jammu & Kashmir – the Kashmir Valley, the Jammu region and Ladakh

powerful in the way Dr. Lal spoke —his passion, his unwavering belief in the potential of the people of Kashmir, and his heartfelt desire to create real change. The group of friends and colleagues, moved by his vision, made a commitment to stand by him and turn this dream into reality. And so, the Kashmir Care Foundation was born.

As KCF expands its reach, it has begun to focus on interdisciplinary research and innovation, recognizing that true progress comes when different perspectives come together. The foundation facilitates collaborations across various fields—technology, healthcare, education, and social development—encouraging individuals to work together, break barriers, and solve complex problems. Through these collaborations, KCF is able to offer young professionals the tools and skills they need to thrive, helping them stay ahead in an ever-changing world.

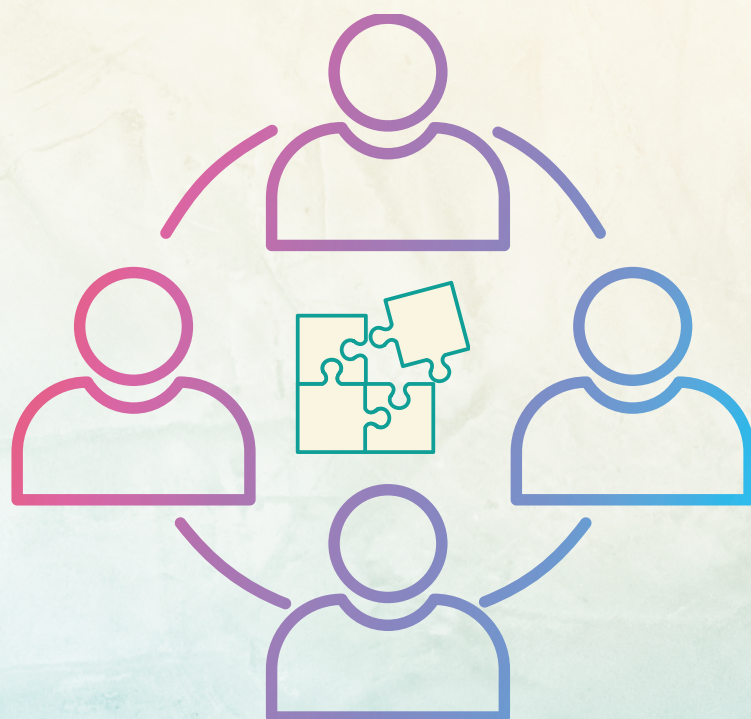
Looking back at the journey, the emotions are overwhelming. What began as a simple idea, fueled by love for the people of Kashmir and a desire to see them succeed, and has blossomed into a thriving foundation that continues to make a lasting impact. The foundation has not only opened doors for countless individuals but has also helped to create a ripple effect of positive change that is spreading far beyond the borders of Kashmir.





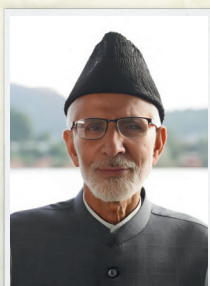
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Who We are



Advisory Group

Kashmir Care Foundation is proudly guided by a distinguished and deeply committed advisory council, composed of accomplished leaders from diverse spheres—including public service, the corporate sector, philanthropy, mass communication, academia, health care, development of medical products, and grassroots social work. This exceptional group brings a wealth of experience, strategic insight, and a deep understanding of systemic challenges and opportunities. Their guidance is instrumental in shaping the vision, direction, and impact of our initiatives. By offering informed counsel and unwavering support to our core leadership team, the advisory council ensures that our efforts remain focused, sustainable, and deeply responsive to community needs.



Mr. Zareef Ahmad Zareef

Distinguished Poet & Writer
Srinagar, Kashmir



Dr. S. Y. Quraishi

Former CEC, DG Nat. AIDS Program
& Sec Dept. of Youth Affairs,
New Delhi, India



Dr. Upendra Kaul

Chairman & Dean Academics
Batra Hospital
New Delhi, India



Dr. K. VijayRaghavan

Former PSA Gol/Sec. DBT
Emeritus Professor - NCBS
Bengaluru, India



Dr. Ab. Hamid Zargar

Former Dir. SKIMS/Sr. Conslt.
Centre for Diabetes & EC
Srinagar, India



Mr. Bashir Ahmed Bashir

Senior Advocate,
J&K High Court,
Srinagar, India



Dr. Mushtaq Margoob

Renowned Psychiatrist
Srinagar, India



Dr. Syeda Afshana

Professor - (Mass Comm.)
University of Kashmir
Srinagar, India



Dr. Khalid Shah

VC-Research/Professor
Harvard Medical School
Boston, USA



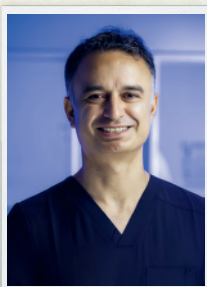
Dr. Riyaz Bashir

Professor of Medicine
Temple University Hospital
Philadelphia, USA



Ms. Farhat Mantoo

Executive Director
Médecins Sans Frontières
New Delhi, India



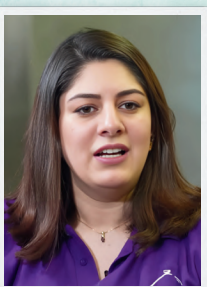
Dr. Imtiaz Gilani

Clinical Associate Director
National Health Service
United Kingdom



Mr. Mehmood Rashid

Editor, Op-Ed,
Daily Greater Kashmir
Srinagar, India



Ms. Mir Azmat Ali

Founder & MD
Sarposh Restaurant
Bengaluru, India



Mr. Khurshid ul Islam

Associate Professor,
IMPARD,
Srinagar, India



Dr. Tanzila Mukhtar*

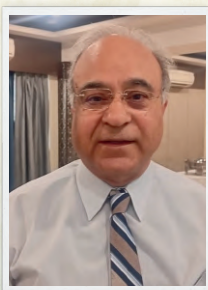
Post-doctoral Fellow
UC San Francisco
California, USA

* Liaison to KCF Core Leadership team

Core Working Group

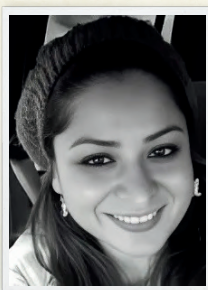
At the heart of the Kashmir Care Foundation is a **dynamic and diverse core working group** comprising scientists, scholars, and professionals from across the globe. United by a shared vision of “**giving back to society**”, this team brings a wealth of knowledge, cross-cultural perspectives, and lived experiences to the foundation’s mission.

These passionate changemakers are deeply committed to nurturing the next generation of leaders, thinkers, and innovators. Their efforts are driven by a sense of responsibility and purpose—**fostering opportunity, cultivating talent, and igniting hope for a brighter, more inclusive future**. Together, they not only inspire but actively shape the future by promoting learning, leadership, and lifelong growth.



Dr. Altaf Lal

Kashmir Care Foundation
Atlanta, USA



Dr. Mahrukh Bandy

X-Therma Inc.
California, USA



Dr. Aamir Nazir

CSIR-CDRI
Lucknow, India



Dr. Tanzila Mukhtar

UC San Francisco
California, USA



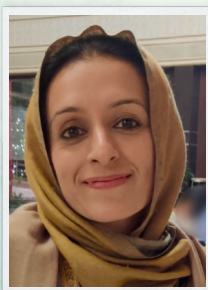
Dr. Mir Zahoor Gul

Osmania University
Hyderabad, India



Ms. Falaq Tromboo

Siemens
Berlin, Germany



Ms. Sabbah Haji

Haji Public School
Doda, India



Dr. Vijay Raina

Aizant Drug Res. Sol.
Hyderabad, India



Dr. Muzafar Rasool

Centre for AI, IUST
Srinagar, India



Dr. Sadaf Munshi

University of North Texas
Texas, USA



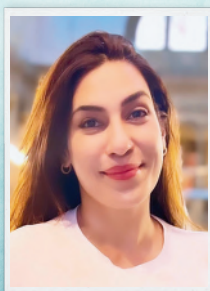
Dr. Nadeem Shabir

SKUASTK
Srinagar, India



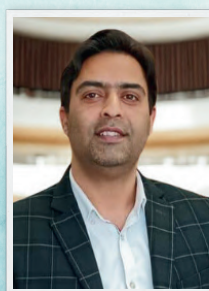
Mr. Tawqeer Munshi

Meesho
Bangaluru, India



Ms. Ifra Shah

OFGEM
London, UK



Mr. Rameez Sudhan

DIET
Baramulla, India



Dr. Hamid Yousf

Emory University
Atlanta, USA



Dr. Qudsia Gani

Govt. Degree College
Pattan, India



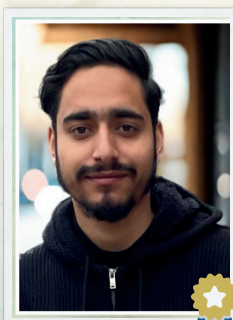
Mr. Ab Naffi Ahanger

Centre for AI, IUST
Srinagar, India

Student Leaders

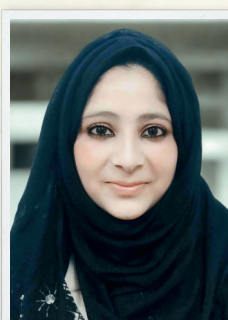
The student leaders of Kashmir Care Foundation come from diverse backgrounds and are pursuing education across a wide range of disciplines. Despite their varied academic paths, they are united by a shared passion for community service and a deep commitment to KCF's mission. Their enthusiasm, dedication, and proactive spirit have made them vital contributors to the Foundation's initiatives. Inspired by the impact of KCF, they bring fresh perspectives, energy, and creativity to everything they do —organizing events, engaging peers, and driving awareness.

These young changemakers truly embody the values of empathy, inclusion, and empowerment that define the heart of KCF's work. Their ability to connect with communities and peers alike strengthens the Foundation's grassroots reach. As emerging leaders, they not only support current programs but also help shape future directions for KCF with bold ideas and a deep sense of purpose.



Abrar Ahmad

IUST
Pulwama, India



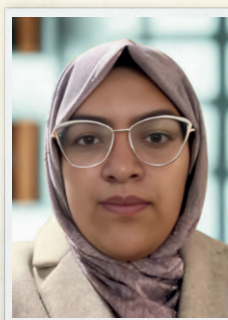
Iram Gulzar

SKUAST-K
Srinagar, India



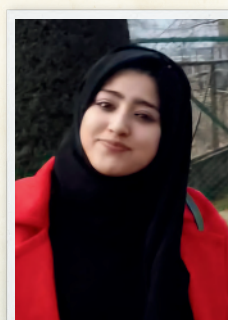
Faisal Pandith

Aligarh Muslim University
Aligarh, India



Sana Asrar

IUST
Pulwama, India



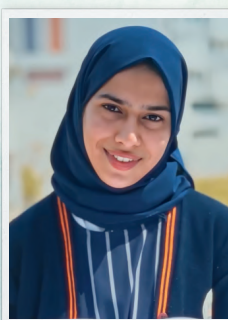
Mehwish Farooq

University of Kashmir
Srinagar, India



Mohammad Burhan

KU Leuven
Belgium



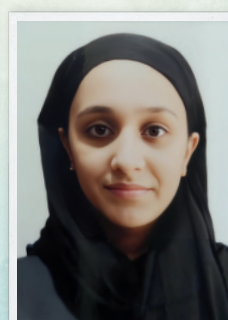
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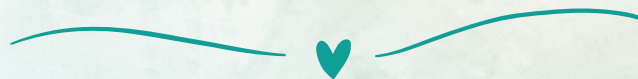
Zyana Ijtaba

Govt. Higher Sec. School
Rawalpore, Srinagar, India



Team lead

Our Highlights



In a short span of time, Kashmir Care Foundation has made remarkable strides in reimagining education:

➤ **Forging Partnerships:**

We have collaborated with schools, universities, and local organizations to offer mentorship, career development, and digital learning tools.

➤ **Life Skills Focus:**

Our programs go beyond academics, nurturing emotional intelligence, resilience, and leadership.

➤ **Community Engagement:**

Through workshops, forums, and webinars, we listen and tailor our work to meet local needs.

➤ **Equity in Access:**

Special focus has been placed on marginalized groups to remove educational barriers.



Our Initiatives at a Glance



In the past TEN months, Kashmir Care Foundation has worked to reshape education and empower individuals through partnerships with schools, universities, and local organizations. We've designed innovative programs to support mentorship, career development, and digital learning tools. Alongside academic initiatives, we've focused on building critical life skills like problem-solving and emotional intelligence, which are key to success in professional and personal life.

Our community engagement efforts, including workshops, webinars, and forums, have fostered collaboration and allowed us to tailor our programs to the specific needs of the communities we serve. We've also worked to increase access to education for marginalized groups, removing barriers and creating positive change in students' lives.

As we reflect on our progress, we are excited for the future. We remain committed to innovation, collaboration, and creating lasting impact in education, inspiring and empowering the next generation toward a brighter future.

We are committed to foster academic and scientific exchanges to drive knowledge, innovation, and societal progress. We create a platform for researchers, scholars, and professionals to share ideas, challenge theories, and collaborate on solving global challenges.

KCF launched a [monthly webinar series](#) covering fields like Aerospace Engineering, Artificial Intelligence, Machine Learning, and Translational Medicine, while also celebrating Kashmiri heroes like [Dr. Ali Jan](#) and [Dr. Maharaj. K. Bhan](#). These sessions inspire local communities and encourage innovation.

[Session Recording](#)[Click Here](#)

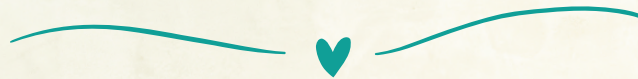
In honor of International Women's Day, KCF hosted a webinar [highlighting women's achievements in STEM and business](#), advocating for gender equality and the empowerment of future female leaders.

[Session Recording](#)[Click Here](#)

A [hybrid session at the Islamic University of Science and Technology \(IUST\)](#) covered the role of AI/ML in industries including healthcare and environmental science, reinforcing KCF's dedication to advancing research through technology.

➤ Dr. Altaf Lal attended the **Research Day, 2025 at Sir Ganga Ram Hospital in New Delhi**, advocating for women's leadership in research. KCF's vision remains focused on fostering equity, innovation, and personalized education, empowering educators and students alike.

➤ Dr. Lal also met with eminent leaders such as, **Prof. K. Vijayraghavan** and **Ms. Farhat Mantoo** to discuss KCF's future initiatives gaining insights from esteemed experts, further strengthening the foundation's advisory council



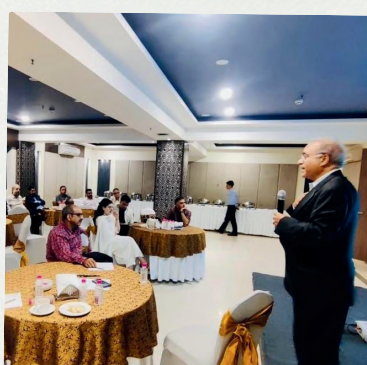
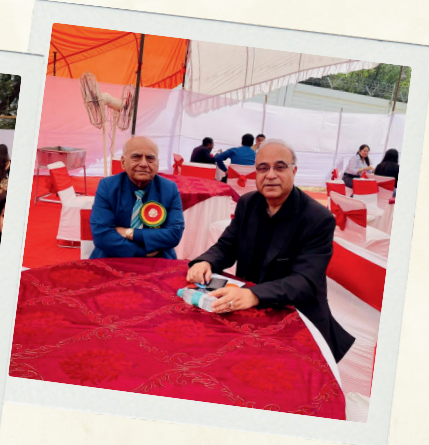


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Photo Gallery







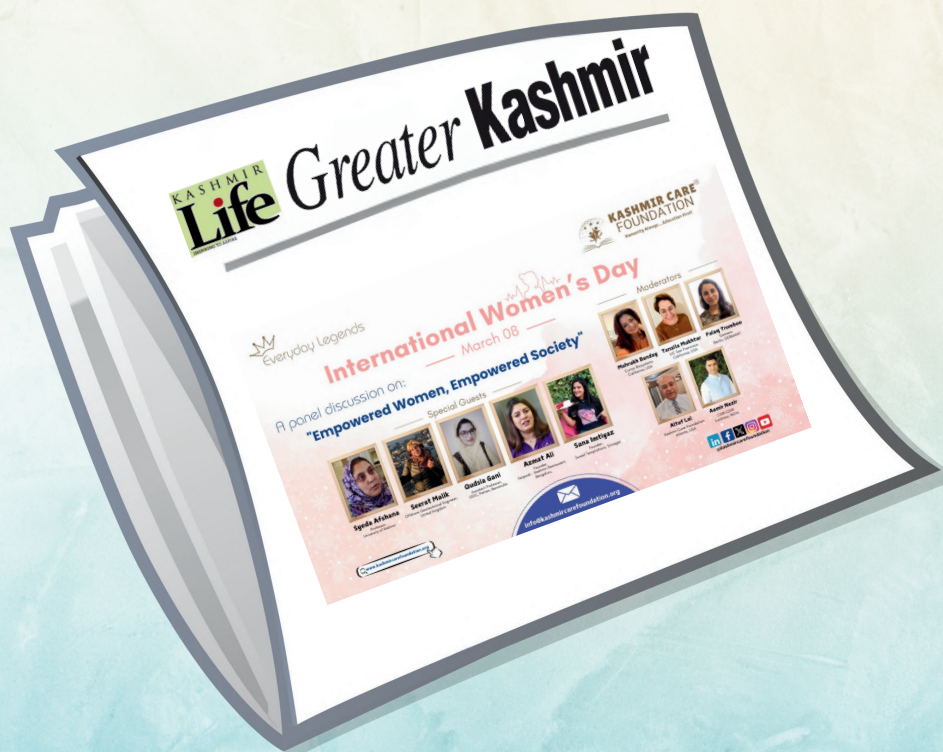


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Monthly Features

by

Greater Kashmir & Kashmir Life



Session I: Aerospace Engineering & Space Sciences

Aerospace engineering and space sciences span aircraft, satellites, spacecraft, drones, and deep space exploration. These rapidly growing fields demand skilled professionals in engineering, astronomy, robotics, biotechnology, and more. As part of the webinar series, KCF hosted three rising scholars of Kashmiri origin—Ms. Faiqa Anbreen, Ms. Seerat Maqsood, and Ms. Aasooda (Asu) Malik—who are advancing their careers in aerospace engineering and space sciences. Passionate about these fields from an early age, they shared their journeys and inspired the next generation of students and professionals.

[Read the article here](#) [Click Here](#)

Session II: Empowering youth with power of Artificial Intelligence & Machine Learning

On October 27, 2024, KCF hosted its second session about AI/ML in collaboration with the Islamic University of Science and Technology (IUST), Awantipora. Moderated by Dr. Faisal Farooq, Director of AI at Pinterest, the session featured distinguished panellists such as Mr. Amjad Khan (Microsoft, Dubai), Dr. Manzoor Ahmad (University of Kashmir), and Dr. Muzafar Bhat (IUST).

Over 400 attendees explored how AI is transforming agriculture, healthcare, trade, and services in the Valley. Panellists shared career journeys, advice, and insights, encouraging youth to see themselves as future leaders in the global AI/ML landscape.

[Read the article here](#) [Click Here](#)

Session III: Clinical Sciences: Treatment Using Local Knowledge

KCF hosted a powerful session titled “Clinical Sciences: Treatment Using Local Knowledge” to honor the legacy of Dr. Ali Jan, the legendary Luqman-e-Kashmir. The event brought together distinguished Kashmiri medical professionals from across the globe to share insights, inspire the next generation, and showcase the impact of local knowledge in global healthcare. The session opened with a heartfelt video tribute and remarks by Dr. Ali Jan’s family. Moderated by Dr. Altaf Lal, the panel included leading experts like Dr. M.S. Khuroo, Dr. Abdul Hamid Zargar, Dr. Upendra Kaul, Dr. Parvaiz Koul, Dr. Javeed Iqbal, and Dr. Nargis Bali Kaur, who discussed breakthroughs in Hepatitis E, diabetes prevention, cardiac care, infectious disease, and microbiome research—highlighting their relevance to Kashmir’s health landscape. The Q&A session sparked engaging dialogue on public health challenges, career development and interdisciplinary research. KCF announced plans for future themed sessions to deepen academic engagement and drive innovation rooted in local insights.

[Read the article here](#) [Click Here](#)

Session IV: Translational & Biomedical Sciences: Bench to Bedside Research

Kashmir Care Foundation hosted a virtual session on “Translational & Biomedical Sciences: Bench-to-Bedside Research” in memory of Dr. M.K.Bhan, the trailblazing scientist behind India’s rotavirus vaccine. The session began with tribute video and heartfelt reflections from Dr. Bhan’s family and his global colleagues, Dr. Nirmal Ganguly, Former Director General Indian Council of Medical Research, Ministry of Health and Family Welfare, Government of India, Dr. Roger Glass, Former Director, Fogarty International Center, National Institute of Health, US Department of Health and Human Services, USA, and Dr. Krishna Ella, MD Bharat Biotech International Limited, Hyderabad, India. They spoke about Dr. Bhan’s unique contribution for the development indigenous rotavirus vaccine and celebrating his legacy in public health. The panelists of the session were leading Kashmiri scientists including Dr. Khalid Shah, Dr. Hamid — Mattoo, Dr. Ajaz Wani, Dr. Aamir Nazir, Dr. Nadeem Shabir, and Dr. Tanzila Mukhtar, who shared groundbreaking work in stem cell therapy, drug development, and precision medicine.

Emphasizing resilience, adaptability, and passion for research, they inspired students with practical advice on navigating careers in science, academia,

and industry. The session highlighted the importance of critical thinking, mentorship, and building local capacities in research and innovation.

[Read the article here](#) [Click Here](#)

Session V: Medical Products: From Target to Market

On January 26, 2025, the KCF hosted a global panel discussion, “Medical Products: From Target to Market,” honoring Dr. M.K. Bhan, a pioneer in translational research and public health. The session began with tribute video and heartfelt reflections from Dr. Bhan’s daughter, Shireen Bhan and former secretary Department of Biotechnology, Ministry of Science and Technology, Government of India, Dr. Renu Swarup. The event gathered leading voices in healthcare innovation to explore how scientific discoveries are transformed into life-saving products. Moderated by Dr. Mahrukh Bandy, the session featured experts like Dr. Riyaz Bashir, Dr. Hira Nakhasi, Dr. Mudassir Andrabi, Dr. Aasim Amin, and Dr. Arshad Khuroo—who shared real-world insights on medical R&D, regulatory science, and commercialization. From AI-enabled drug development to biotech entrepreneurship and patient-centric care, the panel provided a roadmap for aspiring innovators.

[Read the Article here](#) [Click Here](#)

Session VI: Clinical Research - Science, Significance, & Scope

On February 23, 2025, KCF held a special session, “Clinical Research: Science, Significance, and Scope,” as part of its Kashmiri Global Connect series. The event honored the legacy of Dr. M.K. Bhan, a pioneer in vaccine research and child health in India. The session opened with tributes from leaders including Dr. Altaf Lal (KCF Founder), Dr. Rajiv Bahl (ICMR), and Dr. Nita Bhandari, highlighting Dr. Bhan’s impact on public health and mentorship. Moderated by Dr. Aamir Nazir (CSIR-CDRI), the panel featured experts who explored the drug development journey—from discovery to trials and market approval. Dr. Arshad Khuroo, Dr. Md. Amin Mir, Dr. Vijay Raina, Dr. Showkat R. Mir, and Dr. Mubashir Masoodi shared insights on clinical operations, safety evaluation, regulatory hurdles, and local health research in Kashmir.

[Read the Article here](#) [Click Here](#)

Session VII: Balancing Success & Happiness - School and College Life

Kashmir Care Foundation organized a thought-provoking and interactive session on Sunday, 27 April, 2025 featuring Dr. Mushtaq Margoob, a renowned expert in mental health, and Ms. Sabbah Haji, a respected educator, in conversation with Dr. Altaf Lal, President of KCF.

The discussion centered on managing academic pressures and achieving emotional well-being within Kashmir’s distinct socio-cultural realities. Structured around five key life stages—from early childhood to professional life—the session emphasized how family, educators, and community play interconnected roles in shaping mental resilience. Early stages highlighted the importance of secure home environments and early bonding. As children grow, parental involvement, responsible social media exposure, and open dialogue become crucial. In college and beyond, continued emotional support and attentive listening help young adults navigate independence and career decisions. The final stage reinforced how early life foundations influence adult well-being and success.

A recurring theme throughout was the importance of care, connection, and culturally sensitive parenting. The session was enriched by active participation from students, parents, educators, and mental health professionals, making it a valuable exchange of ideas and strategies.

[Read the Article here](#) [Click Here](#)

Session VIII: Making of an Entrepreneur - for Leadership Roles & Successful Businesses

Kashmir Care Foundation hosted a compelling session titled “Making of an Entrepreneur” on 31st May 2025, bringing together accomplished leaders—Mr. Shafat Qazi, Dr. Javid Ahmad Wani, Ms. Sana Imtiyaz, and Mr. Mustafa Trumboo.

—for a dynamic discussion on leadership, innovation, and entrepreneurial mindset.

Moderated by **Dr. Mahrukh Bandy**, Vice President of Commercialization at X-Therma Inc., San Francisco, the session offered valuable insights into the challenges and triumphs of building successful ventures. It provided attendees — whether aspiring entrepreneurs or curious minds—a rare opportunity to learn from real-world experiences, gaining inspiration, practical wisdom, and renewed motivation to lead with vision and resilience.



Read the Article here

Click Here

Session IX: Education & Employment Opportunities in Germany

KCF hosted an insightful session titled “**Education and Employment Opportunities in Germany**”, designed to guide and inspire students, young professionals, and aspiring researchers eager to explore academic and career prospects in one of Europe’s most dynamic and innovation-driven countries.

Germany, renowned for its world-class universities, research infrastructure, and robust job market, offers a wealth of opportunities for international talent.

This session aimed to demystify the journey—from university admissions and scholarships to professional integration and long-term career development.

Our distinguished panel of speakers included: **Dr. Manzoor Nowshari** (Berlin) – A seasoned academic shared insights into higher education and research pathways, **Dr. Iqbal Khan** (Papenburg) – Offered guidance on navigating professional life and opportunities in smaller German cities, **Mr. Ruhullah Shah** (Munich) – Brought practical perspectives on employment and career growth in Germany’s corporate and tech sectors. **Ms. Falaq Tromboo**, a product manager at Siemens, Germany and committed leader of the Kashmir Care Foundation team, who steered the conversation to ensure maximum relevance and engagement for the audience, ably moderated the session. This session was a gateway to informed decision-making and meaningful connections.

Article Coming Soon



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Our Flagship Programs

➤ Webinars:

KCF is continuing to launch **monthly webinars** on diverse topics designed to engage students and young professionals in our community. These sessions will cover academic, personal, and social challenges students face, focusing on mental health, well-being, and personal growth. The topics are designed to cover **Science, Technology, Engineering & Mathematics (STEM)**, health, communication, stress management, overcoming self-doubt, and strategies for a fulfilling life, as well as **social issues** like the impact of social media, diversity, and climate change. The topics for the next few monthly sessions include: **Art and Culture: Creating with the community, Smoking Cessation, Women Empowerment, Medical Careers in UK.**

The recording of our previous sessions can be watched by clicking the link here:

 [Kashmir Care Foundation - YouTube](#) 

➤ KCF MenToR:



KCF-MenToR, an initiative of the **Kashmir Care Foundation (KCF)**, is a structured mentorship and internship facilitation program designed to transform aspiring students and the scholars to next generation professionals and leaders. Anchored in the vision of empowering youth, the program provides guidance, exposure, and opportunities that are often inaccessible to talented students due to lack of awareness or lack of access to opportunities or due to geographical and socio-economic constraints.

The program is designed to equip early-stage students with the skills, knowledge, and mentorship required to excel in academic, research, and corporate domains, both nationally and internationally. By integrating personalized mentorship with professional development opportunities, **KCF-MenToR** creates a pathway for students to transition successfully from academic learning to real-world application.

Through strategic collaborations, the initiative facilitates access to highly competitive internship placements across leading research institutions, pharmaceutical companies, universities, startups, and multinational corporations (MNCs). These opportunities not only enhance technical and professional competencies but also broaden students' perspectives on global standards of excellence.

At its core, **KCF-MenToR** is dedicated to fostering equity in access to opportunities, ensuring that bright and motivated students—irrespective of their background—are empowered to reach their full potential. By cultivating talent and instilling values of integrity, professionalism, and leadership, the program aspires to shape tomorrow's role models who can contribute meaningfully to society.

Complete details about the program and the program coordinators are available on the Kashmir Care Foundation website and can be accessed by clicking here.

 [KCF-MenToR Program](#) 

➤ Spotlight:

KCF is thrilled to announce the launch of “Spotlight Series”, an initiative dedicated to honouring and celebrating the exceptional individuals whose contributions have profoundly impacted various fields. Through this series, we aim to shine a light on the legends whose ground-breaking work has not only shaped their respective industries but has also inspired generations to come.

The Spotlight Series will delve into the stories, achievements, and legacies of these remarkable individuals, highlighting their passion, perseverance, and the transformative influence they have had across a wide range of disciplines—be it in science, medicine, education, technology, business, social service, or the arts. By showcasing these trailblazers, we hope to inspire others to pursue excellence, think beyond boundaries, and contribute to meaningful change in their own communities.

This initiative is more than just a celebration of past achievements; it is a call to action for the current and future generations of students, researchers, and professionals. We believe that by sharing these stories, we can cultivate a culture of innovation, dedication, and service to others—values that are at the very heart of KCF’s mission. Through the Spotlight series, we strive to honour the legacy of these legends while inspiring the leaders of tomorrow to continue making a difference in the world.

The recording of our previous episodes can be watched by clicking the link here:



➤ Everyday Legends:

KCF is proud to introduce the “Everyday Legends Series”, an initiative designed to highlight the untold, yet profoundly impactful stories of individuals who may not be in the spotlight but are making an extraordinary difference in their communities. These are the unsung heroes who may not have a platform or public recognition, but whose actions, often small in nature, ripple out to create significant change.

The Everyday Legends Series shines a light on the quiet, steadfast individuals whose acts of kindness, generosity, and resilience go unnoticed by many but are no less powerful for it. Whether it's a teacher who stays late to ensure their students succeed, a caregiver who sacrifices personal time to care for others, or a community leader who quietly works behind the scenes to uplift those around them, these are the stories that often remain hidden from the public eye. Yet, it's these very people who weave the fabric of a compassionate, strong, and united community.

Through this series, KCF hopes to inspire others to recognize the beauty of these small, powerful actions and to encourage people everywhere to embody the same values of compassion, resilience, and selflessness. These stories are a testament to the incredible power of the human spirit and serve as a powerful reminder that, even in the face of adversity, ordinary people can do extraordinary things.

The recording of our previous episodes can be watched by clicking the link here:

[Kashmir Care Foundation - Everyday Legends](#)[Click Here](#)

➤ KCF Rolodex:

KCF also is introducing the “**Rolodex Mentorship Initiative**”, which will establish a protected global database of Kashmiri students, scholars, business owners, engineers, doctors, professionals and subject matter experts involved in development of drugs, vaccines, diagnostics, and medical devices, attorneys, public health professionals, attorneys, journalists, historians, professionals in hospitality and tourism industry. The overall goal is to provide global connectivity so that the students are connected for higher education and with professionals can receive guidance for their career paths. This initiative is already making a significant impact, offering students a supportive community and inspiring them to believe in their potential. For high school students, we organize mentorship sessions that can help navigate the challenges of academic pressures, extracurricular activities, and personal development.

Our mentors inspire confidence and motivate them to pursue their passions. Through mentorship, students can gain a deeper understanding of their strengths, overcome obstacles, and build skills that will serve them in both high school and beyond. Having a mentor also helps students build a network of connections, which can be incredibly valuable when applying for colleges, internships, or future jobs. More than just offering academic advice, a mentor can guide students through the complexities of decision-making, time management, and stress reduction.

➤ Clear Concept Academy:

Under the “**Clear Concept Academy (CCA) initiative**”, our mission is to deliver **focused, personalized academic support** to students across all grade levels—empowering them to overcome learning barriers and build a strong, lasting foundation of conceptual understanding. We recognize that true academic success goes beyond memorization; it is rooted in clarity, curiosity, and confidence. Through CCA, we aim to nurture these qualities by offering **tailored guidance, innovative teaching strategies, and a supportive environment** where students are -

encouraged to ask questions, think critically, and engage deeply with their subjects. Whether a student is struggling to grasp key concepts or striving to excel further, CCA is committed to clear concepts in any subject or topics they need help with. When we do it at scale, we will help students reach their full academic potential.

By fostering stronger comprehension and lifelong learning skills, we are not only improving educational outcomes—we are shaping future thinkers, problem-solvers, and leaders.

➤ **Social Enterprise Initiative:**

Our goal is to identify exceptional, high-potential students in **Grade - 5th through Grade 10th**, who have shown extraordinary talent and ability. Based on the needs of the selected students, KCF will connect them with dedicated, compassionate mentors—drawn from both local communities and external networks—who are committed to nurturing their growth.

This transformative mentorship program goes beyond academics, offering consistent, personalized support that focuses on the holistic development of each student. Through an empathetic and student-centred approach, mentors guide participants in cultivating critical soft skills such as communication, emotional intelligence, leadership, adaptability, and confidence—qualities essential for success in school and beyond.

By fostering strong mentor-mentee relationships rooted in trust, encouragement, and mutual respect, we aim to empower these young learners not only to excel academically but also to emerge as resilient, well-rounded individuals prepared to thrive in an increasingly complex world.

➤ **Kashmir Global Connect:**

Kashmir Global Connect (KGC) is a **visionary initiative designed to unite Kashmiris across the globe, fostering a powerful, interconnected community rooted in shared heritage, purpose, and progress.** The KGC is designed to connect the various initiatives so that each component is strengthened and become better over time through the collective efforts, actions and wisdom of men and women from around the world that become part of the Kashmir Care Foundation

At its core, this platform serves as a bridge between generations—linking accomplished professionals, thought leaders, and trailblazers from diverse fields with aspiring students and young professionals from Kashmir.

Through this initiative, we aim to cultivate a thriving mentorship ecosystem where knowledge flows freely, experiences are shared generously, and opportunities are created collectively. By drawing on the expertise and insights of Kashmiris who have excelled in areas such as science, technology, business, arts, education, and public service, we are building a network that not only celebrates success but channels it into meaningful impact.





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Our Partnerships

Partnerships play a pivotal role in advancing our vision of nurturing capable, confident, and future-ready individuals. By joining forces with universities/institutions and organizations, we strengthen our ability to provide relevant learning experiences, unlock access to resources and mentorship, and foster a collaborative ecosystem that aligns with our long-term goals of inclusive development and community empowerment.

Kashmir Care Foundation has established strategic partnerships with leading institutions such as Sher-e-Kashmir University of Agricultural Sciences and Technology of Kashmir (SKUAST-K), Srinagar, Islamic University of Science and Technology (IUST), Pulwama, and ThinkSite Private Limited, Srinagar. These collaborations aim to leverage academic, research, and industry expertise to empower youth through mentorship, skill development, and innovation-driven opportunities. By working closely with these institutions, the Foundation is able to expand its reach, enhance program impact, and deliver high-quality initiatives tailored to the aspirations of students and emerging professionals across Kashmir.

➤ **Sher-e-Kashmir University of Agricultural Sciences and Technology of Kashmir (SKUAST-K), Srinagar, J&K, India**



Through a Letter of Agreement with SKUAST-K, KCF aims to co-create a vibrant and inclusive startup ecosystem within the university. This partnership is designed to promote innovation, entrepreneurship, and social impact by connecting local talent with a global network of diaspora experts, scientists, entrepreneurs, mentors, and business leaders. The initiative seeks to foster a culture of mentorship and opportunity, where young innovators can flourish and contribute to the region's sustainable development.

➤ **Islamic University of Science and Technology (IUST), Awantipura, J&K, India**



Similarly, KCF has signed a Memorandum of Understanding (MoU) with IUST to jointly advance education, research, and mentorship. This collaboration focuses on strengthening STEM education through school outreach programs and by engaging a global diaspora to build meaningful academic and entrepreneurial bridges. The objective is clear: accelerate educational excellence and foster an environment where innovation thrives.

➤ **Thinksite Private Limited, Srinagar, J&K, India**



In parallel, KCF has entered into a **strategic partnership with Thinksite Private Limited**, a Srinagar-based platform specializing in education and leadership development. This initiative focuses on identifying and mentoring high-potential students—particularly from marginalized backgrounds—through customized educational support, leadership training, and global exposure. The goal is to unlock the potential of Kashmir's youth and prepare them to be future-ready leaders, innovators, and changemakers.

➤ **Haji Public School, Breswana, Doda, J&K, India**



Kashmir Care Foundation has **partnered** with Haji Public School, Breswana, in Doda District of Jammu Kashmir, a K-10 privately-run, not-for-profit school providing high quality education to the children of the resident farming communities. KCF has adopted Haji Public School to **pilot its Social Enterprises Initiative and Clear Concepts Academy**, providing guidance, opportunities and **mentorship** to the students as they progress through their school years and into the world outside. The goal is to provide the mostly first-generation learners at Haji Public School with all support to maximize their potential, upskill, provide exposure, and be future-ready on par with their urban counterparts.

Together, these partnerships represent a pivotal step in KCF's mission to empower the next generation, bridge local talent with global opportunities, and drive long-term, transformative change in the region.





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Voices of Impact

Testimonials from students



I would like to express my sincere gratitude to Kashmir Care Foundation for their valuable mentorship and internship opportunity in collaboration with Dr. Muzafar Rasool at IUST. This experience greatly enriched our academic and professional journey, providing us with practical insights and guidance that will continue to inspire us in the future.

Mohammad Burhan

DPS, Srinagar



I sincerely thank Kashmir Care Foundation for their invaluable support in facilitating my research work at CDRI, Lucknow. Their assistance played a crucial role in the smooth progress of my project, and I am truly grateful for their dedication and commitment to academic advancement.



Abrar Hussain

PhD Student
University of Hyderabad



I would like to express my heartfelt gratitude to Kashmir Care Foundation for their invaluable support. Your assistance has allowed me to focus on my ambitions and goals with clarity and confidence. Thank you for being a pillar of strength during a time I truly needed it.

Danish Manzoor

Professional Athlete (Taekwondo)



I express my gratitude for the opportunity to learn from AI/ML experts and thanked for connecting students with remarkable panelists and providing an excellent platform to explore the wide range of career opportunities in the AI/ML field.

Azra

IUST, Awantipora



I sincerely thank Kashmir Care Foundation for connecting me with dedicated mentors. It was a valuable experience that offered deep insights and meaningful guidance. Grateful for the opportunity!

Danish Illahi

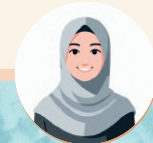
Sri Pratap College, Srinagar



I truly appreciate the efforts of Kashmir Care Foundation in helping aspiring aerospace students gain practical exposure.

Kalima Iqbal

DPS, Srinagar





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The Analytics

Since October, 2024



Since its inception in **September 2024**, Kashmir Care Foundation has made significant strides in its mission to uplift and empower youth through mentorship, dialogue, and community engagement.

This momentum reflects the community's belief in our mission—and we're just getting started.



We're proud of the **impact we've made** so far and grateful for the support—while some things didn't go as planned, we're **learning, evolving,** and **always open** to doing better.



The Ripple Effect of Care

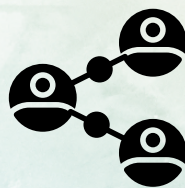
- Empowering Change, One Step at a Time

At Kashmir Care Foundation, we believe that **lasting change doesn't always begin with grand gestures**—it starts with each of us, in the quiet power of everyday kindness, shared humanity, and a deep commitment to care. Whether it's lending a hand, sharing knowledge, or offering a word of encouragement, even the smallest actions can create ripple effects that uplift lives and strengthen communities.

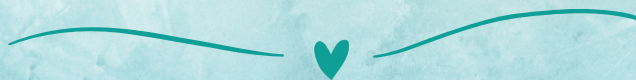


As we grow, we are developing forward-thinking initiatives that address the evolving needs of both students and professionals across Kashmir. Our expanding programs focus on increasing access to quality education, personalized career guidance, and essential life skills that empower individuals to thrive in a rapidly changing world. These initiatives are not just about academic success—they are about nurturing confidence, inspiring leadership, and fostering a mindset of resilience and purpose.

Stay connected, share your ideas, and walk with us as we build a future rooted in empathy, opportunity, and empowerment.



The future is bright & it starts with
ME, YOU & US!





KCF-MentOR

Mentorship for Tomorrow's Role Models

A flagship mentorship program of Kashmir Care Foundation



What this program offers:

- Personalized mentorship from industry, academia & research leaders
- Access to internships in top research labs, pharma firms, corporates, startups & MNCs
- Career-readiness and resume-building support
- Mock interviews, communication & soft skills training
- Exposure to global standards and professional cultures
- Peer community, networking & alumni engagement

To learn more about the program overview, structure, and other details, please visit our website at:

<https://kashmircarefoundation.org/kcf-mentor/>



If you have any questions/feedback, email us at:

mentorship@kashmircarefoundation.org



Please don't hesitate to share your
ideas & feedback with us at

info@kashmircarefoundation.org

OR

governance@kashmircarefoundation.org

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