

# CARE IN MEGHALAYA

*a journey in photographs*



# CARE

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## What Holds It All Together

Care lives in small, steady acts: preparing a meal, tending to a wound, walking hand in hand. It isn't always noticed, but it is always present.

This book traces the many ways care shapes childhood, through hands that guide, eyes that watch over, and routines that offer comfort.

These images ask us to pause and reflect on the relationships, labour, and devotion that help children thrive.

**Can we look beyond the  
absence of formal  
support and recognise  
the richness in everyday  
gestures of care, those  
invisible acts that hold  
entire childhoods  
together?**

## Anganwadi Centre



Khasi Hills, Meghalaya

Nature - Play - Cuddles



## Anganwadi Centre



Jaintia Hills, Meghalaya

**Songs - Routine - Hygiene**



## Anganwadi Centre

Siblings  
–  
Wobble  
–  
Burden



Khasi Hills, Meghalaya



CMYC

Steps  
–  
Secrets  
–  
Giggles



Khasi Hills, Meghalaya



## Anganwadi Centre

**Cradle**  
—  
**Hush**  
—  
**Protect**



**Khasi Hills, Meghalaya**



## Anganwadi Centre

Guide  
—  
Laugh  
—  
Earthquakes



Diengsong, Meghalaya



CMYC

Whisper  
—  
Shiver  
—  
Tales



Khasi Hills, Meghalaya



## Anganwadi Centre

Damp  
-  
Still  
-  
Cough



Khasi Hills, Meghalaya



## Anganwadi Centre

**Turmeric**  
—  
**Rinse**  
—  
**Ritha**



**Jaintia Hills, Meghalaya**





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