

When Hunger Met Compassion

A Story from Lions Club of Gokak

Hunger has many faces. Sometimes it is the empty plate of a labourer. Sometimes it is the silent sacrifice of a mother who eats last so that others may eat first. But there is another kind of hunger—quieter and more dangerous—*hidden hunger*. It lives in villages where *expectant mothers* carry life within them while their own bodies quietly struggle for nourishment.

When Lions Clubs International announced the worldwide Hunger Relief initiative from **3rd to 11th January 2026**, District Governor District 317B, PMJF Lion Jaiamol Naik prompted Lions Clubs to serve with deeper thought and purpose. 88 Lions Clubs of the district took to the programme and while feeding the hungry had always been a part of LC Gokak, this time under the dynamic leadership of President Lion Shrishail Hanji, and inspired by Dr. Ashok Murgod, the members asked a simple yet powerful question: *Who needs nourishment the most?*

The answer led them to pregnant women in remote villages—women who often suffer from hidden hunger, where food may fill the stomach but fails to provide the nutrition that sustains both mother and child. What followed was not merely a distribution programme. It was an act of thoughtful compassion.

Gynaecologists and nutritionists guided the women about the importance of balanced nutrition during pregnancy, helping them understand that food is not only about quantity, but about quality. Lions always believe that words must walk alongside action. So, nutritious meals were carefully planned and served with dignity. The women were invited to sit comfortably at tables and chairs, and the food was served to them with warmth and respect.

For many of these women, it was perhaps the first time they felt truly cared for—not as beneficiaries, but as mothers shaping the future.

During those nine days, **1531 beneficiaries were served**. Yet the real impact cannot be counted in numbers alone. Because when a mother is nourished, a child is strengthened. And when compassion is guided by thoughtful service, the ripple reaches far beyond a single meal.

Lions Club of Gokak proved that when service meets sensitivity, hunger does not just disappear—hope is born.

