

Improving Today, Inspiring Tomorrow!



Nourishing Future, Nurturing Wellness

To celebrate National Nutrition Week, Sonalika CSR hosted an engaging and informative session for the children of Sonalika Gurukul Centres to promote the importance of balanced nutrition. Children participated in activities like creating balanced food plates, blindfolded fruit and veggie tastings, and a relay race for sorting cereals and spices. These fun games encouraged healthier eating habits and enhanced the children's understanding of nutrition and traditional spices.



A New Look, A Reinforced Commitment to Positive Change!

Sonalika CSR is thrilled to announce the launch of our new website. Our new site is more interactive and engaging than ever, offering a seamless experience for all our visitors.

Empowering Farmers with Sustainable Agriculture Practices in Madhya Pradesh

Sonalika CSR, in collaboration with the B-ABLE Foundation, is dedicated to improving farmers' lives and livelihoods. Our "Training on Sustainable Agriculture Practices" project is thriving in 30 villages in Damoh and Katni districts.

Key achievements:

- 250+ farmers onboarded for hands-on training and skill-building.
- 1,576 kg of quality seeds of paddy, black gram, and soy-bean were distributed.

Our ongoing efforts include promoting organic inputs like Jeeva Amrit and vermicompost, encouraging backyard farming, and supporting high-yield crop cultivation to boost productivity and farmers' incomes.



A Journey of Growth and Gratitude with Sonalika Gurukul

I'm Nandita Jadhav from Jawli village, Alwar, Rajasthan. After pausing my teaching career due to family responsibilities, I found a new opportunity through the Sonalika Gurukul project, which is working to empower young minds in collaboration with Doosra Dashak NGO in Rajasthan. For the past year, I've been teaching children in my village with support from Sonalika Gurukul, using creative methods like games and science models. Watching my students grow fills me with immense pride and gratitude for being able to contribute to their bright futures.

Finding Hope: A Mother's Journey to Recovery with Sonalika Gurukul's Support

I'm Sanju Wala, a mother of four, and I was diagnosed with breast cancer, leaving me overwhelmed by medical bills and declining health. Hope came when my son informed me about a free health check-up camp at the Sonalika Gurukul Centre, where my children are enrolled. There, I received crucial guidance for treatment. After undergoing chemotherapy and surgery, I'm now on the path to recovery and deeply grateful for the support from Sonalika Gurukul.



Sonalika Sahayata Samiti Promotes Financial Literacy

Established within Sonalika Gurukul Centres, Sonalika Sahayata Samiti provides a supportive space for mothers and children to share concerns and information. Comprising of 11-13 members, the committee consists of young children, teens, and women. In a recent session, the focus was on financial empowerment, covering essential topics like money management, tracking income and expenses, understanding financial institutions, and the dos and don'ts of debit card usage. Participants were also encouraged to write their names on financial documents in their preferred language, English or Hindi, and for those well-versed in either or both languages, we guided them through filling out banks' deposit and withdrawal forms—fostering confidence and practical financial awareness.

Making a Difference: Employees Unite to Donate Stationery to Support Education

A stationery collection drive was organised across our offices, encouraging our employees to contribute various stationery items. These donations will support children in need, helping them continue their education with the necessary resources.



Sonalika Gurukul Firozabad: Fostering Creativity and Learning Across 15 Villages

Our Sonalika Gurukul education project in Firozabad is thriving with vibrant learning and activities, including a productive parents' meeting, engaging arts and crafts sessions, and lively play. Thanks to the dedication of our community and teachers, we are running child and mini-learning centres across 15 villages, benefiting over 800 children.



♥♥♥ I Love ♥♥♥ HOSHIARPUR



Sanjeevni Sharnam celebrated World Senior Citizens' Day with a special event, "Showcase Talent by Smart Citizens", where members displayed their talents through various activities. Esteemed guests from the Indian Association of Parliamentarians on Population and Development (IAPPD) graced the event, praising the performances. Mrs. Mittal was honored with an award for her visionary efforts in founding Sanjeevni Sharnam, dedicated to senior citizens' well-being.



The 15th Amritam Retreat at Amritam Divine Valley, Jahan Khelan, Hoshiarpur, concluded successfully, offering participants three days of spiritual growth through breathing meditation, yoga, inspiring talks, nature walks, and more. The retreat featured art meditation, a sacred djembe circle, and Bhakti Rass, leaving participants deeply enriched.