

AUG 2025

STORIES OF CARE, COURAGE & COMMUNITY

Sonalika CSR: Nurturing People, Planet & Progress

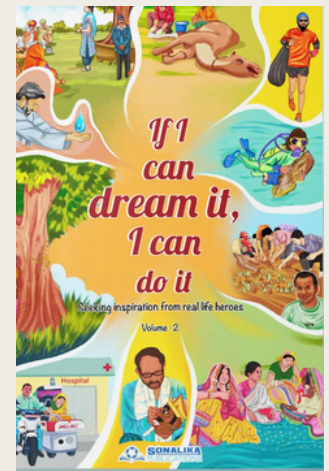


Sonalika Samman: Nayi Soch ko Naman – Honouring Grassroots Changemakers with the Launch of 'If I Can Dream It, I Can Do It – Volume 2'

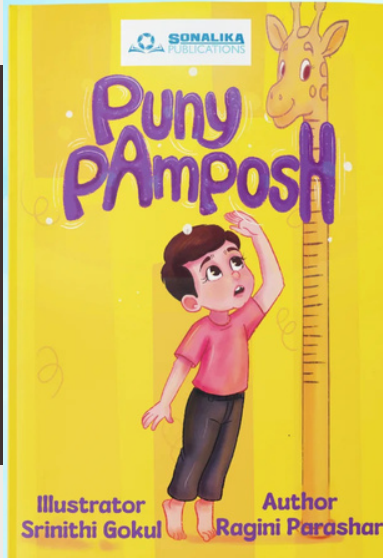


Sonalika CSR supports and celebrates every positive step towards the betterment of society. With the same spirit, "If I Can Dream It, I Can Do It – Volume 2" was launched as part of the event "Sonalika Samman: Nayi Soch ko Naman", honouring 10 real-life change-makers featured in the book. This publication is the successor to Sonalika Publications' debut book, "If I Can Dream It, I Can Do It – Volume 1," carrying forward the spirit of inspiring and empowering young minds.

The launch celebration was attended by the featured change-makers of "If I Can Dream It, I Can Do It – Volume 2 and Volume 1", government stakeholders, CSR leaders, teachers, and children. With speeches and panel discussions, the event became a platform for meaningful knowledge-sharing—encouraging resilience and empowering both children and adults to contribute to society through their own actions.



Puny Pamposh



A story where self-love and confidence blossom, teaching Pamposh and the readers that being yourself the way you are is fabulous.

Sonalika Publications: Inspiring Young Minds at the Delhi Book Fair 2025

Sonalika Publications, a Sonalika CSR initiative, participated in the 5-day Delhi Book Fair 2025, featuring books designed to nurture social, environmental, and cultural sensibility in young minds. The 5-day-long engagement was a celebration of quality and inclusive literature, and a great opportunity for the team to connect with children, parents, teachers, and book lovers and celebrate stories that inspire curiosity, imagination, and learning.



Sonalika Gurukul Centres Celebrate 79th Independence Day



Remembering the freedom fighters and showcasing their patriotic spirit, the children of Sonalika Gurukul Centres celebrated the 79th Independence Day with great zeal and enthusiasm. These centres are established in collaboration with the Vipla Foundation, Khushii NGO, and CRY NGO and nurture the holistic growth of children.

Through engaging activities and performances, like dancing, singing, and creative expressions, children honoured the principles on which the nation was built: righteous conduct, peace, unity in diversity, and reverence for knowledge.

Sonalika Arogyam: Nurturing Newborns with Care, Awareness, and Support



Many newborns, especially low-birth-weight (LBW) babies, face fatal risks during their first few days of life. Research shows that proper care, skin-to-skin contact, and breastfeeding can significantly improve their survival and health outcomes.

Since its inception, Sonalika Arogyam, a Sonalika CSR initiative in collaboration with the Ekam Foundation, has made dedicated efforts to create relevant awareness, offer counselling, and provide essential resources to pregnant women, new mothers, and families of newborns. Kangaroo Mother Care (KMC) counselling sessions were conducted, and specially designed KMC sling bags were distributed to beneficiaries. The sling bags ensure the baby's safety, provide neck support, keep the baby securely positioned for effective skin-to-skin care, and allow the mother complete access for breastfeeding without leaving the baby.

Additionally, pregnant women in their last trimester and new mothers received breastfeeding counselling through demonstrations, assessments, and hands-on training to support proper breastfeeding practices from birth. These initiatives reflect Sonalika CSR's commitment to building a healthier and happier tomorrow.

Reviving Green Spaces for a Sustainable Tomorrow



Sonalika CSR continues its commitment to environmental preservation with its Sustainable Park Revitalisation Project in Karkardooma, East Delhi. Under the initiative, underutilised spaces have been transformed into clean, safe, and welcoming areas for community recreation.

As part of IEC interventions, informative wall paintings have also been introduced across the park. These murals carry messages on cleanliness, waste management, and responsible urban behaviour, aiming to create awareness and encourage active community engagement in maintaining the park's renewed environment.



Promoting Climate-Resilient Farming Practices at the Grassroots



Climate change is a pressing challenge for agriculture in India and the world. To address the issue, Sonalika CSR, in collaboration with the B-Able Foundation, launched the "Farmers' Training on Sustainable Agriculture Practices" project. Under the initiative, 500 farmers in the Damoh and Katni districts of Madhya Pradesh received training and resources required for climate-resilient and eco-friendly farming.

This Kharif season, farmers received high-quality paddy and soybean seeds, learnt about the role of micronutrients, especially zinc, in boosting crop yield and soil fertility, and gained practical knowledge to adopt sustainable methods. The programme aims to enhance productivity and income and encourage environmentally responsible farming practices.



Building Resilient Livelihoods Through Knowledge and Support

Agriculture, though vital, often proves to be a challenging and uncertain source of livelihood, driving many farmers to seek alternative income opportunities. To address the issue, Sonalika CSR organised a training programme at Krishi Vigyan Kendra, Damoh, Madhya Pradesh. During the session, agriculture experts and officials (DDA, ADA, SADO, REAO) guided farmers on crop insurance, drainage management, livestock care, and natural farming, empowering them to adopt resilient farming practices.

Moreover, kitchen garden kits with tomato, chilli, and brinjal seeds were distributed to local farmers to promote nutrition, self-reliance, and income. The programme saw enthusiastic participation, with farmers appreciating the knowledge and support extended towards building sustainable agricultural practices and livelihoods.



STORIES FROM THE FIELD

Shankar Lal's Story: A Farmer's Leap Towards Growth

I am Shankar Lal Kurmi, from Chirola village in Damoh District, Madhya Pradesh. I have 4 acres of land, where I grow soybeans and wheat. My family's livelihood depends on the harvest and the income we get from our fields. For years, however, we had been following traditional farming methods, which only gave us average yields.

Even though I wanted to improve my farming practices, I didn't have the knowledge or confidence to take such risks with my family's source of income. However, things changed when I came across the Solis Krishi Vikas Pahel, a farmer training programme on sustainable agriculture. They provided me with high-quality Soybean Green Gold 9560 seeds for a demonstration plot and trained me on better farming practices like improving soil health, using high-quality seeds, effective irrigation techniques, technology intervention in harvesting, and the benefits of crop rotation. Following their guidance, I noticed an 18% increase in yield on my demonstration plot compared to my traditionally farmed plots. The grain size and shine were much better, fetching me a higher price of ₹4,300 per quintal, compared to ₹4,000 for my other soybean crops.

Seeing these results, other farmers in my village became interested in these techniques and the seed quality. Many even requested my demonstration plot crop for seed purposes. This experience gave me not only a better harvest but also the confidence to embrace sustainable farming for the future.



I ♥ HSP

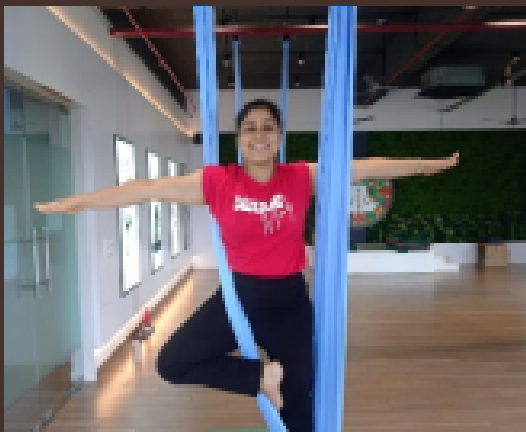


Holistic Cancer Care – Spreading Cancer Awareness in Villages

As part of the ongoing project Holistic Cancer Care, launched in collaboration with Mohandai Oswal Hospital, Sonalika CSR organised a Cancer Awareness Lecture in Village Chauni Kalan, Hoshiarpur. The session created awareness among rural communities about cancer prevention, early detection, and available treatment and support services.

Sonalika Progressive Village – Promoting Fitness Through Yoga

Continuing Sonalika CSR's commitment to building empowered and healthy communities, Sonalika Progressive Village held regular yoga sessions in Village Chauni Kalan, Hoshiarpur, to promote physical and mental fitness. With these efforts, Sonalika CSR is laying a foundation for healthier and more empowered rural communities.



Divine Soul Yoga – Exploring Aerial Yoga

Divine Soul Yoga (DSY) initiated an Aerial Yoga session, introducing participants to a unique form that combines traditional practice with aerial postures. The session aligned with Sonalika CSR's focus on holistic well-being, mindfulness, and spiritual enrichment.

Amritam Wellness Retreat – Nurturing Inner Harmony

The 20th Amritam Wellness Retreat was organised at Amritam Divine Valley to nurture participants' mental and spiritual wellness. The participants engaged in breathing meditation, yoga, nature walks, satvik meals, art, blindfold meditation, Bhakti Rass, inspiring talks and more. The activities and sessions were carefully designed to help the participants reconnect with their inner selves, foster emotional balance, and embrace a harmonious way of living.



I ♥ HSP

Sanjeevni Sharnam: A Haven of Care and Celebration for Seniors



To address memory concerns and stress among seniors, a Mental Wellness Chess Competition was organised at the Game Zone of Sanjeevni Sharnam. The event drew active participation and sportsmanship from all the guests, providing mental stimulation and boosting their cognitive functions. Dr Tirath Singh was announced the winner, and Mr Vijay Kumar, the first runner-up. Such events take forward Sonalika CSR's commitment to providing targeted and effective geriatric care.

Sanjeevni Sharnam also held a special get-together, "Zindagi Milke Bitayenge", to nurture social engagement among the elderly. The highlight of the day was the soulful singing performance by Mr Abhishek, which filled the event with joy. Mr Amrit Sagar Mittal and Mrs Sangeeta Mittal further graced the event with their presence, joining the celebration of togetherness and creating a memorable and uplifting experience for all attendees.



In addition, the 79th Independence Day was celebrated at the centre with great joy and pride. The celebration was a true tribute to our motherland, filling participants' hearts with love and pride for being an Indian.

On Krishna Janmashtami, Sanjeevni Sharnam came alive with devotional songs, bhajans, and vibrant celebrations. Seniors dressed as Lord Krishna, spreading smiles and creating an atmosphere of love, peace, and spiritual bliss.

