

SEPTEMBER 2025

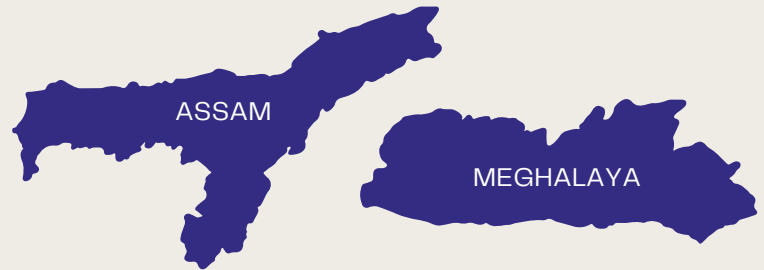
Health, Hope, and Learning For Everyone

Sonalika CSR: Empowering Community, Celebrating Community



Sonalika CSR in Guwahati & Shillong

Stories That Connect: Storytelling Sessions in Guwahati and Shillong



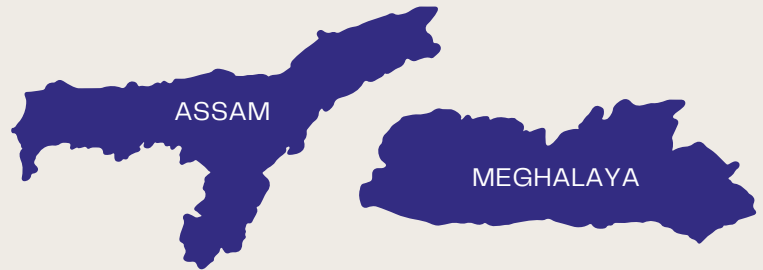
Sonalika CSR partnered with local schools and non-profit organisations, including Creative Trails Academy, Hillcrest Secondary School, and Spark NGO, to spread meaningful stories and valuable lessons across Guwahati and Shillong.

These interactive storytelling sessions featured Sonalika Publications' books, including Miss Dolfey: Secrets of the Sea, Puny Pamposh, and The Magical Cake Adventure, and taught children how to protect the environment, develop self-love, and incorporate hope and kindness into their lives. Spanning diverse genres and tales, these sessions drew participation from children of different age groups and encouraged their self-expression, curiosity, and imagination.



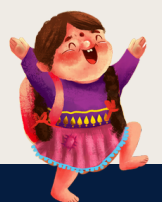
Sonalika CSR in Guwahati & Shillong

Menstrual Awareness for a Healthier Tomorrow



Sonalika CSR takes menstrual awareness as a key cornerstone to its commitment to holistic health and well-being. With the same spirit, multiple menstrual awareness sessions were organised across Guwahati and Shillong at Akshar Foundation, Jyoti Sroat School, and Clear Spring Secondary School, aiming to break the stigma and initiate open conversation around the topic.

These sessions, reaching 135+ adolescent participants, include discussions, demonstrations, and workshops and teach children about the biological process underlying menstruation, adequate hygienic practices, and the role of nutrition during menstruation.



Training of Trainers by Sonalika CSR

A Training of Trainers (TOT) session was organised at Hill Crest Secondary School, Shillong, by CSR for 15 teachers. The training aimed to equip teachers to include menstrual health and hygiene awareness in the curriculum, engage with adolescents, and create a safe and stigma-free discussion space for young minds.

Sonalika CSR in Guwahati & Shillong

Sonalika Publications at Bookaroo Children's Lit Fest, Shillong



Sonalika Publications, a sub-domain of Sonalika CSR, participated in the Bookaroo Children's Lit Fest, Shillong. The 2-day engagement brought together authors, artists, educators, and young readers, becoming a celebration of stories, curiosity, and imagination.

Distributing Books, Spreading Smiles

Sonalika Publications distributed over 200 books across various schools and underprivileged communities in Shillong, providing access to quality learning materials to those who need them the most.

These efforts reflect Sonalika CSR's commitment to ensuring access to quality education for everyone and shaping the well-being and confidence of young minds.



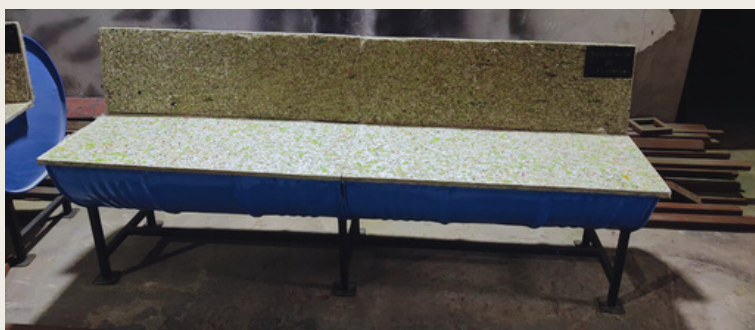
Empowering Frontline Workers in Madurai



Sonalika CSR, in collaboration with the Ekam Foundation, conducted a Frontline Workers Training at L. Poolangulam Community Hall, Andarkottaram Panchayat, East Block, Madurai. The session drew participation from 120 frontline workers, including ICDS teachers, CDPO and office staff, and Ekam staff members, and focused on the first 1000 days of a child's life, covering adequate nutrition practices, growth monitoring, and emotional care.

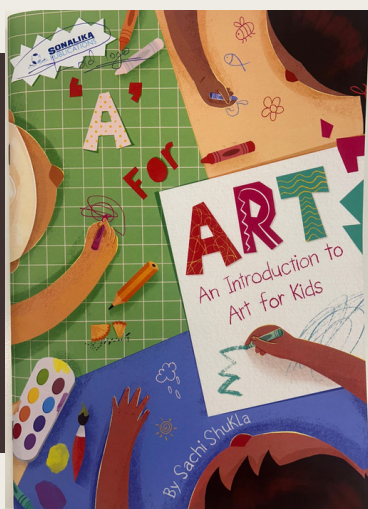
In addition, the training emphasised the importance of and approaches to birth preparedness and newborn care, including transportation and emergency contact arrangements, exclusive breastfeeding, cord care, etc. These efforts empower the community to ensure healthier beginnings and life for the young generation.

Turning Waste to Wonders



With the ongoing 'Switch to Sustain' campaign, Sonalika CSR is encouraging recycling and reimagination of waste products. This community-driven effort has achieved the target of 805 kilograms of waste collection, which was later transformed into useful products, such as coolers and four-seater benches. It's a small step that shows how sustainability can become part of everyday life.

BOOK LAUNCH



A For Art: An Introduction to Art for Kids

An art workbook that lays the foundation for children's adventure with shapes, patterns, and colours, teaching children that beyond drawing, art is about understanding and expressing yourself.

Sonalika CSR Celebrated World Tourism Day and 200 Years of Worldwide Railways

In partnership with the National Rail Museum, Sonalika CSR honoured World Tourism Day and 200 Years of Worldwide Railways on 27th September 2025 in New Delhi.

The celebration included cultural performances, heritage talks, live demonstrations of steam locomotives, a painting competition, and a storytelling session featuring Sonalika Publications' Wadiya Singh Visits Uttar Pradesh. Visitors further explored artisan stalls, heritage exhibits, and the historic Maharaja of Mysore Heritage Saloon (1899), witnessing history come alive beyond books. These initiatives bridge the gap between generations and communities, uniting them through the spirit of shared history.



Sonalika CSR: Making Nutrition Fun for Young Learners



This Nutrition Week, observed from 1st to 7th September, Sonalika CSR held multiple nutrition awareness sessions at DAV Public School, Sector 14, Faridabad; Guru Hari Krishna School, Karol Bagh; and Sonalika Skill and Learning Centre, Vasant Kunj. These sessions aimed to enhance children's understanding of the value of nutritious food and empower them to pick healthier and cost-effective alternatives to junk food. With fun activities, such as blindfolded tasting and riddles, the event took a top-down approach, making nutrition learning fun and promoting mindful food choices and healthier habits in children.

I ♥ HSP



RRM Holistic Clinic: Celebrating 3 Years of Restoring Wellness

RRM Holistic Clinic successfully completed 3 years. During its 3rd year, the clinic has treated over 4,000 patients, ensuring their proper care and recovery. With Mrs Sangeeta Mittal's guidance, the clinic has emerged as a benchmark in physiotherapy, chiropractic, and osteopathy services.

As it steps into its 4th year, RRM Holistic Clinic hopes to continue its mission of bringing health, healing, and hope to society.

Free Artificial Limb & Hearing Aid Distribution Camp

Sonalika CSR supported a 3-day Free Artificial Limb & Hearing Aid Distribution Camp organised by Akhil Bhartiya Aggarwal Sammelan, in association with Bhagwan Mahavir Viklang Sahayta Samiti, at Sanjeevni Sharnam. The camp served as a dedicated space to empower differently abled individuals and enable them to live with dignity and self-reliance. Under the guidance of Mrs Sangeeta Mittal (Director, Sanjeevni Sharnam), Dr Amrit Sagar Mittal (Vice Chairman, Sonalika Group), and Shri Surendra Aggrawal (State President, Akhil Bhartiya Aggrawal Sammelan), the camp provided life-transforming support to 265+ patients. The assistance included distribution of:

- 158 Hearing Aids
- 29 Artificial Limbs
- 14 Callipers for Polio Patients
- 20 Crutches
- 10 Tricycles
- 25 Wheelchairs
- 10 Artificial Hands



I ♥ HSP



Ganesha Chaturthi Celebration at Sanjeevni Sharnam

Sanjeevni Sharnam celebrated 'Ganesha Chaturthi' with great joy and devotion. Sharnamites, beautifully dressed in the yellow theme, filled the atmosphere with positivity through soulful performances of singing and dancing in praise of Lord Ganesha.

Sonalika Shooting Range Players Excelled in the Shooting Championship

Sonalika Shooting Range operates under Sonalika CSR's commitment to ensuring that socio-economic barriers don't stop talent and its growth. As a result of the effort, players have excelled in the shooting championship; 3 of them, Tanisha, Harshveer, and Manorama, have even qualified for the National Shooting Championship 2025.

In addition, Dr Deepak Mittal, Managing Director, Sonalika Group, felicitated the participants of the Summer Camp with certificates and medals. These achievements showcase Sonalika CSR's commitment to nurturing sports talent and building a brighter future for everyone.



Flood Relief Support – Ferozpur, Punjab

Sonalika CSR has extended financial assistance towards flood relief operations in the district of Ferozpur, Punjab. The relief work is being carried out on-ground by Savera Charitable Trust, which is providing medical assistance, Relief material including rations and rehabilitation of flood affected population.

Divine Soul Yoga



DSY Conducted **Advance Retreat** that was meant for those ready to take their practice to the next level. It involved advanced yoga flows, intensive pranayama and kriya practices, and powerful meditation techniques, including sessions of silence for self-discovery. Energy balancing methods and chakra healing were included to align the inner self, along with lifestyle guidance to ensure long-term transformation beyond the retreat.