

OCTOBER 2025

MOMENTS OF IMPACT, STORIES OF CHANGE

Sonalika CSR: Celebrating People, Purpose, and Progress



Empowering Her 2025: Celebrating Tradition, Culture, and Togetherness



Empowering Her, an annual Sonalika CSR tradition, celebrates women in all their roles and identities. This year, through a well-designed event aiming to foster solidarity and meaningful, mutually beneficial connections, Sonalika brought together its female employees and beneficiaries from women-centric NGOs, like the Shikhar organisation. It gave beneficiaries an opportunity to showcase their talents on a corporate platform. The day was further marked by fun activities such as Stick-on Bindi, Rangoli Competition, Quick Pick, Fastest Drape First, weaving a bond of shared empowerment.

Empowering Teachers for Greater Impact



Often, teachers struggle with maintaining effective documentation and nurturing positive behavioural change in children regarding menstrual health, financial literacy. This is primarily due to communication gaps, hesitation, and other influencing factors.

To address these, Sonalika CSR held a Training of Trainers (TOT) session. Through comprehensive discussions and hands-on activities, teachers were trained to promote develop financial responsibility in children and promote hygiene and open conversations regarding menstruation. They further learned to measure and report field impact effectively using case studies, testimonials, and photographs, which will help in taking targeted measures and actions for grassroots change.

Young Explorers at Sonalika 2025



In another annual tradition, Sonalika CSR gave children a peek into the professional world, allowing them to explore different professions and interests and envision future possibilities. Under this year's theme 'Create and Express,' children learned to play harmonica, practised icing the cake and explored theatre skills, making it to be a fun and engaging jaunt of creativity, curiosity, and imagination.



Ensuring Balanced Nutrition and Birth Preparedness for Mothers



மதுரை மாவட்ட செய்திகள் உங்கள் வேதிநியூஸில். டவன்லோட்

கர்ப்பிணிகளுக்கு ஊட்டச்சத்து பெட்டகம் வழங்கும் விழா

சோனாலிகா ஆரோக்கியம் திட்டத்தின் மூலம் 120 கர்ப்பிணி பெண்களுக்கு ஊட்டச்சத்து பெட்டகம் வழங்கும் விழா சக்கிமங்கலம் மருத்துவ அலுவலர் சந்திரவேகா, எல்.கே.பி நகர் பள்ளி தலைமை ஆசிரியர் தென்னவன் தலைமையில் இன்று நடைபெற்றது. விஜய் பாபா மகேஷ், ஆர்ஜி வீரசெழியன், கிராம உதவியாளர் துரைராஜ் கலந்து கொண்டனர். இந்த திட்டமானது ஏகம் அறக்கட்டளை மூலம் சக்கிமங்கலம் சமுதாயக்கூடத்தில் நடைபெற்றது.

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Sonalika CSR distributed nutrition kits to 120 mothers at Sakkimangalam community hall and held awareness sessions across multiple ICDS centres in Andarkottaram, Elamanur, Karseri, and Sakkimangalam Panchayats. These sessions focused on nutrition education, covering balanced diets, essential micronutrients, and the importance of maternal nutrition during pregnancy and breastfeeding.

The Birth Preparedness sessions guided mothers on safe delivery practices, enabling them to recognise danger signs and plan for postnatal care. Through these initiatives, mothers were equipped with practical knowledge and skills to support their own health and that of their children.

Mud Pond Restoration in Damoh, Madhya Pradesh



Solis CSR, in collaboration with the B-ABLE Foundation, has restored a traditional mud pond in Damoh, Madhya Pradesh, thereby helping recharge groundwater, support irrigation, and boost sustainable farming. With 100 native trees including Black Plum, Lemon, Peepul, Margosa, Jackfruit, Guava, Gooseberry Conocarpus, Banyan and mango seeds were planted around it. This community-led effort is a model for water conservation and ecological balance.



I ♥ HSP

Sonalika CSR's Support for Dignified Cremation

Sonalika CSR believes that life's final journey deserves as much, if not more, dignity and respect as life itself. Guided by this belief, financial assistance was provided for the improvement and maintenance of cremation grounds across 12 villages. The initiative aims to provide cleaner, safer and better equipped cremation facilities, ensuring respectful last rites for all.

Sonalika CSR Fosters Mental and Spiritual Well-being

Divine Soul Yoga, a Sonalika CSR initiative, hosted a 3-night, 4-day advanced silent retreat at Solis Wellness Retreat Center, Hoshiarpur. Rooted in the ancient practice of Yog-Vipassana, this retreat allowed beneficiaries to experience an inward journey and reconnect with their true selves.



In another effort to ensure holistic well-being, Sonalika CSR organises therapeutic sessions in Hoshiarpur. Each session integrates a blend of traditional yoga practices, such as Hatha and Vinayasa, to nurture harmony and self-awareness among beneficiaries.



Festival and Celebrations at Sanjeevni Sharnam

Sonalika CSR believes festivals and celebrations are essential to strengthen cultural identity and unite communities. With the same belief, Sanjeevni Sharnam organised Durga Puja celebrations, Dandiya Eve, and Surmayi Deepawali, celebrating India's shared heritage and bringing people together in joy and harmony.

Each celebration was marked by devotion and delight, which included bhajans, festive feasts and enthusiastic performances, like Luv Kush Ramayana enactment and dandiya dances. Surmayi Deepawali became even more memorable with the presence of the Mittal family and Ms. Aashika Jain, Deputy Commissioner of Hoshiarpur, who appreciated the initiative dedicated to senior citizens (Sharnamites). These efforts reflect Sonalika CSR's commitment to enhancing quality of life and fostering a sense of belonging for all.

