

# GROWING STRONGER TOMORROWS

Empowering Communities Through Learning, Health, and Livelihoods







## Empowering Children Through Constitutional Values

Sonalika CSR, in partnership with Vipla and Khushi NGO celebrated the 77th Republic Day with 50 children at the Sonalika Skill and Learning Centre (SSLC), with a focus on shaping aware, confident, and responsible young citizens. Through immersive learning, children were introduced to the Indian Constitution as a living framework that protects rights, defines duties, and upholds equality, justice, and dignity.

Through learning about Dr. B. R. Ambedkar and the makers of the Constitution, along with creative expression, storytelling, and films on Fundamental Rights, Duties, and unsung freedom fighters, the initiative aimed to instill a sense of constitutional values, civic responsibility, and national pride, encouraging children to understand their role in India's democracy.



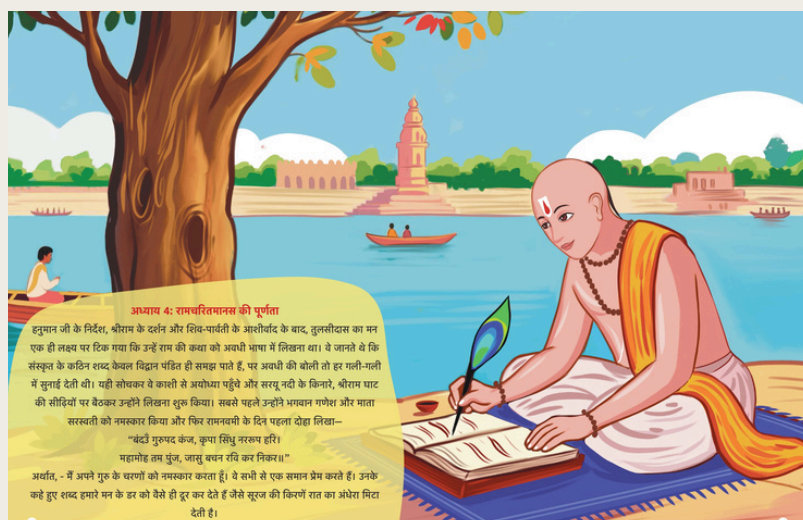


## A collection of baby items arranged on a yellow circular surface. At the top center is a baby doll wearing a yellow hat and overalls. To the left of the doll is a box of 'Perfecta' baby powder. Below the powder box is a blue baby bottle and a white baby bottle. In the center is a white baby blanket with star patterns. To the right of the blanket is a small box with a picture of a woman, a small jar, and a small metal cup. At the bottom are several small toys, including a red ring, a brown ring, and a yellow ring. A measuring tape is also visible at the bottom left.

Sessions were held at Ambedkarnagar ICDS Centre (Sakkimangalam Panchayat) on newborn care and danger signs, at Chandiralehka Nagar ICDS Centre (Andarkottaram Panchayat) on antenatal mother care and danger signs, and at Samathuvapuram HSC (Sakkimangalam Panchayat) focusing on breastfeeding practices, strengthening mothers' knowledge for healthier maternal and child outcomes.



மதுரை மாவட்டம் சக்கிமங்கலம் கிராமத்தில் உள்ள முதுபாக்கத்தில் ஏழம் அறக்கடிகள் சோனாவாகை அடையாளத்துடன் இடத்தில் லூம் 120 பீட்பிணி தாயங்காட்டுவதற்கு உடனடி நடவடிக்கை எடுக்கப்பட்டு வருவதாக தெரிகிறது. இது குறித்து மாவட்டம் மருத்துவ அலுவலர் சாந்தகுமாரி மறுபார்வையிட்டார். ச.கே.பி நகர் பள்ளி தலைமை அலுவலர் சிபிசிபி பிள்ளை அவர்கள் குறித்து சிறப்பு அமைப்பாளர்கள் கலந்து கொண்டு உடனடி நடவடிக்கை எடுக்கப்பட்டு வருவதாக தெரிகிறது.



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## Promoting Inclusive Mindsets Through Gender Sensitization

Gender stereotypes often shape children's beliefs long before they question them. To address this early, Sonalika CSR conducted a session on gender equity at Khushi NG, an interactive session that helped children understand the difference between sex and gender, practise sensitivity, and affirm that dreams have no gender. The session also included engaging activities and a storytelling session from Sonalika Publications' book - Udi Udi Udi to make learning reflective, and fun.



## Sonalika CSR Strengthens FPOs and Boosts Potato Productivity in Rural Uttar Pradesh

Sonalika CSR, in partnership with Umang Sunehra Kal Sewa Samiti, through its rural development initiative in Kannauj, Uttar Pradesh, aimed at strengthening Farmer Producer Organisations (FPOs) and improving potato productivity.

The project directly supports 50 small and medium farmers and indirectly benefits nearly 200 farmers through peer learning and FPO-led interventions to promote scientific farming practices through trainings, field demonstrations, quality inputs, and continuous monitoring.

With a strong focus on grading, storage, and market linkages, farmers are trained in improved post-harvest practices to reduce losses by 5-6% and are connected directly to buyers and government institutions to improve price realisation by 10-15%. By strengthening one FPO and enabling collective marketing, the initiative aims to enhance farmer incomes while building long-term rural resilience, aligned with the SDGs on No Poverty, Zero Hunger, Decent Work, and Responsible Production.





## Sonalika CSR Boosts Farmer Incomes Through Mushroom Cultivation in Madhya Pradesh

Sonalika CSR is promoting mushroom cultivation as a sustainable, low-investment livelihood option for farmers in the Damoh and Katni districts of Madhya Pradesh in partnership with the B-ABLE Foundation. Through trainings and the establishment of a fully functional mushroom production unit at KVK Damoh, farmers are gaining real-time exposure to scientific mushroom farming practices.

January marked a key milestone with the first harvest of oyster mushrooms, currently selling at ₹200 per kg. One such success story is Mr. Babulal Ahirwal from Bangaon village, Damoh, who earned Rs 1,000 by selling 5 kg of mushrooms, with his unit expected to generate around 50 kg and an additional income of approximately ₹10,000. Encouraged by these results, farmers are increasingly keen to scale up mushroom cultivation in the coming cycles.



Mr. Babulal Ahirwal from Bangaon village, Damoh, earned Rs 1,000 by selling 5 kg of mushrooms.



## Storytelling Session to Inspire Children to Build Confidence and Self-Belief



Many children experience low self-confidence due to physical differences, which can impact their emotional well-being and participation. Addressing this, a storytelling session was conducted at Orchids School, Hyderabad, based on Sonalika Publications' book *Puny Pamposh*, which narrates a child's struggle with confidence due to his short height and his journey towards self-acceptance. The session engaged around 200 children aged 8 years and above and was warmly received to encourage reflection, empathy, and positive conversations around self-belief.

# I ♥ HSP

## Project Livelihood for Persons with Disabilities (PwDs)

Sonalika CSR supported Mr. Sandeep Singh, a person with 60% disability, by providing him with an e-rickshaw under our “Livelihood for Disabled Persons” project. This support opens the door to self-reliance and a steady livelihood for him and his family.

## Running for Unity, Health, and a Drug-Free Future

Sonalika CSR extended our support to the 5th BSF Border man Marathon, to be held in February 2026 in Amritsar. The marathon aims to connect with youth from border communities, encourage a drug-free and healthy lifestyle, and strengthen the spirit of unity and togetherness.

## Sonalika CSR Strengthens TB Recovery Through Nutrition Support

Under the Pradhan Mantri TB Mukht Abhiyan, in collaboration with Red Cross Society, Hoshiarpur, Sonalika CSR adopted 100 TB patients. Nutritious food baskets will be provided for six months to help patients regain strength and hope during their recovery.



## Strengthening Rural Development Through Improved Rainwater Drainage

In Nasarala village, Hoshiarpur, Sonalika CSR installed a Hume pipe to enable proper rainwater drainage to reduce waterlogging and improving hygiene for the community.

## Project Divine Soul Yoga

3 days Advanced Silent Retreat was held at Solis Wellness Retreat, Hoshiarpur. This deeply transformative experience invited participants to step away from external noise and reconnect with their inner silence. Rooted in Yog-Vipassana, the retreat offered a sacred space for self-reflection, emotional healing, and heightened awareness. Surrounded by nature's calm, participants





## I ♥ HSP

### New Year Celebration at Sanjeevni Sharnam



On the occasion of the New Year, a grand musical celebration titled “Pyar Ke Rang Sharnam Ke Sang” was organized at Sanjeevni Sharnam.

The event was graced by Sharnam Director Mrs. Sangeeta Mittal Ji and Dr. Amrit Sagar Mittal Ji, Vice Chairman, Sonalika Group. The Chief Guest for the occasion was District Commissioner Ms. Ashika Jain who came along with Assistant Commissioner Ms. Oishi Mandal. Addressing the gathering, Mrs. and Dr. Mittal extended their heartfelt New Year wishes to everyone present.

The Sharnamites mesmerized the audience with lively dance performances on classic Bollywood songs and entertaining skits. Adding to the festive mood, the talented singers Ms. Karishma and Mr. Jeetu from “Saroor The Band” enthralled everyone with their soulful musical performances.

### Strengthening Rural Development Through Improved Rainwater Drainage

Sanjeevni Sharnam welcomed the New Year 2026 with Rudra Rass – A Shiva Jamming Circle, a soulful celebration of devotion and rhythm. The gathering of Sharnamites and guests experienced peace, harmony, and collective energy, marking a meaningful and uplifting start to the year.

