

NOVEMBER 2025

# LEARNING, LEADING, AND LEAPING FORWARD

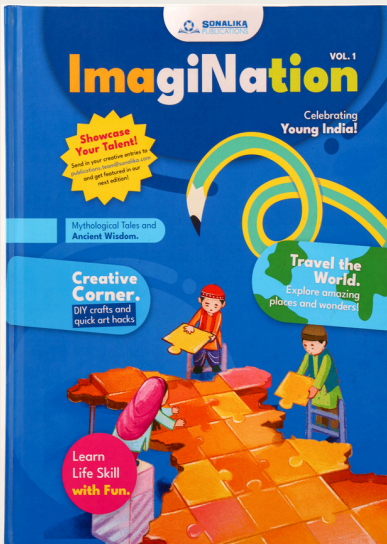
Sonalika CSR: Ensuring Empowerment, Inclusion & Social Welfare



# Innovating Learning and Education at Asia's Largest Education Event



Sonalika Publications participated in the 3-day DIDAC India event, Asia's largest exhibition for education and skills. The event was a wonderful platform to showcase innovative and child-centric learning resources designed to support educators and students. Further, Sonalika engaged with academic leaders, explored new partnerships and gathered valuable insights on emerging trends. These learnings and collaborations will help with designing impactful and meaningful learning solutions, better suited to contemporary requirements.



## Launch of 'ImagINation': A Magazine for Curious Young Minds



Sonalika Publications launched 'ImagINation', a magazine that helps spark curiosity and creativity in every child. Each page opens the door to a world of stories, facts, art, and ideas, thoughtfully crafted to inspire young minds and encourage them to explore, learn, and dream.

## Value-Based Storytelling Outreach Expands to 11 Schools in Maharashtra



Sonalika CSR conducted engaging storytelling sessions, featuring value-based storybooks by Sonalika Publications, Puny Pamposh and Miss Dolfey: Under the Sea. These sessions introduced to children meaningful themes such as environmental awareness and essential life skills, including building self-confidence through narrative-based learning. The initiative reached 11 government and private schools, positively impacting 470 children through interactive, joyful, and educational storytelling experiences.



## Holistic Health and Nutrition Interventions for Mothers, Children, and Adolescents

### Prematurity Day Observed at Two ICDS Centres in Sakkimangalam



Prematurity Day was celebrated at the Narikuravar Colony ICDS and Sathya Nagar ICDS centres in Sakkimangalam Panchayat. The sessions highlighted the importance of early care for premature babies, educating mothers and carers on nutrition, kangaroo mother care, hygiene, and timely health check-ups. The celebrations aimed to raise awareness, promote supportive caregiving practices, and strengthen community understanding of newborn health needs.



### Awareness Session on Breastfeeding & Danger Signs



An awareness session was conducted at the Udankundu ICDS Centre in Karseri Panchayat, focusing on the importance of breastfeeding and recognising danger signs in infants and mothers. The session helped carers understand the benefits of exclusive breastfeeding, proper feeding techniques, and early identification of health warning signs to ensure timely care and better child well-being.

## Menstrual Health and Hygiene Awareness Sessions at LKB Nagar School, Sakkimangalam Panchayat



ரிளம் பருவ பெண் குழந்தைகளுக்காக  
சுகாதார விழிப்புணர்வு பயிற்சி



Awareness sessions on menstrual health and hygiene were conducted across schools in Sakkimangalam and Karseri Panchayats, including LKB Nagar School (36 students), Karseri School (22 students), and Meenakshinagar School (72 students). Through these sessions, a total of 130 adolescent girls were engaged and educated on safe menstrual practices, the importance of hygiene, understanding bodily changes, and breaking myths surrounding menstruation. The initiative aimed to build confidence and promote healthy, informed habits among young girls.

ானாலிகா ஆரோக்கியம் திட்டத்தின் மூலம் பருவ பெண் குழந்தைகளுக்கு சுகாதார விழிப்புணர்வு பயிற்சி மற்றும் சுகாதார பெட்டகம் வழங்கும் ஆசிரியர் தென்னவன் தலைமையில் நடந்தது. இவற்றுள் சரஸ்வதி அவர்கள் கலந்துகொண்டு விழிப்புணர்வு பராம பருவ பெண் குழந்தைகளுக்கு வழங்கின திட்டமானது ஏகம் அறக்கட்டளை மூலம் எல்லா பள்ளிகளில் நடைபெற்றது.

## Nutrition Kit distributed to 120 mothers at Sakkimangalam community hall, Madurai East



Nutrition kits were distributed to 120 mothers at the Sakkimangalam Community Hall in Madurai East. The initiative aimed to support maternal and child health by providing essential nutrition items and guidance on healthy dietary practices. The distribution also reinforced awareness of balanced nutrition, helping mothers make informed choices for their families' well-being.

## Nutrition Awareness



Nutrition Education Awareness Sessions were conducted across three ICDS centres – Karupillaiyenthal (Andarkottaram Panchayat), Sakkimangalam, Ambethkar Nagar ICDS centre and Muniyandikovil (Sakkimangalam Panchayat). These sessions focused on helping mothers and carers understand the importance of balanced diets, growth monitoring, and age-appropriate feeding practices. The initiative aimed to strengthen community awareness and encourage healthier nutrition habits for young children.



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### Cancer Screening & Medical Camp

Under the ongoing Project Holistic Cancer Care by Solis, a cancer screening and medical camp was organised in the village of Chauni Kalan in collaboration with the World Cancer Care Charitable Society, Jalandhar. The camp received an overwhelming response with 400+ registrations. The initiative focused on early detection of ailments, timely treatment, and spreading awareness among the rural population.



### Sonalika CSR's Support for Flood Relief

Sonalika CSR extended support to Sarv Dharm Sewa Foundation for their Disaster Management & Flood Relief efforts, contributing to essential supplies and immediate rehabilitation for affected families.

### Support for Mass Wedding

Sonalika CSR believes wedding celebrations shouldn't limit themselves to economic limitations. That's why Sonalika organised a mass wedding ceremony for brides and grooms of underprivileged families in collaboration with the Madad Charitable Foundation, enabling them to begin new phases of their lives with dignity.

### Empowering Specially-Abled Youth with 'Wings'

Under the initiative, 'Wings', Sonalika CSR supported the District Red Cross Society, Hoshiarpur, to help specially abled children gain employment through small tuck shops. The initiative aims to nurture independence, skill-building, and social inclusion in children.

### Medical Relief Support

Sonalika CSR provided medical relief to vulnerable communities of the District Red Cross Society. The program aligns with Sonalika CSR's commitment to ensure essential healthcare support and facilities for everyone.

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### Strengthening Emergency

As part of its commitment to enhancing public health infrastructure, Sonalika CSR provided 12 fully equipped medical ambulances to the Punjab Health Services Corporation (PHSC) through Hoshiarpur Deputy Commissioner Mrs Aashika Jain. This initiative aims to improve emergency response, patient mobility, and access to critical care across the state.

### Amla Navami

At Sanjeevni Sharnam, 'Amla Navmi' was celebrated to honour the sacred Amla tree and promote the values of devotion, kindness, and service. Mrs. Sangeeta Mittal Ji shared a beautiful message on spreading love in every possible way.



### Bhakti Bhav Program at Sanjeevni Sharnam

Sanjeevni Sharnam organised a spiritual and soulful program 'Bhakti Bhav'. Immortal Music Waves Band filled the atmosphere with devotion by presenting beautiful bhajans. The event brought together community members in an ambience of peace, reflection, and heartfelt musical worship, creating a truly uplifting experience for all.

### Fun-filled Halloween Celebration at RRM Autism Therapeutic School

Children at RRM Autism Therapeutic School celebrated Halloween with fun costumes, knuckle painting, and pumpkin drawing. The event helped children build their imagination and teamwork, supporting their learning and creating joyful memories for everyone.



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## The Respite Retreat for the Moms of Autistic Kids

Sonalika CSR organised a Respite Retreat for the mothers of the autistic children from RRM Autism Therapeutic School. The retreat gave them a well-deserved break, allowing them time to relax, reconnect, and feel celebrated. Through fun games, dance, and a cheerful fashion walk, the participants enjoyed moments of joy and togetherness.



## Sankirtan Program

Sanjeevni Sharnam organised a Sankirtan program to connect Sharnamites with divinity. Sharnamites beautifully presented spiritual motivational songs, shlokas, bhajans, and Gurbani shabads, creating an atmosphere of divine peace and positivity.

## Dhyan Yog Nidra

A 'Dhayan Yog Nidra Session' was organised at Amritam Divine Valley. The morning session included deep meditation, relaxing yoga nidra, a refreshing nature walk, rejuvenating yoga, and a wholesome breakfast amidst divine surroundings. Each participant was immersed fully in the experience, making this a spiritual and self-awareness journey for them.



## Physiotherapy, Chiropractic, and Osteopathy Camp at the Old Age Home in Ram Colony, Hoshiarpur

RRM Holistic Clinic organised a free Physiotherapy, Chiropractic, and Osteopathy Camp at the Old Age Home in Ram Colony, Hoshiarpur. The camp was held for elderly residents and provided them with relief from muscle and joint pain through therapies like needling, cupping, TENS, and ultrasound. The camp was organised and facilitated by dedicated and expert doctors. In addition, dignitaries, including ADC Ms Oishee Mandal, Red Cross Secretary Mr Mangesh Sood, and Joint Secretary Mr Aditya Rana, highly appreciated this meaningful initiative.

