

MARCH 2026

EMPOWER, EDUCATE, ENABLE

Sonalika CSR: Creating Impact, Transforming Communities



SONALIKA CSR IN UTTAR PRADESH



KANNAUJ

FIROZABAD

HARDOI



Storytelling has always been an integral part of India's cultural fabric, from dadi-nani ki kahaniyaan to community gatherings where stories were passed down through generations. These stories, beyond entertainment, shaped values, built empathy, and helped young minds understand the world around them. In today's fast-paced, digital age, reviving this tradition holds immense power, especially when stories become a medium to address socially relevant themes.

Recognizing this, Sonalika CSR conducted a series of storytelling sessions across Kannauj, Firozabad, and Hardoi in Uttar Pradesh, reaching over 500+ children.



The sessions featured Sonalika Publications' books such as **Udi Udi Udi** and **Puny Pamposh**. **Udi Udi Udi** opened conversations around gender equity, encouraging children to challenge stereotypes and believe in equal opportunities for all. **Puny Pamposh** focused on building confidence beyond physical appearance, helping children recognize their inner strengths and self-worth.

Through interactive narration and open discussions, children were not just passive listeners but active participants sharing thoughts, asking questions, and reflecting on their own experiences. The sessions created a safe and engaging space where learning extended beyond academics to values, confidence, and self-expression.



By blending the richness of traditional storytelling with contemporary social themes, Sonalika CSR continues to create enriching learning experience to nurture a generation that is not only informed but also empathetic and confident.



SONALIKA CSR IN DELHI

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North West District

Central North District

Promoting Menstrual Hygiene and Dignity in collaboration with the District Magistrate Offices of North West and Central North Delhi



Menstrual hygiene is not just about health but also dignity, equality, and access to education. With the Supreme Court of India recognizing it as a fundamental right in 2026, the need to break taboos and spread awareness is more urgent than ever. It is closely linked to improved school attendance and reduced dropout rates, as stigma and lack of access often lead to absenteeism among girls.

In line with this, Sonalika CSR, under the 'Beti Bachao Beti Padhao' initiative, collaborated with the Office of the District Magistrate, North West Delhi to conduct a session engaging 40 adolescent girls and 60 anganwadi workers, focusing on safe practices and open conversations. The session was attended by the District Magistrate and Sub-Divisional Magistrate of West Delhi.



A second session with the Office of the District Magistrate, Central North District engaged 200 anganwadi workers, further strengthening community-level awareness. Through these efforts, Sonalika CSR continues to enable girls to learn and grow with dignity.

260 anganwadi workers reached in March

40 adolescents reached in March

Strengthening Farmers for a Climate-Resilient Future



Sonalika CSR successfully organized a series of Kisan Baithaks in Kannauj district, Uttar Pradesh, aimed at strengthening farmers' capacities towards sustainable and climate-resilient agriculture.

The sessions covered important topics such as climate-smart agriculture, crop rotation, improved irrigation practices, organic farming, floriculture, and awareness on government agricultural schemes. Sonalika tractor demonstration was also conducted, providing farmers with practical exposure to modern farm machinery.

The Baithaks witnessed active participation from 106+ farmers, including 20+ women farmers. Serving as a platform for knowledge exchange, the initiative enabled farmers to adopt innovative practices and climate adaptation strategies to enhance productivity and sustainability.



BOOK LAUNCHES



Little Stories, Big Hearts: Of Trees, Time & Tender Hearts is an illustrated storybook for children aged 7–13 years. Through three engaging tales, it teaches values like kindness, compassion, empathy, patience, and respect for nature.



The Social Filter Guard is a relatable and engaging story that helps children understand the importance of thinking before speaking. Ideal for children aged 7–13 years, the book uses everyday school situations to gently introduce the concept of a 'social filter.' Through Aarav's experiences, young readers learn valuable lessons about kindness, empathy, honesty with sensitivity, and respectful communication.



ImagiNation Vol. 2 is a thoughtfully designed limited-edition activity book launched to celebrate the 30-year milestone of Sonalika. This activity book blends learning with creativity and hands-on exploration. Ideal for children aged 7–13 years, this volume introduces diverse concepts through engaging stories, fun activities, and simple experiments like DIY projects and creative exercises.



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Run Against Drugs Initiative

Sonalika CSR is supporting the 'Shaheed-E-Azam Bhagat Singh National Marathon – Run Against Drugs' at Mahilpur, Hoshiarpur, promoting a healthy and addiction-free society in honour of Shaheed-E-Azam Bhagat Singh ji.

Sports Infrastructure Development

Sonalika CSR contributed in upgradation of two indoor badminton courts with synthetic cushion mats, bringing them up to international standards to support aspiring athletes.

Divine Soul Yoga

A. Delhi Mega Follow Up

A spiritually uplifting follow-up session was conducted. Participants revisited core practices, deepened their meditation experience, and strengthened their connection with the Divine Soul Yoga community.



B. Chandigarh Insomnia Workshop

A focused workshop designed to address sleep disorders through yogic practices, breath work, and meditation had been organised. Participants experienced natural techniques to improve sleep quality and overall mental well-being.



C. Hoshiarpur Mega Follow Up

A vibrant session celebrating Holi and International Women's Day was conducted which combined joy, mindfulness, and gratitude at Solis Wellness Retreat, Naradada. The program emphasized emotional healing, self-care, and community bonding.

A customized wellness session was conducted for ITL employees, focusing on stress management, productivity, and work-life balance through yoga and meditation techniques.



I ♥ HSP

D. Chandigarh Vipassana Retreat

A customized wellness session was conducted for ITL employees, focusing on stress management, productivity, and work-life balance through yoga and meditation techniques.



Amritam Retreat

3 days & 3 nights Amritam Retreat-23 was successfully completed at Amritam Divine Valley, Jahan Khelan, Hoshiarpur in which participants experienced various breathing meditation techniques which would be helpful for their spiritual growth. All participants enjoyed inspiring talks, yoga practice, nature walks, satvik meals, art meditation, ice breaking activities, jamming circle etc.

Holi Celebration at RRM Autism Therapeutic School

Holi, the festival of colours, was celebrated with great joy and enthusiasm at RRM Autism Therapeutic School. The day was filled with vibrant performances, cheerful music, and happy smiles all around. The celebration was not just about colours, but about togetherness, expression, and growth. It provided a wonderful opportunity for the children to showcase their abilities and enjoy the spirit of the festival in a supportive and joyful environment.



Sports Day Celebration at RRM Autism Therapeutic School

The Sports Day at RRM Autism Therapeutic School was celebrated with enthusiasm and determination, as children participated in activities designed to build movement, coordination, and confidence. Every effort was appreciated, reflecting personal growth and courage, especially among those overcoming hesitation. The event concluded with a prize distribution ceremony where medals were awarded by Ma'am Sangeeta Mittal. Some children earned multiple medals, highlighting their talent, and hidden potential.

