

MAY 2026

EDUCATE, ENABLE, ELEVATE

Sonalika CSR: Advancing Inclusion, Enabling Growth



Strengthening Access to Education: School Enrollment Drive Across 10 Villages in Firozabad, UP



With a focus on ensuring holistic child development and promoting an equitable society, Sonalika CSR in partnership with CRY organised a School Enrollment Campaign in Firozabad, UP. It was conducted across 10 villages to support the enrollment of out-of-school children into government schools and build community awareness on the importance of education.

Through door-to-door visits and counselling sessions, families were encouraged to prioritise regular attendance and continued learning, with particular attention to children at risk of dropping out and to equal opportunities for girls and boys. These sustained efforts led to the successful enrollment of **91 children, including 38 boys and 53 girls**, and also strengthened collaboration between schools, parents, and the wider community to support children's education.

Strengthening Access to Welfare and Social Protection in Firozabad, UP

A Social Welfare and Community Awareness Campaign was conducted to improve community access to key government schemes and essential services, with active support from frontline workers and local leadership.

The initiative focused on facilitating scheme linkages for vulnerable groups and also built awareness on critical social issues such as child marriage and girls' education. Through targeted outreach, the campaign enabled communities to better access entitlements related to financial assistance, healthcare, and social security.



Service	Number	Impact
PM-KISAN	16	Financial assistance access
Ayushman Cards	18	Healthcare access
E-Shram Cards	25	Social security coverage for labourers and unorganised workers
Pension Cases	2	Social protection access

Heat Wave Awareness Drive Across Several Villages in Firozabad, UP



A Heat Wave Awareness Campaign was conducted across targeted villages to promote safety during extreme summer conditions. Awareness meetings reached 180 participants in 7 villages, while door-to-door outreach covered around 900 households across 10 villages.

Communities were informed about key preventive measures such as hydration, avoiding peak heat hours, and protecting vulnerable groups. The initiative helped strengthen awareness and encouraged safer practices at the household level.

Summer of Joyful Learning



In collaboration with Vipla Foundation, Sonalika CSR has organised a vibrant Summer Camp for Balwadi (3–6 years) and Patang (7–14 years) children to create a space for joyful and engaging learning during the summer break.

The camp brought together a wide range of activities including pottery, dancing, Zumba, flower pot making using waste materials, movie screenings, reading sessions, and art and craft, all designed to encourage creativity and hands-on learning.



Through these interactive experiences, children are building confidence, exploring self-expression, and learning the importance of teamwork in a safe and nurturing environment. The initiative helps children explore new skills and learning experiences while contributing to their overall growth and creating meaningful, positive experiences.



Strengthening Maternal and Child Health Through Review Meetings

A Medical Officer conducted stakeholder and staff review meetings to strengthen Maternal and Child Health (MCH) outcomes.

The meetings focused on maternal and infant death audits, performance review of ANC, PNC, and institutional deliveries, immunisation tracking through HMIS and U-WIN, progress on family planning services, and ensuring availability of essential vaccines, medicines, and equipment.



Celebrating Kangaroo Mother Care Day to Support Newborn Health

International Kangaroo Mother Care (KMC) Day was observed at Sakkimangalam Government PHC and Meenakshi Nagar HSC to promote awareness on the importance of KMC for newborn care, especially for low birth weight and premature infants.



Community Health workers (CHWs) engaged with mothers and caregivers to demonstrate correct KMC practices, and highlighted its role in improving neonatal survival, strengthening bonding, and supporting early breastfeeding. The sessions reinforced the importance of community-level awareness and consistent adoption of KMC as a simple, cost-effective intervention for better maternal and child health outcomes.

CALL FOR ENTRIES

As part of Sonalika's 30-year milestone, Sonalika Publications continues 'ImagiNation', a quarterly activity book designed to encourage creativity and learning among children. Two editions have already been released successfully. We are now inviting entries for the third quarter. We encourage you to share this opportunity with your children and young minds around you.

Last date: **5th June 2026**

Send entries to: publications.team@sonalika.com

Please include:

- Child's photograph
- Name, age, and class
- Parent/guardian's contact details

Strengthening Maternal and Child Health Through Review Meetings

On the occasion of Menstrual Hygiene Day, 28th May 2026, Sonalika CSR conducted two menstrual health and hygiene sessions to promote awareness and open dialogue around the subject.

The first session was conducted in partnership with YWCA, Delhi, where participants engaged in interactive discussions on menstrual health, hygiene practices, and the importance of addressing myths and taboos associated with menstruation. The session created a supportive environment for participants to ask questions and build a clearer understanding of their bodies.



The second session was held in Firozabad in partnership with CRY, reaching adolescent girls and women from the community through a structured and participatory approach. The session focused on improving awareness, promoting safe hygiene practices, and encouraging dialogue around experiences that are often left unspoken.

Both sessions were designed to create safe, inclusive spaces where menstruation could be discussed with dignity to help participants build confidence, challenge stigma, and move towards informed menstrual health practices.



I ♥ HSP

Celebrating Excellence at Asha Kiran Special School, Hoshiarpur



Students of Asha Kiran Special School, Hoshiarpur, brought pride by securing a Gold Medal at the National Bowling Championship, with support from Sonalika CSR. Access to professional practice facilities at Solis Wellness Retreat enabled consistent training and contributed to their success. In recognition of this achievement, Managing Director Dr. Deepak Mittal felicitated the students and commended their dedication and perseverance.

A contribution of ₹5,00,000 was also extended to support the institution's continued development and the growth of these talented children.

Supporting Technical Education in Hoshiarpur

Sonalika CSR supported the J.R. Polytechnic College, Hoshiarpur by providing 200 stools for use of students at college laboratory, thereby improving the learning environment and enabling students to engage more effectively in practical sessions.



Infrastructure Development: Rain Shelter at Village Nasrala

A rain shelter was constructed in Village Nasrala, providing residents with a safe and convenient waiting space during adverse weather conditions.

I ♥ HSP

Mothers Against Drugs – Building a Safer Future

Sonalika CSR extended support to the “Mothers Against Drugs” campaign, a powerful initiative focused on conducting awareness workshops, driving social media campaigns and, empowering mothers as the first line of defence against drug abuse. This initiative aims to build a stronger, healthier future for Punjab’s youth by involving families at the grassroots level.



Supporting Grassroots Sports – YFC Kurka Kalan

Sonalika CSR has supported the ‘YFC Kurka Kalan’ football team, who have achieved a remarkable milestone by winning the Silver Medal at the Street Child World Cup held at Mexico, representing India at an international platform. Our support to the team reflects our commitment to empowering rural youth through sports, enabling them to showcase their talent globally and build confidence for a brighter future.



Monthly Nutrition Support for TB Patient Recovery

As part of the continuous initiative launched in January 2026, nutrition kits have been distributed to patients to support their recovery and promote better health outcomes by Sonalika CSR.



Project Jeevan Siksha

Under Project Jeevan Siksha, yoga sessions have been successfully continued into the new academic year, further strengthening the focus on students’ physical and mental well-being.

Building on the existing classes, the initiative has now been extended to include new Class 7 students, to ensure that more young learners benefit from the practice of yoga. Through these sessions, students are being guided towards developing discipline, focus, and healthy lifestyle habits from an early age, contributing to their overall growth and well-being.



I ♥ HSP

Divine Soul Yoga

Therapeutic Workshop held at Delhi from 24th to 26th April 2026

A comprehensive multi-day workshop was organised to introduce participants to structured wellness practices, combining yoga, meditation, and therapeutic techniques for physical and mental well-being was held.



Mega Follow-Up | Vaisakhi Special

A special follow-up session conducted to reinforce learnings from previous workshops. The Vaisakhi-themed gathering created a vibrant environment for participants to reconnect, share experiences, and deepen their practice.



Therapeutic Workshop at Chandigarh

Focused on therapeutic healing, this workshop addressed lifestyle disorders and emphasised practical techniques for managing stress, improving health, and achieving inner balance.



Bliss Retreat at Hoshiarpur

A rejuvenating residential retreat offering an immersive experience in yoga, meditation, and self-reflection was organised. Participants experienced holistic healing in a peaceful environment, promoting mental clarity and emotional well-being.

Mega Follow-Up | Vaisakhi Special at Hoshiarpur

Conducted during the retreat period, this session helped participants revisit key learnings and strengthen their connection with the practices.



I ❤️ HSP

Mother's Day Celebration at Sanjeevni Sharnam

A Mother's Day special program, "Meri Maa Sabse Alag," was organised at Sanjeevni Sharnam, where Sharnamites shared heartfelt thoughts about their mothers and what made them truly special and different in their lives.



Mother's Day Celebration at RRM Autism Therapeutic School

RRM Autism Therapeutic School celebrated Mother's Day as mothers, children, therapists, and staff came together to create beautiful memories filled with performances, joyful activities, and heartfelt moments. The celebration became even more special and auspicious with the gracious presence of Mrs. Sangeeta Mittal, whose continuous guidance and compassionate support remain a source of strength and inspiration for countless families connected with RRM Autism Therapeutic School. The event beautifully honoured the unconditional love, patience, and strength of every mother while celebrating the confidence and happiness of the children.



Amritam Retreat at Amritam Divine Valley

3 days & 3 nights Amritam Retreat-24 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, ice breaking activities, etc.

