

JUNE 2026

# INSPIRE, IGNITE, IMPACT

Sonalika CSR: Empowering Communities, Driving Change



## Strengthening Women's Agency through Gender Conversations at SSS



A Gender Equity and Self-Confidence session was conducted with the Sonalika Sahayata Samiti (SSS) women's group in Taimoor Nagar, in partnership with Vipla Foundation, marking the first engagement with the cohort this year. Over 15 women and adolescent girls participated.

Using participatory tools like 'Auction of Dreams' and 'If I Were a Man,' participants reflected on gender roles and identified actions such as supporting girls' education, ensuring equal opportunities, promoting financial independence, and increasing women's role in decision-making.

The session ended with a collective commitment to adopt these changes, marking early progress towards behaviour change and stronger agency.

**Hardoi & Kannauj, Uttar Pradesh :** Sonalika CSR in partnership with UMANG Foundation celebrated World Environment Day through farmer awareness sessions and the plantation of 75 saplings to promote climate-resilient farming practices.

**Delhi:** Sonalika CSR in partnership with KHUSHII celebrated World Environment Day with a community rally that engaged 487 community members to raise awareness on tree plantation, plastic reduction, and environmental conservation.

**Firozabad, Uttar Pradesh:** Sonalika CSR in partnership with CRY NGO celebrated World Environment Day across 10 villages through environmental awareness sessions and sapling plantation drives that involved children, and community members.

## Greener Communities Through Collective Action



**Hardoi Kannauj , Uttar Pradesh**



**Delhi**



**Firozabad , Uttar Pradesh**

Location	Implementing Partner	Activity	Key Highlights
Hardoi & Kannauj, Uttar Pradesh	UMANG Foundation	Farmer awareness sessions and plantation drive	<b>75 saplings planted</b>
Delhi	KHUSHII	Community rally on environmental conservation	<b>487 community members engaged</b>
Firozabad, Uttar Pradesh	CRY NGO	Awareness sessions and plantation drives	<b>10 villages covered</b>

## Driving Sustainable Growth: Climate-Smart Agriculture in Uttar Pradesh



Sonalika CSR is advancing climate-resilient farming across Hardoi, Firozabad, and Kannauj. During the Zaid season, 75 farmers cultivated Moong Bean (SML-668) across 75 acres, influencing nearly 227 acres through community adoption. Early results indicate improved crop performance, lower input costs, and better soil health.

Building on this momentum, farmers were trained for the upcoming Kharif season on climate-resilient crop planning, rainwater harvesting, organic input management, crop diversification, and weather-based advisories, strengthening sustainable farming practices.

## Voices From The Community



“The timely support from Sonalika CSR and Ekam Foundation improved my health and gave me the care I needed during pregnancy. From nutrition kits to regular follow-ups, every step made a difference. Today, I am grateful to have welcomed a healthy baby.”



# BOOK LAUNCH

## 1. Growing Up Safe



Sonalika CSR has launched 'Growing Up Safe,' a thoughtfully designed children's book that introduces body safety, personal boundaries, and consent in an age-appropriate manner. Through simple language and engaging illustrations, it encourages children to trust their instincts and speak up when something feels wrong.



## 2. ImagiNation



ImagiNation Vol. 3 is a limited-edition activity book celebrating the rich culture, heritage, and natural beauty of Northeast India. Launched as part of Sonalika's 30-year milestone and the 4-volume ImagiNation series, it engages children aged 7–13 years through stories, activities, and hands-on explorations that foster creativity, cultural appreciation, environmental awareness, and critical thinking.



# I ♥ HSP

## RRM Autism Therapeutic School organized a Seven-Day Summer Camp



RRM Autism Therapeutic School organized a Seven-Day Summer Camp to provide learners with a joyful and supportive environment for growth, learning, and self-expression. Many learners arrived with sensory challenges, social anxieties, and quiet hesitations. Through seven days of structured play, dance, rhythm, creative activities, and constant support, they gradually built confidence, strengthened social connections, and discovered their unique abilities.

## Celebration of World Environment Day

On the occasion of 'World Environment Day', Sharnamites celebrated the spirit of nature by planting saplings within the Sanjeevni Sharnam premises.

To encourage greenery beyond our premises, beautiful plants such as Hibiscus, Raat Ki Rani, and other flowering varieties were also distributed to the members, inspiring them to plant and nurture greenery in their homes and gardens.



## Organised Govinda Raas at Sanjeevni Sharnam

Sanjeevni Sharnam joyfully organized a soulful and devotional celebration – Govinda Raas (Govinda Jamming Circle), where hearts united in the divine love of Bhagwan Shri Krishna.

The Sharnam Team beautifully presented Krishna and Radha Rani bhajans, filling the environment with devotion and bliss. The soulful singing touched every heart and created moments of deep spiritual connection.



# I ❤️ HSP

## Table Tennis Competition at Sanjeevni Sharnam

An exciting Table Tennis Competition was organised at Sanjeevni Sharnam, where 12 participants showcased their skills through spirited matches. Divided into two groups, they celebrated fitness, fun, and healthy competition. Congratulations to Mr. Lokesh Khanna for winning the tournament and Mr. Govinder Bunty for securing the Runner-Up position.



## Project Jeevan Siksha

Under Project Jeevan Siksha, regular yoga sessions continued across participating schools during the month, reinforcing the initiative's commitment to promoting students' physical, mental, and emotional well-being. Through consistent practice, students are developing discipline, concentration, flexibility, and healthy lifestyle habits, contributing to their overall growth and holistic development.

## Project Clean & Green

Under Project Clean & Green, the regular maintenance of Udhm Singh Park, Hoshiarpur continued during the month to ensure a clean, green, and welcoming environment for visitors. Routine upkeep, landscaping, and cleanliness activities were carried out to preserve the park's beauty and provide the community with a well-maintained recreational space.



## World Environment Day Plantation Drive

Under Project Clean & Green, a plantation drive was organized on the occasion of World Environment Day in association with the Forest Department at Shaheed Udhm Singh Park, Hoshiarpur.

Trees were planted to promote environmental conservation, enhance green cover, and create awareness about the importance of protecting the environment. The initiative reaffirmed the organization's commitment to building a greener and more sustainable future.

# I ♥ HSP

## Project Gyan Jyoti

Under Project Gyan Jyoti, meritorious students were felicitated at Solis Wellness Retreat, Hoshiarpur, in recognition of their outstanding academic achievements. Mr. Kartik, a B.Tech student at Lovely Professional University, was felicitated for securing First Position in the B.Tech First Year examinations. Hon'ble Managing Director Sir interacted with the students, congratulated them on their accomplishments, and presented rewards to encourage them to continue striving for excellence.



## Sonalika Shooting Range

Sonalika Shooting Range participated in the Local Sportsmanship Championship 2026 held at Sportsman Sharpshooter Academy, Hoshiarpur. Four shooters represented the academy and won four medals, with Gold secured by Karamvir Singh and Navjot Singh, Silver by Harshveer Singh, and Bronze by Kamalpreet Singh, reflecting the excellence and dedication fostered at the shooting range.

## Traffic Barricades

As part of its commitment to community safety and public welfare, 25 traffic barricades were handed over to the Traffic Police, Hoshiarpur to support effective traffic management and enhance road safety. This initiative aims to strengthen traffic regulation and contribute to creating safer roads for the public.

## Support for Construction of Cremation Grounds in Rural Communities

As part of its commitment to rural infrastructure and community development, support was extended for the construction of cremation grounds in Village Kahlwan and Village Badala Mahi, Hoshiarpur. This initiative aims to strengthen essential community infrastructure and provide dignified and improved facilities for the residents of both villages.

## Nutrition Support for TB Patient Recovery

As part of the continuous initiative launched in January 2026, nutrition kits have been distributed to patients on a monthly basis to support their recovery and promote better health outcomes. Continuing this effort, the distribution was successfully carried out for the sixth consecutive time in June 2026, reinforcing our commitment to providing sustained nutritional support and care to patients.

## Divine Soul Yoga – Programs & Offerings

At Divine Soul Yoga, Sonalika CSR offer programs that promote holistic wellness and balanced living. Each program is designed to inspire learning, healing, and personal growth.



### Kids Summer Workshop

The Kids Summer Workshop is a paid program that combines yoga, creativity, fitness, and fun. Activities included Fun Yoga, Laughter Yoga, Painting, Dance, Tree Plantation, Team-Building Games, Outdoor Activities, Mindfulness, Storytelling, and Interactive Learning to promote children's physical, emotional, and social development.

### Therapeutic Workshop

The Therapeutic Workshop is a wellness program designed to manage lifestyle-related health concerns through Therapeutic Yoga, Pranayama, Meditation, Relaxation Techniques, Yogic Cleansing, Lifestyle Management, and Diet Guidance. It focuses on stress, back pain, obesity, diabetes, hypertension, anxiety, and other lifestyle disorders, helping participants adopt healthy habits for long-term well-being.



### International Yoga Day 2026

Divine Soul Yoga celebrated International Yoga Day with great enthusiasm across its centres in Hoshiarpur and Chandigarh, bringing communities together to embrace the benefits of yoga. The celebration featured guided yoga sessions, Pranayama, meditation, mindfulness practices, and wellness talks, encouraging participants to adopt a healthier, more balanced lifestyle.

### Yoga & Mindfulness Free Workshop

A Yoga & Mindfulness Workshop was organised in Delhi to promote physical well-being, mental clarity, and emotional balance. Participants experienced Hatha Yoga, Pranayama, guided meditation, mindfulness practices, Yoga Nidra, and a Yoga Healing Session, fostering calm, focus, and overall well-being.

