

JULY 2026

CONNECT, CREATE, CHANGE

Sonalika CSR: Creating Lasting Impact, One Community at a Time



JULY AT A GLANCE

3000+

Lives Reached

5

States

20+

Initiatives

7+

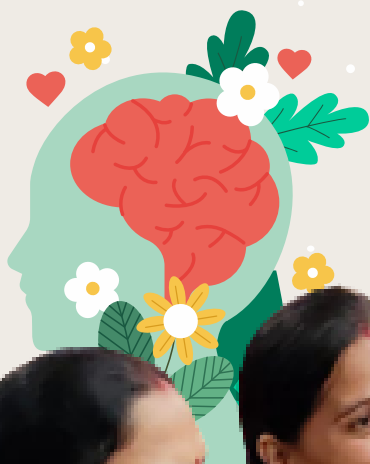
Partners



World Day Against Child Labour Campaign



On the occasion of the World Day Against Child Labour, Sonalika CSR, in partnership with CRY, conducted an awareness campaign across 10 villages and two factory areas in Firozabad, Uttar Pradesh. Through door-to-door outreach, community rallies, oath-taking ceremonies, and workplace awareness sessions, the campaign engaged 260 community members, including parents, employers, youth, and village leaders, to promote children's right to education and prevent child labour. Implemented in collaboration with Gram Panchayats, the initiative strengthened community awareness and reinforced local efforts towards child protection.



Creating Safe Spaces for Mental Well-being

Sonalika Sahayata Samiti, a women's collective formed by Sonalika CSR, organised a mental well-being awareness session in collaboration with Vipla Foundation, attended by 30+ women. The session encouraged open conversations on emotional well-being and everyday challenges while raising awareness about mental health and available support systems. Participants actively engaged in the discussions and expressed interest in attending similar sessions in the future.



Promoting Child Health Through Pulse Polio Immunisation



Sonalika CSR in partnership with Ekam Foundation conducted a National Pulse Polio Immunisation Campaign on 28 June 2026. Community Health Workers (CHWs) actively participated in the campaign within the Sakkimangalam PHC service area, Madurai, Tamil Nadu to support immunisation activities and mobilising families to ensure maximum coverage of eligible children.



KMC & Lactation Counselling at Rajaji Government Medical College Hospital

Under the KMC and Lactation Counselling initiative at Rajaji Government Medical College Hospital, Madurai, Sonalika CSR in partnership with Ekam Foundation provided lactation counselling to **163 mothers** during June 2026. The sessions promoted early and exclusive breastfeeding, correct latching techniques, Kangaroo Mother Care, and addressed common breastfeeding challenges.

Lactation Counselling at Madurai GRH - June 2026		
S.No	Breastfeeding Problem	Number of Mothers
1	Breast engorgement	62
2	Inverted nipple	30
3	Insufficient breast milk	71
Total		163

BOOK LAUNCH



RADHA RANI

Sonalika Publications launched Radha Rani, a beautifully illustrated children's book that brings to life the divine journey of Radha and Krishna through simple, and engaging storytelling. Blending timeless values with captivating illustrations, the book inspires love, devotion, compassion, patience, and faith, offering a meaningful reading experience for children and families alike.



Stories That Build Safety, Confidence, and Courage

Sonalika CSR conducted interactive storytelling sessions in Madurai, Tamil Nadu, based on its recently launched children's books Growing Up Safe and Puny Pamposh. Through storytelling, role play, and discussions, children learnt about good touch and bad touch, personal boundaries, trusted adults, and speaking up in unsafe situations. The session on Puny Pamposh further encouraged self-confidence and helped children celebrate their unique strengths.



Awareness Sessions for Pregnant Women and Mothers

Community Health Workers conducted **18 awareness sessions** across ICDS Centres and Health Sub Centres, reaching **271 pregnant women and mothers**. The sessions covered lactation kit demonstrations, exclusive breastfeeding, newborn care, birth preparedness, and the benefits of Kangaroo Mother Care (KMC), helping participants build the knowledge and confidence needed to adopt healthy maternal and newborn care practices.



Preparing Farmers for a Water-Secure Monsoon

Solis, in partnership with B-ABLE Foundation, organised training sessions for farmers in Damoh and Katni districts on sustainable water harvesting practices. The programme covered on-farm mud ponds, rainwater harvesting, and in-situ soil moisture conservation, equipping farmers with climate-resilient techniques to make the most of the monsoon season and strengthen their livelihoods.



Strengthening Access to Government Entitlements

Sonalika CSR, in partnership with CRY, facilitated access to government schemes and essential services for families in Firozabad, Uttar Pradesh. During the reporting period, 114 applications were successfully resolved, enabling eligible beneficiaries to access key government entitlements, while additional applications remain under process.

APRIL TO JUNE 2026				
S.NO	GOVT-SCHEME	APPLY	COMPLETE	PENDING
1	Birth registration certificate	22	20	2
2	Aadhar card	20	19	1
3	Income certificate	10	10	0
4	Domicile certificate	4	4	0
5	Caste certificate	7	7	0
6	PMMVY	17	12	5
7	EVS admissions	35	17	NA
8	Sukanya Sambridhhi Yojna	1	1	0
9	Old Age Pension	1	1	0
10	Ayushman card	23	23	0
11	CM Kanya Vihav Yojana	1	0	1
	Total	141	114	9

Nurturing Aspirations Through Mentorship

Every Tuesday, Sonalika CSR conducts Udaan Classes for underprivileged children, creating a space for interactive learning, creativity, and mentorship. As part of this month's session marking Doctor's Day, Dr. Anushka, currently pursuing her internship at a government hospital in Mumbai, interacted with the children, shared her journey, experiences, and insights into the medical profession. Her inspiring session encouraged the children to dream big and work towards their aspirations with confidence and determination.



I ♥ HSP

Project Jeevan Shiksha

As part of Project Jeevan Shiksha, yoga sessions were conducted regularly across participating schools throughout the month, reaffirming the project's commitment to nurturing students' overall well-being. The continued practice of yoga helped students improve their physical fitness, mental focus, emotional balance, and self-discipline while encouraging the adoption of healthy lifestyle habits that contribute to their holistic development.



Project Clean & Green

As part of Project Clean & Green, the upkeep of Shaheed Udham Singh Park, Hoshiarpur was carried out consistently throughout the month, maintaining a clean, green, and inviting space for visitors. Regular maintenance, landscaping, and sanitation activities helped preserve the park's aesthetic appeal while ensuring a safe, pleasant, and well-maintained recreational environment for the community.

Project Gyan Jyoti

Under Project Gyan Jyoti, around 100 students continued to receive educational support during the month. The initiative is committed to helping deserving students pursue their education by reducing financial barriers and ensuring uninterrupted learning opportunities. Through this continued support, the project aims to empower young minds and enable them to build a brighter and more secure future.

Project Promotion of Sports – Sonalika Shooting Range

Sonalika Shooting Range, Chabbewal, achieved a proud milestone at the 61st Punjab State Shooting Championship 2026 held in Mohali. **Tanisha Bhairon** won a **Bronze Medal**, marking a significant achievement for the shooting range and reflecting the dedication and hard work of the athlete.

The championship also witnessed an impressive performance by the Sonalika contingent, with 8 athletes representing the range. Out of them, 7 shooters qualified for the 47th North Zone Shooting Championship 2026, scheduled to be held in Dehradun.



I ♥ HSP

Educational Support for Underprivileged Children in partnership with CWC

With financial support from Sonalika CSR, the District Red Cross Society, Hoshiarpur, in partnership with the Punjab and District Child Welfare Council, is running three free coaching centres for children from underserved communities. The initiative provides academic support and learning opportunities to 63 children, helping them continue their education with confidence and work towards a brighter future.



Project Pehchan

Sonalika CSR, in partnership with the District Red Cross Society, Hoshiarpur, launched Project Pehchaan under Project Sui Dhaga. The initiative was formally launched by Ms. Usha Sangwan, former Managing Director of LIC and noted social contributor, and inaugurated by Ms. Aashika Jain, IAS, Deputy Commissioner-cum-Chairperson, District Red Cross Society, Hoshiarpur. As part of the programme, five meritorious trainees from the Red Cross Vocational Training Centre received advanced sewing machines to support their journey towards self-employment and sustainable livelihoods.

Strengthening Farmer Livelihoods Through Value Addition

Sonalika CSR, in partnership with the District Red Cross Society, Hoshiarpur, is supporting value-addition infrastructure to improve market access, enhance farm incomes, and promote sustainable livelihoods for small and marginal farmers through:

1. Establishment of a Pulses Processing Unit through the FAPRO Society at Hariana-Bhunga, Hoshiarpur with the financial support of Rs. 4.00 Lacs.
2. Establishment of a Honey Processing Unit through the Kandi Area Fed Fruit & Vegetable Producer Co. Ltd with the financial support of Rs. 8.00 Lacs.
3. Establishment of a Fruit & Vegetable Processing Unit through the Citrus Estate, Bhunga with the financial support of Rs. 25.00 Lacs.

Project Medical Aid

Financial Assistance to Mr. Harinderpal Singh

Under the Medical Aid Project, Sonalika CSR extended financial support to Mr. Harinderpal Singh, a resident of Hoshiarpur, who suffered two major road accidents resulting in a fractured left hip. Following his treatment, he has been assessed with 50% permanent disability. The assistance was provided to help meet his medical expenses and support his recovery.

Support for Brain Surgery of Gyan Jyoti Student

Sonalika CSR provided financial assistance for the cranioplasty surgery of Mr. Kartik Sharma, a beneficiary of the Gyan Jyoti Project and a resident of Hoshiarpur. The support helped ensure that he received timely specialised medical treatment, contributing to his recovery and continued education.

I ♥ HSP

Divine Soul Yoga (DSY)

Sonalika CSR conducted a two-day Yoga & Meditation Workshop in Chandigarh and Hoshiarpur to promote holistic well-being and mindfulness. Through guided yoga and meditation sessions, participants experienced relaxation, stress relief, enhanced positivity, and a greater sense of inner peace.

Along with the workshop, a bliss retreat was also organised in Chandigarh and Hoshiarpur.



DSY Chandigarh



DSY Hoshiarpur



Bliss Retreat Chandigarh



Bliss Retreat Hoshiarpur



Bliss Retreat Chandigarh

Celebration of International Yoga Day

Under the inspiring guidance of Mrs. Sangeeta Mittal Ma'am, Director of Sanjeevni Sharnam, a grand celebration of International Yoga Day 2026 was organised on the theme "Yoga for Healthy Ageing". The event witnessed enthusiastic participation from the citizens of Hoshiarpur, including youth, children, and senior citizens. On this special occasion, Mrs. Mittal conveyed her heartfelt wishes and reminded everyone that yoga is not just a one-day practice but a way of life that should become an essential part of our daily routine.

The yoga session was conducted by Yoga Acharya Ranjan, along with Yoga Teacher Yashika, who guided participants through various yogic practices including Pranayama, Yoga Asanas, Laughter Yoga, Clapping Exercises, etc. They also shared valuable insights into the importance of yoga for physical, and mental well-being.



I ♥ HSP

'Amritam - The Way of Healing' - Book Launch

Dr. Amrit Sagar Mittal, Vice Chairman, Sonalika Group, unveiled 'Amritam - The Way of Healing,' authored by Mrs. Sangeeta Mittal Ji, Founder of Amritam Wellness and Reiki Grand Master, at Sanjeevni Sharnam.

The event also marked the launch of the 'Har Ghar Healer Mission,' an initiative to empower families to nurture physical, emotional, and mental well-being through healing, prayer, and positive intention.



Founder's Day Celebration

The Founder's Day Celebration 2026 at Sanjeevni Sharnam was a beautiful evening filled with love, gratitude, soulful music, and togetherness. The event was graced by Sharnam Director Mrs. Sangeeta Mittal Ji, Dr. Amrit Sagar Mittal Ji, Vice Chairman, Sonalika Group, along with members of the Mittal family, friends, Sharnamites, dignitaries, and well-wishers who came together to celebrate this special occasion. A mesmerising Sufi musical evening by the renowned Anuj & Meenu Band created a magical atmosphere, followed by a joyful cake-cutting ceremony and dinner shared by everyone. It was an unforgettable celebration of togetherness, gratitude, and cherished memories.

Full Moon Meditation

A Full Moon Meditation was conducted online via Zoom meeting, bringing together over 100 participants from across the country. Guided by Mrs. Sangeeta Mittal Ji, the session focused on meditation, healing, gratitude, and inner peace, followed by an interactive Q&A that offered participants clarity, inspiration, and meaningful guidance.

