

AUG 2026

REACH, ENGAGE, EMPOWER

Sonalika CSR: Expanding Access, Enabling Change



AUGUST AT A GLANCE

1300+

Lives Reached

7

States

13+

Initiatives

10+

Partners



Taking Stories to the Borders of Leh and Ladakh

Stories Find Their Way to Ladakh

Storytelling sessions across Leh brought Sonalika Publications' 'Puny Pamposh' and 'The Social Filter Guard' to life for nearly 255 children across various schools including- Imamiya Model School, Jawahar Navodaya Vidyalaya, REWA Society and Ladakh Hill International School.

Through the story of Puny Pamposh, children explored self-confidence and believing in themselves, while The Social Filter Guard encouraged empathy, thoughtful communication and reflecting before speaking. The sessions created engaging spaces for children to listen, imagine, discuss and express themselves through stories.



Building a Reading Ecosystem

At Reading Rave Book Club, 20 participants came together for a storytelling session around Puny Pamposh, a Sonalika Publications title that centres on self-confidence and the importance of believing in oneself. The story offered an entry point into conversations around confidence, individuality and how children see themselves and their abilities. Sonalika CSR aims to strengthen a culture of reading by creating more spaces where people can encounter books, discover new ideas and develop a lasting connection with reading.

Learning, Creating, Performing

At Government High School, Kaksar, Kargil, Sonalika CSR partnered with Stringmo Sisters for a capacity-building engagement with school children. The students were introduced to patriotic songs through training and rehearsals, culminating in a performance by the children themselves. The engagement also included a collaborative wall-painting activity, giving students an opportunity to express their creativity through art.



Gratitude from Classrooms to the Frontiers

From classrooms and learning centres across India, children wrote letters of gratitude for the soldiers serving at the nation's borders. Their words travelled all the way to Ladakh, where the letters were handed over to Army officials by the Sonalika CSR team. For the children, it was a way to express their appreciation and connect with those whose lives are shaped by service and duty. These handwritten letters carried the voices, thoughts and heartfelt gratitude of children from across Sonalika CSR's learning centres.



Inclusive Learning Through Stories

30 children with diverse abilities engaged with themes of confidence, self-belief and imagination through storytelling. At REWA Society, Sonalika CSR conducted a session on Puny Pamposh, creating an accessible space for children to explore their own abilities and express themselves through listening, discussion and imagination.



Sonalika CSR takes experiential learning to over 350 children across Leh and Kargil

NEWS SERVICE

Leh, 29 August 2028
Sonalika CSR has always been focused on developing learning opportunities for children by combining books, stories, art, performances and community involvement. With storytelling sessions reaching more than 3000 children across India including regions like Andaman & Nicobar and Shillong, Sonalika Publications recently extended its experiential learning campaign in the beautiful region of Leh and Kargil in Ladakh, engaging more than 350 children.

The engagements were extended to schools and community spaces including Manjira Model School, Hali Residential School,



Jawahar Navodaya Vidyalaya and the REWA Society which works with children with disabilities. Children also connected with Sonalika Publications at the National Book Festival organized by the Ladakh Book Trust where Sonalika Publications' collection of children literature was exhibited.

strengthened the reading ecosystem in Ladakh. In Kargil, Sonalika CSR joined hands with Ladakh's 'Stringing Sisters' at Govt. High School, Kakar. The all-female youth artistic and musical collective from Kargil, Ladakh, 'Stringing Sisters' conducted a capacity-building session for school children, followed by a beautiful rendition of 'Mas le Bain Masti' by the students. Sonalika CSR also handed over letters of gratitude from children across its learning centres to the Indian Army personnel stationed in the region. A well-planning activity was also conducted to develop a more cheerful

पंजाब केसरी जम्मू-कश्मीर

सोनलिका सी.एस.आर. ने लेह और कारगिल में बच्चों तक पहुंचाया एक्सपीरियेंशियल लर्निंग का संदेश

लेह, 29 अगस्त (स.ह.बी.एन.-2908) : सोनलिका सी.एस.आर. ने लेह और कारगिल में 350 से अधिक बच्चों के साथ विरोध एक्सपीरियेंशियल लर्निंग गतिविधियों का आयोजन किया। सोनलिका पब्लिकेशंस लंबे समय से देश में बच्चों के लिए स्टोरी टेलिंग और रचनात्मक गतिविधियों के माध्यम से सीखने के नए अवसर उपलब्ध करने की दिशा में काम कर रहा है। देश में अब तक 3,000 से अधिक बच्चों तक पहुंच बना चुकी इस खल का विस्तर हाल ही में लद्दाख के लेह और कारगिल तक किया गया। लेह में यह गतिविधियां इमामिया मॉडल स्कूल, हादी रजिस्ट्रार स्कूल, जवाहर नवोदय विद्यालय और दिव्यांग बच्चों के साथ कार्य करने वाली रेवा सोसाइटी सहित विभिन्न स्कूलों और सामुदायिक



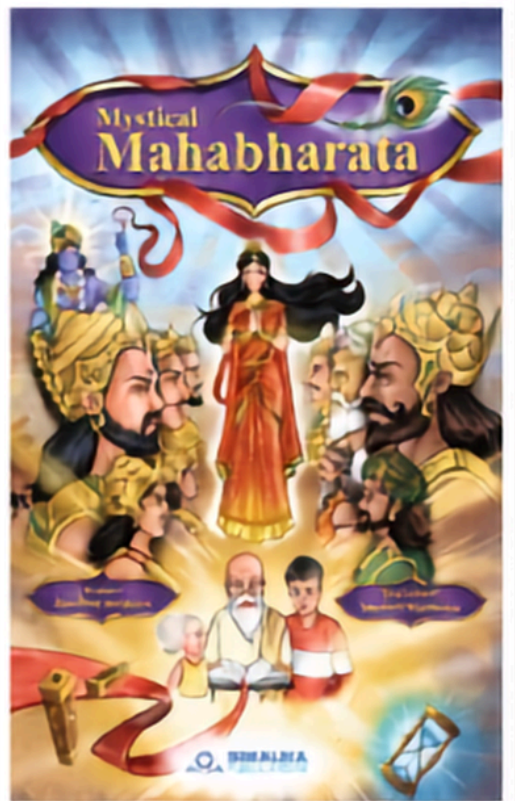
लेह और कारगिल के स्कूल में बच्चों तक एक्सपीरियेंशियल लर्निंग का संदेश पहुंचाया सोनलिका सी.एस.आर. की निदेशक सुप्रीम मिश्र व अन्य। केंद्रों में आवेजित की गई। इसके अलावा नेशनल बुक ट्रस्ट द्वारा आवेजित लद्दाख बुक फेस्टिवल में भी बच्चों ने सोनलिका पब्लिकेशंस की बाल साहित्य पुस्तकों से परिचित होने का अवसर पाया। प्रसिद्ध कहानीकार एमर बकू ने बच्चों के लिए स्टोरी टेलिंग सेशन आवेजित किए। इनमें पुरी पाम्पोश जैसी आमविषयम बहने वाली कहानी औरद सोसल फिल्टर गार्ड जैसी कहानी शामिल थी, जिसका उद्देश्य बच्चों में सहानुभूति विकसित करना और संवाद के प्रति उन्हें अधिक संवेदनशील एवं विचारशील बनना था। स्टोरींग रेव बुक फेसब में आवेजित सामुदायिक कहानी-कथन सत्र ने भी लद्दाख में पढ़ने और रचनात्मक सीखने के माहौल को मजबूत करने में योगदान दिया। यह सत्र विमनस फोरम ऑफ इंडिया के सहयोग से आवेजित किया गया।

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From Our Publishing Desk



Mystical Mahabharata

A captivating retelling of the epic Mahabharata through the journey of Aahan and Myra with Dadaji. It takes readers through ancient kingdoms, sacred forests and legendary battlefields with immersive storytelling. Brings alive themes of courage, duty, friendship and sacrifice.



My First Animal Sticker Book



A fun sticker book introducing children to different animals through play. Features bright illustrations, matching, sorting, and creative sticker activities. Helps develop creativity, observation, and early learning skills.

Making Documentation More Accessible in Firozbad, UP

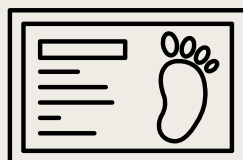
In Firozabad, Uttar Pradesh, Sonalika CSR in partnership with CRY supported families in securing essential identity documents through community outreach, parent counselling and coordination with local authorities. These documents can play a crucial role in enabling children's school enrolment and helping families access government welfare schemes and entitlements.



5

Aadhaar Cards

Enabled access to essential identity documentation



7

Birth Certificates

Supported proof of age and identity



12

Community Members Supported

Families supported through outreach, counselling and coordination

Linking Families to Government Schemes and Essential Services

In Firozabad, Uttar Pradesh, Sonalika CSR supported families in accessing government schemes and essential services by facilitating applications, providing guidance and coordinating with relevant authorities. A total of 159 applications were submitted across 12 schemes and services, of which 123 were successfully resolved, while 36 applications are currently under process.

IMPACT AT A GLANCE



159

Applications supported



12

Schemes and services



123

Resolved cases



36

Cases in progress

APPLICATION STATUS

123 resolved

159 applications had been submitted across 12 schemes and services

From identity documents to education, pensions and healthcare, the initiative is helping families access services that can strengthen their children's education, security and wellbeing.

Sowing the Seeds of Change

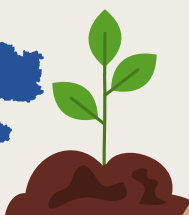
The right seed can shape the entire harvest. In Madhya Pradesh and Uttar Pradesh, Sonalika CSR worked with Krishi Vigyan Kendras and local agriculture departments to identify high-yielding and climate-resilient varieties suited to local conditions. Farmers were supported with quality seeds along with hands-on training on seed treatment and scientific sowing practices, helping them improve productivity and build greater self-reliance.



MADHYA PRADESH

**Kaveri 468 (Paddy) –
3 kg each
distributed to 320
farmers**

**Soyabean JS
2117 – 10 kg
each to 180
farmers**



UTTAR PRADESH

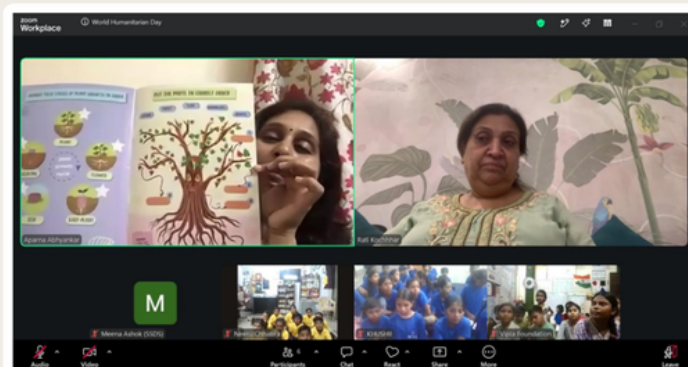
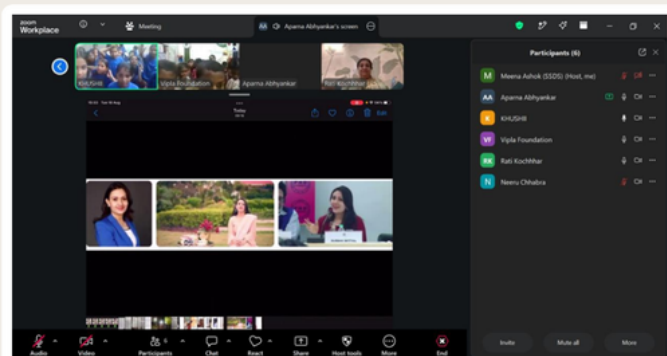
**Hybrid Bajra DP-400 – 400 gm
each to 120 farmers**

**DEKALB 9144 (Maize) & MR 8383
(Paddy) – 2 kg Maize + 1.75 kg
Paddy each to 25 farmers**

**Hybrid Bajra US-7773 – 500
gm each to 125 farmers**

Learning Through Stories on World Humanitarian Day

On World Humanitarian Day, a special session was conducted as part of the Udaan classes, using stories to introduce children to ideas of empathy, humility and social responsibility. Children engaged with Sonalika Publications' titles such as- Leaves of Humility and Papadwala, followed by a brief introduction to Sonalika CSR Director, Ms. Surbhi Mittal and her work in the social development space. The session encouraged children to reflect on how small acts of kindness, dignity and responsibility can contribute to a more caring society.



Promoting Breastfeeding Awareness

World Breastfeeding Week was observed at Andarkottaram Panchayat, Madurai, with an awareness session highlighting the importance of breastfeeding for maternal and newborn health and encouraging families to make informed breastfeeding choices.



மதுரை கிழக்கு தொகுதி சக்கிமங்கலம் ஊராட்சிக்குட்பட்ட அம்பேத்கார் நகரில் இயங்கி வரும் அரசு துணை ககாதார நிலையத்தில், ஆகஸ்ட் 05-ஆம் தேதி உலக தாய்பால் வாரம் முன்னிட்டு, விழிப்புணர்வு நிகழ்ச்சி நடைபெற்றது. இதில் தாய்பால் கொடுப்பதால் ஏற்படும் நன்மைகளை பற்றி, ஏகம் பவுண்டேசனின் சமுதாய ககாதார பணியாளர்கள் எடுத்துரைத்தார். இந்த நிகழ்ச்சியை சென்னை தலைமையிடமாக இயங்கி வரும் ஏகம் பவுண்டேசனின் சோனாலிகா, ஆரோக்கியம் திட்டத்தின் மூலம் பணியாளர்கள் நிகழ்ச்சி ஏற்பாடு செய்து நடத்தினார்கள். இந்நிகழ்ச்சியில் ஏராளமான தாய்மார்கள் கலந்து கொண்டனர்.



Celebrating Independence Through Young Voices



In partnership with Vipla Foundation, Sonalika Gurukul Centre, Taimoor Nagar, celebrated Independence Day through cultural performances, patriotic songs and creative activities. The celebration brought children together in a joyful expression of freedom, unity and hope.

Voices from the Field

Sathya, a five-month pregnant woman from Meenakshi Nagar, lives with her husband, Bhagavathi Raj, who works as a daily-wage labourer. With limited family support, she receives regular home visits and care from Jaya, a Community Health Worker. Through Jaya's guidance on nutrition, medicines and iron supplementation, Sathya's haemoglobin improved from 9.5 to 10.6 g/dL.



“Jaya sister's regular visits and guidance have made me feel cared for and supported throughout my pregnancy, and I am deeply grateful to Sonalika CSR and EKAM Foundation for this support.”

-Sathya



1. Project Jeevan Siksha

During this period, Project Jeevan Siksha continued to engage students through regular yoga sessions conducted across participating schools. With consistent practice, students are becoming more familiar with yoga and its role in maintaining a healthy body and calm mind. The sessions also provided an opportunity for students to build greater concentration, discipline, and mindfulness, supporting their overall development both inside and outside the classroom.

2. Project Clean & Green

As part of Project Clean & Green, regular maintenance activities at Shaheed Udham Singh Park, Hoshiarpur, continued throughout August, ensuring that the park remained clean, green, and well-maintained. Ongoing landscaping, cleanliness, and upkeep efforts helped enhance the park's overall appearance while providing visitors with a pleasant, safe, and welcoming space for recreation and leisure.

3. Project Gyan Jyoti

Under Project Gyan Jyoti, continued educational support was extended to around 124 students during August. The initiative remained focused on enabling students to stay on track with their academic journey by providing timely assistance and easing financial constraints. Through sustained support, the project continues to encourage students to pursue their educational goals with confidence and work towards a brighter future.

4. Coaching Centres for economically backward children in association with Child Welfare Council

During this period the three free coaching centres supported by Sonalika CSR, in collaboration with the District Red Cross Society, Hoshiarpur, and the Punjab and District Child Welfare Council, continued to provide academic support to 63 students from underserved communities/slum areas for dropout students. The initiative is helping strengthen their learning and encourage continued educational progress.

5. Project Rural Development

Under Project Rural Development, Sonalika CSR supported the construction of a Rain shelter at New Bank Colony village, providing a safe and convenient space for villagers and community members. The initiative contributes to improving basic community infrastructure and enhancing local public facilities.

6. Road Safety Awareness

Under Road Safety Awareness, Sonalika CSR supported the making of a Punjabi short film, "No Chalaan Karo Dhyaan," aimed at promoting awareness about traffic rules and responsible road behaviour. The film, with a story by former MP Shri Avinash Rai Khanna Ji, seeks to encourage safer driving practices and greater adherence to road safety norms among the public.

Independence Day Celebration at Divine Soul Yoga

The Independence Day Celebration at Divine Soul Yoga is a special gathering dedicated to nurturing inner freedom, peace, and holistic well-being through the practice of yoga. The celebration brings together Yoga, Pranayama, Meditation, Relaxation, and mindful living to help participants reconnect with themselves while celebrating the spirit of independence.



📍 **Chandigarh Date: 15th August 26**

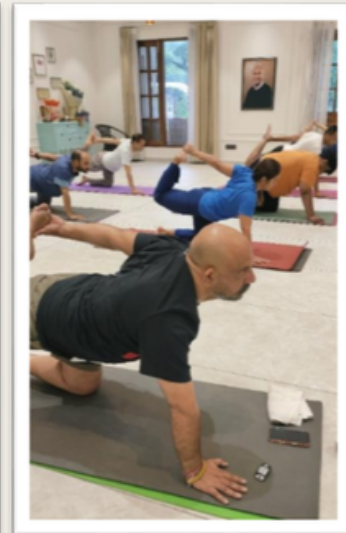


📍 **Delhi Date: 15th August 26**

2-Day Yoga & Meditation Workshop

The 2-Day Yoga & Meditation Workshop, was a holistic wellness program designed to help participants reconnect with their body, mind, and breath through the practices of Yoga, Meditation, and Pranayama.

The workshop focused on developing physical strength and flexibility, improving breathing patterns, calming the mind, and promoting inner balance. Through guided yoga practices, mindful breathing, and meditation sessions, participants were encouraged to build simple and sustainable wellness practices that can be incorporated into their daily lives.



📍 **Chandigarh Date: 25th to 26th July 26**

I ♥ HSP

Nritya Raas and Sharnam Utsav Celebrates Joy and Togetherness

Sanjeevni Sharnam celebrated 'Nritya Raas and Sharnam Utsav' in an evening filled with music, dance, devotion and joy. Mrs. Sangeeta Mittal Ji graced the occasion and blessed members celebrating their July birthdays and anniversaries.

Artists from Kaushal Dance Academy presented soulful devotional performances, followed by cake cutting and a cheerful ramp walk by the celebrants, making the evening a memorable celebration of happiness and togetherness.



Har Ghar Healer Begins Its Journey

Under the guidance of Mrs. Sangeeta Mittal Ji, the first session of Har Ghar Healer was successfully completed, introducing participants to meditation, Reiki, spiritual wisdom, healing practices and self-discovery.

The session focused on building personal healing practices and encouraging participants to become more conscious, compassionate and self-reliant, with the vision "To create a Healer in Every Home."

Award of Appreciation for Selfless Social Service

On the occasion of the 80th Independence Day celebrations at Police Lines, Hoshiarpur, Mrs. Sangeeta Mittal Ji was honoured with an Award of Appreciation for her dedicated contribution to selfless social service. Her team received the honour on her behalf from distinguished dignitaries of Hoshiarpur, including Dr. Ravjot Singh, Cabinet Minister, Government of Punjab.

