

MONTHLY NEWSLETTER

JUNE 2025 | Vol. XLII



OUR COMMITMENT

VISION

“A literate, healthy and self-reliant Community”

MISSION

- *Identify and work with socially and economically backward people, especially girls and differently-abled;**
- *Enhance people’s skills, especially of the youth;**
- *Promote community self-reliance through community participation.**

ABOUT NIPUN

“NIPUN” - a Hindi word, meaning ‘one who is skilled’ - is a Non Government Organization founded by a group of socially conscious development workers in 2005.

Its primary aim is to enhance quality of life of the poor and the vulnerable children, youth and women are its target group, with physically and mentally challenged children and adult forming a priority category. Pre, Non-formal and Remedial Schools, Community Health Programmes and Promotion of Self Help Groups form its major strategies.

- Empanelled by National CSR Hubs of TISS**
- Empanelled by Institute of Corporate Affairs**
- Registered for undertaking CSR activities, Ministry of Corporate Affairs, Govt. of India (Reg no. CSR00004761)**

SUPPORT

You can join our efforts by contributing your time, skills or money for strengthening and improving our programmes. You can also donate computers, books, toys, medicines, ration, furniture etc. for our various programmes. Please note that donations made to NIPUN are eligible for 50% tax exemption under Sec 80G of the IT Act.

HIGHLIGHTS

World Environment Day 2025

On the occasion of World Environment Day 2025, children from the NIPUN Shiksha Saheli Project in South East Delhi came together to raise awareness about environmental conservation through a vibrant poster campaign titled “Ek Ped Maa Ke Naam” (A Tree in Mother’s Name).

With colorful posters and powerful, thought-provoking slogans, the children took to the streets of V.P. Singh Camp (Jhuggi Jhopri area), spreading a message of love for both Mother Earth and our own mothers. Their enthusiasm, creativity, and commitment to a greener future were truly inspiring.



HIGHLIGHTS



Celebrating World Environment Day 2025

At NIPUN Day Care Centres, our little ones learned the importance of trees in sustaining life and protecting the environment.

With the support and guidance of our dedicated caregivers, the children participated in a tree plantation drive, planting saplings within the premises of the centres. This hands-on experience helped instill a sense of responsibility and love for nature from an early age.

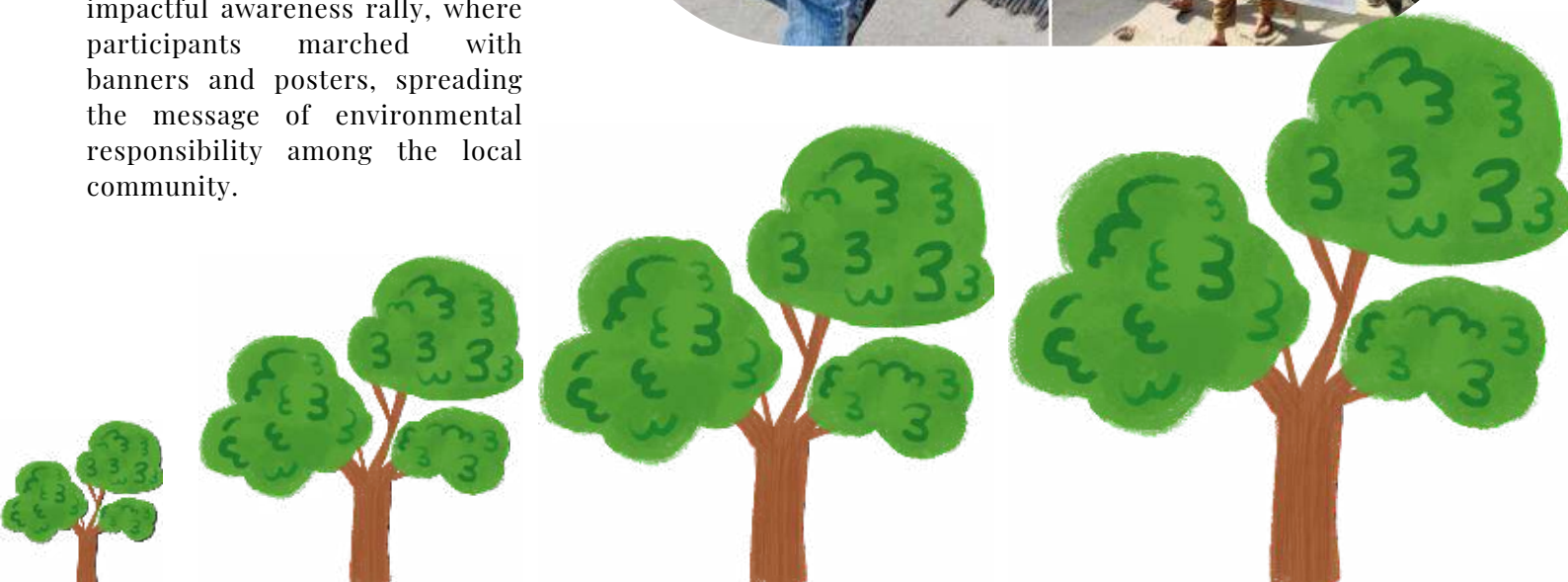
Here are a few glimpses of these green moments!

A Session on “Protect Nature, Protect Our Future”

On the occasion of World Environment Day, a legal awareness session was conducted at NIPUN Vocational Training Centre by the West District Legal Services Authority under the aegis of National Legal Services Authority (NALSA) and Delhi State Legal Services Authority.

Adv Shree Rohit Mehra sensitized participants about crucial environmental issues such as air, water, and noise pollution, and discussed relevant Acts under the Indian Constitution that aim to protect our environment.

The session concluded with an impactful awareness rally, where participants marched with banners and posters, spreading the message of environmental responsibility among the local community.



HIGHLIGHTS

Children as Change-Makers for the Environment

This week, the walls of our community turned into vibrant canvases of change as the children of NIPUN took a creative step towards environmental awareness!



Armed with colorful slogans and a strong message, our young champions pasted handmade posters and messages on the walls, spreading awareness on issues like pollution, waste management, tree plantation, and the importance of protecting Mother Earth.

These small yet powerful actions are part of our ongoing effort to sensitize the community and inspire every resident to become a guardian of the environment.

Celebrating Menstrual Hygiene Week with Awareness & Dignity

Team NIPUN's Bal Vatika Project at Kapashera observed Menstrual Hygiene Week with a series of engaging and empowering activities for adolescent girls and their mothers. The celebration began with a drawing competition that gave young minds a creative platform to express thoughts around hygiene and womanhood. This was followed by a focused group discussion that cleared common myths and doubts around menstruation—creating a safe space for open dialogue.

Our team conducted individual and group counselling sessions, sensitizing both girls and their mothers about the importance of menstrual hygiene. Pradhan Mantri Jan Aushadhi Sanitary Pads were also distributed to promote safe and affordable menstrual practices. Together, we're breaking taboos, building confidence, and ensuring that every girl embraces her health with knowledge and pride.



HIGHLIGHTS

World Day Against Child Labour 2025 – “Let’s Act on Our Commitments: End Child Labour!”

NIPUN’s Bal Vatika project observed the day with powerful community mobilization—rallies led by children echoed slogans like “Bachpan Bachao, Desh Badhao!” and “Nange haathon ko kaam nahi, kitaab do!” Focused Group Discussions with parents highlighted the Child Labour (Prohibition & Regulation) Act, emphasizing the importance of education and child protection.

Let’s stand united to end child labour and secure a safe, educated childhood for every child.



HIGHLIGHTS

Building Safe Spaces for Children and Staff

At NIPUN, we are deeply committed to supporting underprivileged children, especially those from disadvantaged backgrounds or engaged in child labour. Through our crèches, pre-schools, and bridge course education programs, we work to mainstream these children into government and MCD schools.

On 7th June 2025, we conducted a one-day training session on POSH (Prevention of Sexual Harassment) and Child Protection Policy for our dedicated staff under the Bal Vatika Project at Indian Social Institute, Lodhi Road, New Delhi. The session was facilitated by Ms. Charu Makkar, Child Protection Professional and Former Member, CWC & JJB.



HIGHLIGHTS

The training focused on strengthening our institutional child protection framework, building legal awareness, and ensuring a safer work environment. From understanding key laws around child protection and gender justice to learning procedures for reporting offences—our 40+ participants gained practical knowledge through real-life case discussions.

We thank all our participants and Ms. Makkar for making the session insightful and impactful!



HIGHLIGHTS

Breaking the Silence: Understanding Child Sexual Offences

A powerful legal awareness session was conducted under NIPUN's Empowering Girl Project at Bengali Camp by the West District Legal Services Authority, under the aegis of NALSA and DSLSA. Advocate Shree Jatin Dhamija sensitized the participants on legal provisions for the protection of children from sexual offences.

The session sparked meaningful discussion and deeper understanding among the 35 adolescent girls who attended—empowering them with knowledge, awareness, and the courage to speak up.



Empowered Women Through Yoga | International Yoga Day 2025

At NIPUN, we believe that empowered women are the foundation of empowered communities. As part of our ongoing efforts in women's empowerment—including raising awareness about domestic violence, promoting financial and legal literacy, enhancing health awareness, and providing vocational education—we celebrated the 11th International Day of Yoga with great enthusiasm across all our project locations in Delhi/NCR. This year's theme, "Yoga for One Earth, One Health," beautifully highlights the deep connection between personal well-being and planetary health. Yoga not only strengthens the body and calms the mind but also nurtures mindfulness and responsibility in our everyday choices—fostering a more balanced and sustainable way of living.



Our community sessions engaged women and adolescent girls—including domestic workers, maids, and daily wage laborers. NIPUN educators led insightful sessions on the significance of yoga and its powerful role in promoting physical, emotional, and mental well-being among women.

Together, we embrace the spirit of Vasudhaiva Kutumbakam—the world is one family—and move toward a healthier, more mindful future

HIGHLIGHTS

Yoga at the Worksite | ATS Dolce

International Yoga Day was celebrated with great enthusiasm by the construction workers at ATS Dolce, especially the women workers who took time out of their busy schedules to participate.

As seen in the picture, these dedicated workers practiced yoga right at the construction site, still wearing their safety gear—a powerful image of balance between health and hard work. Their energy and commitment remind us that wellness knows no boundaries—not of time, place, or uniform.



आओ योग करें

Children from the Shiksha Saheli Project, implemented by NIPUN at V.P. Singh Camp, South East District, enthusiastically celebrated International Yoga Day by practicing a variety of yoga postures.

The session aimed to promote physical fitness, mental well-being, and the importance of mindfulness among young learners. Guided by their educators, the children embraced the spirit of yoga as a step towards a healthier, more balanced lifestyle.



Yoga with Young Entrepreneurs

At NIPUN's Vocational Education Centers, our trainees, the young aspiring entrepreneurs from the West & South West Delhi took a meaningful pause from their skill training to explore the transformative power of yoga and meditation. The trainees practiced fundamental asanas like Tadasana, Veerbhadrāsana, and Vrikshāsana, focusing on posture, balance, and mindfulness.

The session not only introduced physical techniques but also emphasized stress management, mental clarity, and the importance of self-care inspiring participants to integrate yoga into their daily lives for better health and holistic well-being. Empowering minds, strengthening bodies, and nurturing future leaders one breath at a time.



Yoga for Both Children and Their Mothers

This International Yoga Day, the children and their mothers—who work as construction workers at Rise Builders in Greater Noida came together to celebrate the ancient tradition of yoga.

With smiles, open hearts, and strong spirits, they practiced yoga as a path to unity—of mind and body, thought and action. For them, yoga is more than just physical exercise; it's a way to discover inner peace, connection with nature, and a sense of oneness with the world.

At NIPUN, we believe in creating spaces where wellness and empowerment go hand in hand — across generations and communities.



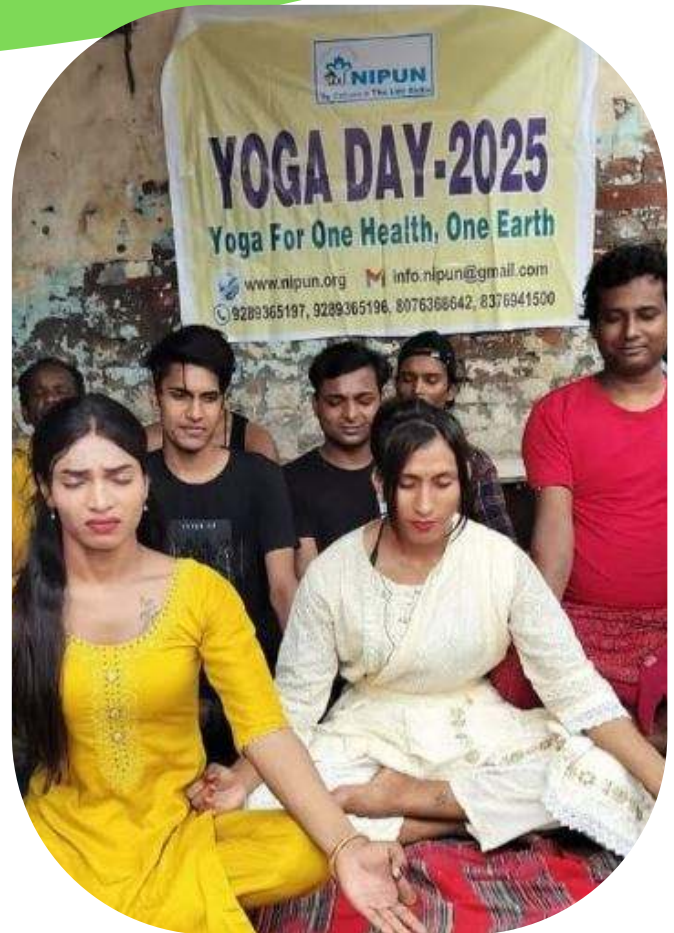


“Breathing with Pride” – Yoga Day with the Transgender Community & HRGs

This International Yoga Day, mats were unrolled, hearts opened, and breaths synchronized as the transgender community and other HRGs came together not just to stretch their bodies—but to stretch beyond boundaries. From Tadasana to Shavasana, every posture echoed strength. Every breath whispered self-love.

Every moment reflected the global theme — “Yoga for One Earth, One Health.” For these vibrant souls, yoga became more than movement—it became a statement: “We exist. We thrive. We belong.” At NIPUN, we believe wellness should be a right, not a privilege. Through inclusive yoga sessions, we are creating safe spaces where healing meets dignity, and empowerment meets community. Because mindfulness has no gender and health has no hierarchy.

Let’s keep moving—together.



Day Against Drug Abuse and Illicit Trafficking 2025

On this important day, NIPUN organized a special awareness session with construction workers, migrants, rickshaw pullers, labourers, daily wage earners, and youth from the Jhuggi-Jhopri communities of West Delhi.

At our Day Care Centre in Nihal Vihar, Advocate Ms. Neha Jain from the Delhi State Legal Services Authority sensitized women on the dangers of drug abuse, shared strategies to prevent drug use, and highlighted the available legal provisions and treatment options.

The session saw active participation and curiosity, with several questions raised and addressed by the expert. A meaningful step toward informed and empowered communities.

HIGHLIGHTS

NIPUN conducted Justice & Care for Elders | Awareness Session

An awareness session was conducted with senior citizens from the J.J. Clusters of Bengali Camp where NIPUN is actively working since the last 15 years on Justice and Care for Elders.

The session focused on promoting dignity, well-being, and the rights of older adults. Discussions covered legal protections, social support systems, and individual responsibilities to prevent abuse, neglect, and exploitation—while also encouraging active participation and quality of life for our elders.



Capacity Building Training Program

At NIPUN, we're committed to uplifting underprivileged children—especially those involved in child labor or from disadvantaged backgrounds—by operating crèches, pre-schools, and remedial education programs that help mainstream them into formal education systems such as government and MCD schools.

As part of our continuous efforts, we organized a 4-day intensive training program (19–23 June 2025) for our dedicated Bal Vatika staff, including teachers, in-charges, and managers. The training focused on building the capacity of our staff in key areas such as Early childhood pedagogy, Bridge course planning, Curriculum and lesson design, Learning outcomes & Use of teaching-learning materials

The sessions were facilitated by Ms. Anuradha Jasrotia, a domain expert in early childhood education. The training, conducted at our Kapashera centers in South West Delhi, benefitted over 20 staff members.



HIGHLIGHTS

Summer Vacation with a Purpose!

To ensure continuous learning and creative engagement during the summer break, NIPUN organized a series of enriching summer vacation activities across its centres! Children participated in art & craft workshops and joyful music sessions, nurturing their creativity and self-expression. At the same time, special/extra classes in English, Hindi, and Math helped strengthen academic foundations and keep the learning momentum going. This thoughtful initiative not only brought smiles and learning together but also played a crucial role in minimizing dropout cases during the summer months.



SNAPSHOT OF SUMMER CAMP



Please note that donations made to NIPUN are eligible for 50% tax exemption under Sec 80G of the IT Act.

APPEAL



NIPUN continues its efforts to achieve its vision i.e. literate, healthy and self-reliant Community through its various programmes. Your support shall strengthen the drive.

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