



## **MONTHLY NEWSLETTER**

MAY 2025 | Vol. XLI



### **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

## Shram ev Jayate!

NIPUN proudly celebrated Labour Day across its Day Care Centres at various construction sites, honoring the dedication, hard work, and resilience of our labour force. The celebrations were filled with joy, enthusiasm, and solidarity. Workers sang songs and performed dances in their regional languages, bringing alive the spirit of unity in diversity. Meaningful discussions were also held around their rights as enshrined in the Indian Constitution—empowering them with knowledge and awareness.

To add warmth to the occasion, NIPUN Day Care Workers thoughtfully arranged refreshments, creating a sense of community and appreciation.





# HIGHLIGHTS

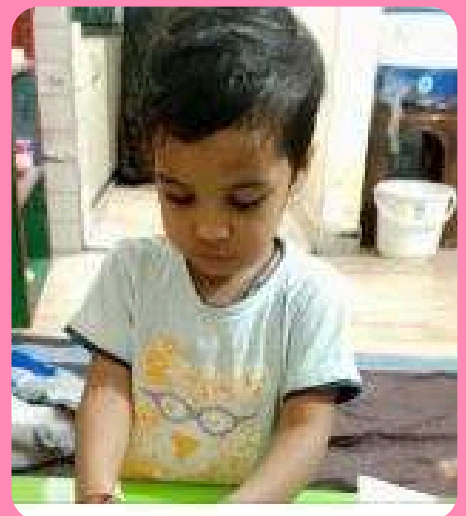
## Building Bright Futures, One Little Hand at a Time

At NIPUN, we believe every child—whether from the families of construction workers, migrant labourers, or rag pickers—deserves a strong start in life through early childhood care and education.

The early years are crucial. Without proper support, a child's potential can remain hidden and untapped. That's why our Day Care Centres focus on nurturing young minds through engaging, skill-building activities.

One such activity is paper pasting—a simple yet powerful preschool exercise that enhances fine motor skills, hand-eye coordination, creativity, and focus.

It lays the groundwork for future learning, including writing and self-expression. Here are some joyful moments from our classrooms, where little hands are busy building big dreams.



# HIGHLIGHTS

## NIPUN is nurturing bright beginnings!

We're running Early Childhood Development (ECD) programs in the urban slums of Delhi and NCR, reaching out to children of migrant labourers and construction workers.

Our mission is to ensure holistic development—physical, emotional, social, and cognitive—of children from conception to age eight. These formative years are vital for building a strong foundation for lifelong learning and success. Through our ECD programs, we provide protection, healthcare, nutrition, and a joyful learning environment for children who need it most.





## Empowering Communities Through Awareness

As part of our Bal Vatika project in South West Delhi, NIPUN organized a Community Sensitization and Awareness Program focused on Handwashing and Personal Health & Hygiene for mothers and community members.

The session highlighted simple yet essential practices like proper handwashing techniques, menstrual hygiene, and daily cleanliness routines — all vital to protecting children and families from illness and infection. Through interactive demonstrations and discussions, we encouraged the community to adopt healthier habits for a safer, more hygienic environment. At NIPUN, we believe that empowering mothers and caregivers with knowledge is key to nurturing healthier children and stronger communities.





# HIGHLIGHTS

## Healthy Children, Brighter Tomorrows

As part of our commitment to holistic child development, NIPUN recently organized a Deworming Camp along with a comprehensive health check-up for the children enrolled in our Bal Vatika Day Care Centers in South West Delhi. Regular health interventions like deworming play a crucial role in improving children's immunity, nutritional absorption, and overall growth. Through this initiative, we aim to ensure that every child at Bal Vatika remains healthy, active, and ready to learn.

We thank our dedicated healthcare partners and caregivers for making this camp a success and special thanks to our donor and well-wisher for their generous support. At NIPUN, we believe that good health is the first step toward a brighter and more secure future for every child.



## Creating Safe Spaces, Shaping Bright Futures

NIPUN is proud to implement Bal Vatika Day Care Centers across the South West District of Delhi — safe, nurturing spaces designed to support the holistic development of children from underserved communities.

At Bal Vatikas, we go beyond just care — we provide early education, nutritious meals, health check-ups, and special diets for malnourished children. Our goal is to ensure every child gets a healthy start in life, both physically and mentally. Through educational support and regular engagement with families, we are building a strong foundation for lifelong learning. But our work doesn't stop with the children. We are also implementing community and economic empowerment initiatives, helping families build better livelihoods while their children grow in a secure and supportive environment.





# HIGHLIGHTS




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# MOTHERS' DAY



This Mother's Day, let's celebrate her strength and resilience!



At NIPUN, we strongly believe that when a mother is empowered, a family flourishes, and when she is supported, a Vikshit Bharat takes shape. To address this critical issue, NIPUN operates several Day Care cum Crèche Centres across Delhi and NCR. These centers provide comprehensive early childhood care and education to over 1200 underprivileged children between the ages of 0 to 6 years. The services include regular health check-ups, immunizations, nutritious meals to combat malnutrition, and non-formal education to help bridge learning gaps. Most importantly, these centers offer a safe and nurturing environment, protecting children from neglect, abuse, and exploitation, and preparing them for enrollment in nearby government schools. By offering dependable childcare support, NIPUN enables mothers to pursue work opportunities, gain financial independence, and contribute actively to the economy—without having to compromise on the care of their children.

This **#MothersDay**, let's stand with every mother and support initiatives that uplift her. Because when she rises, we all do.



# HIGHLIGHTS

## Empowering Mothers, Enrolling Futures!

NIPUN recently conducted an awareness drive under the Bal Vatika Project in South West Delhi to sensitize and motivate mothers about the importance of formal education for their children.

Through interactive sessions and door-to-door engagement, our team encouraged mothers to enroll their children in nearby MCD/Government schools, ensuring that every child gets access to quality education and a brighter tomorrow. When a mother is informed, a generation is transformed.



## Bridging Health Access: Linking NIPUN Mothers with ASHA Workers

NIPUN recently organized an interactive program in West Delhi, bringing together ASHA workers and the mothers of children enrolled at our Day Care Centers. The primary objective of this initiative was to build a strong and sustainable link between mothers and community health workers, ensuring that families are connected to essential healthcare services.

Through this platform, we aimed to raise awareness about the importance of routine immunization, pre and post-natal care, and maternal health. By facilitating direct engagement between ASHA workers and mothers, we're helping bridge information gaps and empowering women to take informed decisions about their health and the well-being of their children.



At NIPUN, we believe that when mothers are supported and informed, children thrive. This initiative marks a significant step towards building a holistic care ecosystem—one where every child and mother has access to the health services they deserve.



# HIGHLIGHTS

## A Safe Haven for the Youngest: Where Care Meets Nutrition

At NIPUN, we believe that every child deserves a healthy start in life. Our Nutrition Project is a lifeline for the children of construction workers—offering not just care, but compassion and opportunity. Through our dedicated Day Care Centre, we provide a safe, nurturing space where children aged 0–5 years can grow, learn, and thrive. It's more than a shelter—it's a foundation for brighter tomorrows. Nutrition is at the heart of what we do. With freshly cooked, wholesome meals, we help fuel their potential and fight malnutrition. Because we know: healthy bodies build healthy minds.

Each month, we conduct Health Check-up & Growth Monitoring Sessions, led by Dr. Kalyani Mishra (MBBS) and her committed team. These sessions track vital health indicators—height, weight, immunization status, and overall nutrition—ensuring every child receives the care and attention they deserve. 115 children were checked and Children identified as malnourished are provided with special diets to support their recovery. Together, we're building a healthier, stronger future—one child at a time.





## Annual Festival Spotlight!

During the Annual Festival celebration of Dr. Bhim Rao Ambedkar College, University of Delhi, our enthusiastic interns placed at NIPUN proudly set up an information stall to showcase the organization's impactful work. The stall served as a platform to spread awareness about NIPUN's community development initiatives, engage with students and faculty, and increase visibility among young changemakers. Kudos to our interns for being such proactive ambassadors of the cause!



## Empowering Communities Through Awareness

As part of our Bal Vatika project in South West Delhi, NIPUN organized a Community Sensitization and Awareness Program focused on Handwashing and Personal Health & Hygiene for mothers and community members. The session highlighted simple yet essential practices like proper handwashing techniques, menstrual hygiene, and daily cleanliness routines – all vital to protecting children and families from illness and infection. Through interactive demonstrations and discussions, we encouraged the community to adopt healthier habits for a safer, more hygienic environment. At NIPUN, we believe that empowering mothers and caregivers with knowledge is key to nurturing healthier children and stronger communities.





# HIGHLIGHTS

## Youth March with Pride: Honouring Operation Sindoor

As part of a nationwide outreach to honour the valour and sacrifice of the Indian Armed Forces following the successful Operation Sindoor—a resolute response to the tragic Pahalgam terror attack—a series of Tiranga Yatras were being held across the country. The spirited youth of NIPUN proudly joined this initiative by organizing a Tiranga Yatra in their community. During the event, they were sensitised and informed about Operation Sindoor and the bravery of our soldiers.

Let's salute the heroes who protect our nation!





# HIGHLIGHTS

## Proud Moment for NIPUN!

We are thrilled to share that all the children who were once enrolled in NIPUN's Bridge Course, Pre-School, and Remedial Education Centres, and later mainstreamed into nearby MCD & Government Schools, have successfully passed their Class X and XII board examinations with remarkable results! Congratulations to all our brilliant students — your hard work and determination have truly paid off!

Wishing you all the very best for your future endeavours. Keep shining!



## NIPUN Empowering the Underprivileged

At NIPUN, we believe that true change begins at the grassroots level — by listening to the community, understanding their challenges, and working together to create sustainable solutions. Through our community mobilisation efforts, we've been able to make a meaningful impact in the lives of many. Children who had dropped out or had never been to school are now enrolled in formal education, giving them a chance at a brighter future. Elderly beneficiaries, especially those from underprivileged backgrounds, have been linked to free cataract surgery programs, restoring not just their vision, but also their independence. Through our regular community mobilisation drives, we have been able to identify unskilled youth and have connected them with our skill-based vocational training to help them secure better livelihoods. For working mothers, we've provided a safe and nurturing space for their children through our day care centres, ensuring access to nutritional food and quality early education.

In addition, our teams are actively helping vulnerable families connect with government schemes they were previously unaware of, empowering them with access to healthcare, education, and financial support. This is the true power of community mobilisation — creating awareness, bridging gaps, and bringing lasting change from the ground up.



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# HIGHLIGHTS

## Skill Labs are Shaping the Next Generation of Learners

In today's rapidly evolving world, the demand for future-ready skills is greater than ever. As industries continue to adapt to digital transformation and automation, it is essential that children and youth are equipped not just with knowledge, but with confidence and practical skills that prepare them for the real world.

At NIPUN, our Umang Vocational Unit is doing exactly that — shaping the next generation of learners through hands-on skill training. Located in South West and West Delhi, the Vocational Unit is empowering underprivileged youth, especially girls and women, with market-relevant skills that lead to meaningful employment and self-reliance. Over the course of the project, hundreds of young people have been trained in Basic Computer skills, Dress Designing, Beauty & Wellness, and Tally and Accounting. These vocational courses are not just lessons — they are stepping stones to independence. More than 72% of our trainees have already secured jobs or launched their own ventures, proving that access to the right skills can truly change lives.

To enhance learning, trainees also participate in exposure visits to BPOs, spas, beauty parlours, CA firms, retail stores, schools, and NGOs — giving them valuable real-world insights and raising their aspirations. Vocational Training Center or the Skill Labs like ours are more than classrooms — they are gateways to brighter futures. At NIPUN, we're proud to be shaping confident, capable, and skilled learners ready to take on the world.





## Empowering Women: Awareness Session on Domestic Violence

On May 22, 2025, NIPUN, in collaboration with the West District Legal Services Authority under the jurisdiction of the High Court of Delhi, conducted a vital awareness session on domestic violence and the legal procedures for filing complaints. Held at the J.J. Clusters in Meera Bagh, West Delhi, the session saw active participation from 30 local women. The initiative aimed to equip them with essential knowledge and resources to effectively address and respond to instances of domestic violence.

Adv. Shri Jatin Dhamija, the session's resource person, played a pivotal role in guiding the participants through legal frameworks and support systems available to them. His insights fostered an open and empowering dialogue. A Question & Answer session followed, allowing participants to clarify their doubts and engage directly with the expert, making the discussion more impactful and participatory. This initiative reflects NIPUN's steadfast commitment to empowering women and advocating for their safety, dignity, and rights within the community.





# HIGHLIGHTS

## Evenings of Care, Hope & Healing at Swavalamban Clinic

To improve the quality of life for the large migrant and daily wage worker population in Kapashera, South West Delhi, NIPUN runs the Swavalamban Evening Health Clinic—a charitable healthcare initiative that provides both preventive and curative services to underserved communities. The clinic offers consultations with specialized doctors on designated days and regularly organizes health camps focused on general check-ups, eye screenings, gynecology, child healthcare, and cataract referrals. These services ensure that individuals who often ignore early symptoms due to lack of access or time can receive timely medical attention.

In addition to clinical care, the clinic also conducts awareness workshops to educate the community about common diseases—their causes, consequences, and preventive measures. This holistic approach to healthcare empowers people with the knowledge and resources to lead healthier lives.

Last month alone, the clinic served over \_\_\_ patients and facilitated successful cataract surgeries for four beneficiaries, showcasing its growing impact. By making quality healthcare accessible to those who need it most, the Swavalamban Evening Clinic is playing a vital role in building a healthier and more resilient community.



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## Menstrual Hygiene Day 2025: Creating a Period Friendly World

Menstrual Hygiene Day 2025 was observed with the theme “Together for a [#PeriodFriendlyWorld](#),” highlighting the importance of safe, dignified, and accessible menstrual hygiene management for all. The theme calls for breaking the silence around menstruation and ensuring that it does not hinder anyone's progress in life. Celebrated annually on May 28th, this day serves as a global platform to raise awareness, challenge taboos, and advocate for better menstrual health and hygiene.

Throughout the week, NIPUN, organized a series of impactful activities across our communities. These included awareness rallies, sensitization programs, focused group discussions, poster campaigns, and experience-sharing sessions. To further support menstrual health, we also distributed sanitary pads to over 250 adolescent girls and women including the construction workers and daily wage labourers, ensuring they have access to essential resources.

One of our community members, Jyoti, shared her thoughts: “The community is changing. The efforts NIPUN is making are gradually transforming the way people think.” These words reflect the positive shift taking place, thanks to consistent awareness and empowerment initiatives. Through these efforts, we aim to empower girls and women, promote gender equality, and dismantle the long-standing taboos surrounding menstruation. Together, we are working toward building a more informed, inclusive, and period-friendly world.







## Inclusive Healthcare for All: Health Camp for Transgender Community by NIPUN

On 29th May 2025, NIPUN Clinic organized a dedicated Health Check-up Camp for the transgender community in the South-West District of Delhi.

This initiative aimed to promote inclusive healthcare by providing comprehensive medical check-ups, free medicines, and referrals to AIIMS for advanced care.

The camp began with an awareness session by Dr. K. Mishra, who addressed common myths and misconceptions around HIV/AIDS, STIs, and related health concerns, fostering a safe and informative environment for the participants.

A total of 24 transgender individuals benefitted from the health services.

In addition, the camp facilitated community-based testing, group interactions, and one-on-one counselling sessions to ensure holistic well-being.

NIPUN remains committed to advancing equitable healthcare and supporting marginalized communities with dignity and respect.



## World No Tobacco Day: Theme 2025: "Bright Products. Dark Intentions. Unmasking the Appeal"

Tobacco remains one of the deadliest substances abused globally. To highlight its devastating impact, the World Health Organization (WHO) observes World No Tobacco Day every year on May 31—aiming to inform the public about the dangers of tobacco consumption. This year's theme shines a spotlight on how the tobacco industry is increasingly targeting youth through attractive packaging, flavored products, and strategic marketing—disguising harm behind a facade of appeal.

At NIPUN, we stand committed to building a healthier future. To mark the day, we organized a sensitization and awareness program for youth, construction workers, and community members, educating them on the harmful effects of tobacco—including its links to cancer, heart disease, and respiratory illnesses. Through discussions, posters, rallies, and real-life stories, participants were encouraged to say NO to tobacco and make informed, life-saving choices.





# 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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