



MONTHLY NEWSLETTER

DECEMBER 2024 | Vol. XXXVI



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.

Reflecting on a Year of Impact and Looking Ahead

Dear All,

As we bring 2024 to a close, we are filled with immense gratitude for your unwavering support and invaluable partnership throughout the year. It has been a truly remarkable journey for NIPUN, and we could not have achieved our progress without your commitment, belief, and collaboration.

Together, we have made significant strides in empowering communities by providing access to quality education, vocational training, and health initiatives. These efforts have helped create lasting change in the lives of those who need it the most, and we are deeply humbled by the trust and partnership we have shared.

In this December edition of our newsletter, we take a moment to reflect on the key milestones we have reached, the lives we've touched, and the difference we've made as part of our collective mission to uplift and empower marginalized communities. This year, we have seen firsthand the transformative power of education and skill-building, the hope that comes with health interventions, and the strength of unity in overcoming challenges. From launching new projects to building lasting relationships with our partners, the milestones of 2024 fill us with pride. However, we are mindful that this is just the beginning of an ongoing journey.

As we turn our attention to the year ahead, we are filled with excitement and optimism about the opportunities 2025 holds. We are eager to build upon the foundation we have laid and explore new ways to drive change in the communities we serve. Whether through expanding our education programs, offering more vocational training opportunities, or launching new health initiatives, we are committed to deepening our impact and continuing to serve with the same passion and dedication that has defined our work so far.

Looking forward to the new year, we also recognize the importance of the collective spirit of hope and renewal that comes with it. Together, we will continue to face challenges, overcome obstacles, and celebrate the successes that lie ahead. We are incredibly grateful to have you as an integral part of our journey, and we look forward to the continued collaboration and partnership that will fuel our shared vision for the future.

As we bid farewell to 2024 and welcome 2025, we wish you all a joyful, prosperous, and fulfilling New Year. May it be filled with new opportunities, growth, and a continued sense of purpose in all that we do.

Warm regards,



Pradeep Kumar
Founder & Secretary, NIPUN



NIPUN's Recognition on World AIDS Day 2024 for Transgender Community Support

In collaboration with the Delhi State AIDS Control Society and NACO, NIPUN is implementing a Targeted Intervention project for the transgender community in Kapashera and surrounding areas of South West Delhi. This initiative focuses on enhancing healthcare access, reducing social stigma, and addressing economic vulnerabilities.

On World AIDS Day 2024, NIPUN was honored as one of the best Implementing Partners in a program organized by the Delhi State AIDS Control Society, Govt. of NCT of Delhi, at the auditorium of Dr. BSA Hospital, Sector-6, Rohini, Delhi. Additionally, Shri. Pradeep Kumar, Founder Secretary of NIPUN, was presented with a memento for his contributions to the Transgender Communities by Dr. Vandana Bagga, Director General of DGHS with Additional Charge of DFW, Dr. Praveen Kumar, Assistant Project Director, DSACS, and other renowned dignitaries. Aligned with UNAIDS' theme, "Take the Rights Path," the event emphasized awareness, rights-based treatment approaches, and the elimination of discrimination against those living with HIV/AIDS.





World AIDS Day 2024: Empowering Communities and Promoting Rights-Based Approaches

On World AIDS Day 2024, Team NIPUN celebrated with High Risk Groups (HRGs) in Batala, Gurudaspur, Punjab, focusing on HIV/AIDS awareness and prevention. The event featured an informative session on community engagement, aligning with the UNAIDS theme "Take the Rights Path." This celebration emphasized rights-based approaches to treatment and the importance of eliminating discrimination against those affected by HIV/AIDS. It was a powerful reminder of NIPUN's commitment to empowering communities to lead the charge in the fight against HIV/AIDS.



Transgender Communities Raise Awareness with Candle March

A Candle March was organized by the Transgender Communities to raise awareness and spread the message of the National AIDS Helpline, 1097.

This toll-free, 24/7 helpline provides vital services, including HIV/AIDS awareness, counseling, grievance registration, information on ICTC and ART locations, psychological support for those infected, and assistance for families and partners of those affected.

The event highlighted the importance of this helpline in supporting individuals and communities in the fight against HIV/AIDS.





Enhancing Well-being Through Yoga and Meditation

On 28th November 2024, vocational training students explored the basics of yoga and meditation in an insightful session. Guided by experts, participants practiced asanas like Tadasana, Veerbhadrāsana, and Vrikshāsana, focusing on posture, balance, and mindfulness.

The session highlighted stress management, mental clarity, and overall well-being, inspiring attendees to embrace yoga for a healthier lifestyle.

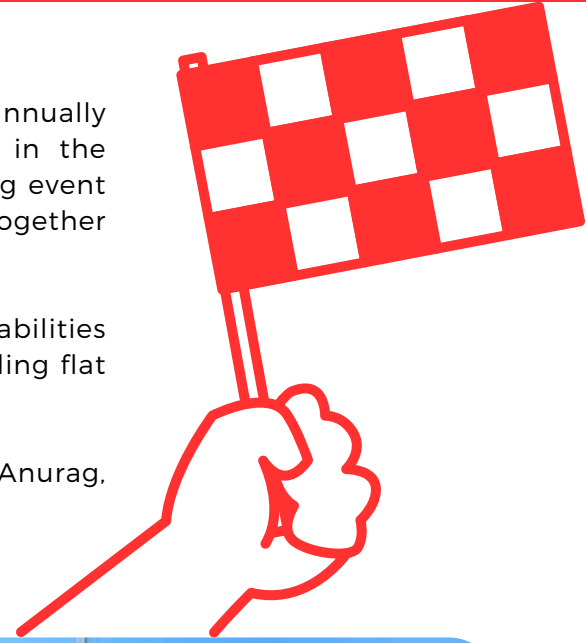
HIGHLIGHTS

Divyalympics 2024

On International Day of Persons with Disabilities (IDPD), observed annually on December 3rd, NIPUN's Differently Abled Unit participated in the Divyalympics 2024 at Chhatrasal Stadium, New Delhi. This inspiring event was organized by Aashirwad Foundation of India and brought together hundreds of children and youth with disabilities from across Delhi.

Our children, who face challenges like cerebral palsy, multiple disabilities or are physically challenged, competed in a range of sports, including flat races, shot put, and standing long jump.

Special congratulations to our medal winners - Tamanna, Lokesh, Anurag, and Aayush! Your courage and determination are truly inspiring.



NIPUN Observed Human Rights Day 2024

The theme for Human Rights Day 2024 is “Our Rights, Our Future, Right Now,” emphasizing the everyday impact of human rights on people’s lives. Human Rights Day is celebrated annually on December 10.

In collaboration with the West District Legal Services Authority, under the aegis of NALSA and DSLSA, NIPUN organized a legal awareness session on the topic “Legal Safeguards Against Harassment and Assault and the Role of DSLSA/DLSA in Providing Legal Assistance.” The session was held for the women of the Bengali Camp and Meera Bagh J.J. Cluster, with support from Advocate Pawan Kumar of the Delhi State Legal Services Authority.



The initiative empowered community women by enhancing their knowledge, skills, and confidence. During the session, 40 women actively participated, posed questions, and enriched their understanding of legal safeguards and available assistance. This program has made a significant contribution to fostering human values and strengthening community cohesion.

“Cleanliness is everyone’s responsibility—let’s unite for a Swachh Bharat!”

In the South-East Delhi slum community, NIPUN - Mahila Mandal took a significant step towards raising awareness about poor sanitation and the importance of personal health and hygiene. Through impactful posters and powerful messages, they sensitized both the community and local authorities to the benefits of better sanitation practices.

Mahila Mandal members showcased their enthusiasm and creativity, carrying slogans, banners, and posters that inspired everyone to take charge of their environment. Their dedication to the Swachh Bharat mission encourages us all to be proactive in maintaining cleanliness and promoting a healthier community.

As part of this initiative, the members also submitted an application to local authorities, requesting regular and proper cleaning services in their area. Together, we can pave the way for a cleaner, healthier future!





Child Care & Safety Awareness Program

NIPUN recently organized an Awareness Generation Program on Child Care & Safety in the South West District of Delhi. The session focused on safeguarding children, especially girls aged 0-12 years, and educating communities on their rights, health, and safety.

Also motivated the community, especially the working mothers to enroll their children at the nearby Day Care Centers of NIPUN. This initiative aims to empower parents and caregivers with the knowledge to protect and nurture children, ensuring their well-being and development.

Certificate Distribution Ceremony for Successful Adolescent Trainees at NIPUN

A Certificate Distribution Ceremony was recently held for 120 adolescent trainees who completed a 6-month course in Tally & Accounting, Beauty & Wellness, Self-Employed Tailoring, and Basic Computers from NIPUN-Umang Vocational Training Unit.

Shri. Pradeep Kumar, Founder & Secretary of NIPUN, encouraged the trainees to strive for self-reliance. He highlighted that more than 65% of the trainees secured job placements, and some have even launched their own ventures. Successful candidates like Neetu (Indigo Airlines), Deepesh (Export Unit), and Huma (Beauty Parlour owner) shared their inspiring journeys and the positive impact of their training.



HIGHLIGHTS

NIPUN Empowers Mothers with Nutritional Awareness

On December 5th, 2024, NIPUN, in collaboration with Mahaveer International and Container Corporation of India Ltd. (CONCOR), conducted an awareness program for expecting and lactating mothers in South West District of Delhi.

The session, led by a resource person and her team, delivered crucial insights through interactive discussions and video presentations. The focus was on ensuring proper nutrition during pregnancy and lactation. Key recommendations included increasing food intake during pregnancy, incorporating whole grains, sprouted grams, and fermented foods into daily meals, consuming adequate amounts of milk, meat, or eggs, and including plenty of vegetables and fruits in the diet. Participants were also advised to avoid food taboos and superstitions, and to regularly take iron, folate, and calcium supplements starting from the 14th to 16th week of pregnancy through the lactation period. To support the mothers further, goody bags containing baby kits, sanitary napkins, kala chana, groundnuts, and sattu packets were distributed to all 32 participants.



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HIGHLIGHTS



National Mathematics Day 2024

The National Mathematics Day is observed on December 22 every year to commemorate the birth anniversary of the great Indian mathematician Srinivasa Ramanujan.

The day is dedicated to promoting the importance of mathematics in various fields and encouraging mathematical research and education.

It is a tribute to Ramanujan's remarkable legacy and the universal language of numbers. Here are some glimpses of NIPUN- Education Centres:

Providing Hope and Healthcare in Kapashera

NIPUN has been serving Kapashera, a community on the Delhi-Gurgaon border. It is home to a large migrant population working as daily-wage laborers, domestic helpers, rickshaw pullers, and security staff. Despite affordable housing, these families face harsh living conditions with limited access to safe drinking water, healthcare, and sanitation.

Women and children remain especially vulnerable to communicable diseases. To address this urgent need, we launched the Swavalamban Evening Clinic in 2017. Operating from 4-6 PM, this charitable clinic provides preventive and curative healthcare services to the underserved. With specialized doctors, including General Physicians, Gynecologists, Pediatricians, and Dentists, the clinic has served over 35,800 patients to date.

Eye treatments alone have benefited more than 3,200 individuals, with spectacles distributed and free cataract surgeries facilitated for 58 patients.



We also organize health camps and awareness workshops to educate families on disease prevention and the importance of timely treatment. However, due to financial challenges, we've had to scale down operations. Currently, the clinic runs limited services, with just one volunteer doctor visiting weekly and an eye care program. We need your support to revive and expand these critical healthcare services. If you wish to contribute to this noble cause and help uplift the underprivileged, please contact us at info.nipun@gmail.com.

MERRY CHRISTMAS

Merry Christmas from Team NIPUN!

This festive season, let's celebrate the joy of giving, the warmth of togetherness, and the hope for a brighter tomorrow. We wish you and your loved ones a Christmas filled with love, laughter, and countless blessings. May this holiday inspire us all to spread kindness and uplift those around us. Thank you for being a part of our journey to create positive change. Together, we make the world a better place. Stay safe, stay blessed, and enjoy the magic of the season!



HIGHLIGHTS

Training attended by NIPUN

A Certification of Participation was awarded by Dr. Biresh Pachisia, a veteran Social Worker to Mr. Niranjan Kumar Singh, Manager of NIPUN for successfully attending a 5 days training program on MIS & Accounting organised by NACO & DSACS



Empowering Youth Through Legal Awareness

In collaboration with the West District Legal Services Authority, under the aegis of National Legal Service Authority (NALSA) and Delhi State Legal Services Authority (DSLISA), NIPUN organized a Legal Awareness Session for the youth at our Vocational Training Center. This session focused on crucial topics to equip young individuals with the knowledge and tools to address modern-day challenges. The session covered essential themes such as Legal Safeguards Against Harassment & Assault, tackling the problem of drug addiction in domestic households, and understanding the role of DSLISA/DLSA in providing legal assistance. These discussions aimed to empower the participants by enhancing their awareness and encouraging them to seek support when needed. We extend our heartfelt gratitude to NALSA and DSLISA for supporting this meaningful initiative. Their commitment to spreading legal literacy and assistance plays a vital role in building a more informed and resilient community.

Together, we continue to inspire and empower the next generation to stand up for their rights and contribute to a safer society.



HIGHLIGHTS

Spreading Cancer Awareness

NIPUN, in collaboration with Cansupport, conducted an informative and empowering awareness session on Cancer Care for our community workers. This initiative aimed to equip them with vital knowledge about cancer prevention, detection, and care, enabling them to become advocates for health and well-being within their communities. The session covered a comprehensive range of topics, including the development and stages of cancer, highlighting how the disease progresses. Participants learned about risk factors commonly associated with cancer and the importance of recognizing early symptoms for timely detection. The program also included detailed information about screening tests and available treatment options for different types of cancer.

A significant focus was placed on breast cancer awareness, discussing its causes, symptoms, and methods of detection. A live demonstration of Breast Self-Examination was conducted, encouraging participants to perform it monthly as a proactive health measure. In addition, the session addressed common myths and misconceptions about cancer, fostering a more accurate understanding of the disease. An interactive Q&A segment allowed participants to ask questions and clarify their doubts, making the session even more impactful.

We extend our heartfelt gratitude to Cansupport for their partnership in this essential initiative.



Financial Literacy Camp

NIPUN, in collaboration with Securities and Exchange Board of India (SEBI) and National Stock Exchange (NSE), organized a Financial Literacy Camp for the NIPUN Mahila Mandal at our West Delhi project locations. The session focused on empowering women with essential financial knowledge, covering topics such as the importance of savings, budgeting, bank accounts, interest rates, and liquidity. Participants also learned about various government schemes, including Sukanya Samridhi Yojana, PM Jan Dhan Yojana, Atal Pension Yojana, and more. The camp benefitted 40 community women, equipping them with the tools to make informed financial decisions and plan for a secure future.



Raising Awareness to End Domestic Violence

NIPUN organized a Community Sensitization Program focused on addressing domestic violence, alcoholism, and drug abuse. The session brought together community members to raise awareness about the devastating impact of these issues and emphasize the importance of early intervention and support. Through open discussions, we educated participants on recognizing the signs of abuse and addiction, and provided resources to help victims find assistance. Our collective efforts aim to create a safe, supportive community where individuals are empowered to stand against violence, addiction, and abuse. Together, we can foster healthier, stronger families and communities.



HIGHLIGHTS

NIPUN Nurturing Early Childhood for a Brighter Future

At NIPUN, we are dedicated to the holistic development of children from migrant and construction worker families in the Delhi/NCR region. Our Early Childhood Care program focuses on children aged 3-6 years, providing them with the opportunity to learn and grow in a supportive and enriching environment. We believe in nurturing every aspect of a child's development. Through a variety of engaging activities such as physical exercises, mental stimulation, social interaction, language development, and cognitive learning, we aim to foster well-rounded growth. Our teaching methods include hands-on learning tools, storytelling sessions, recitation, and other creative activities that make learning fun and impactful.

In addition to educational activities, we understand the importance of nutrition in a child's development. That's why we provide supplementary nutrition to each child enrolled in our program, ensuring they receive the necessary nourishment to thrive. We are proud to be contributing to the bright futures of these children and creating a strong foundation for their lifelong learning and success.



NIPUN Empowers Underprivileged Women for a Brighter Future

HUMMER NEWS

NEW DELHI: NIPUN is a non-profit organization committed to empowering communities through skill development, education, health, and livelihood initiatives. By promoting sustainable development and addressing key social challenges, NIPUN strives to create a brighter, more equitable future for all, especially to women and adolescent girls. Recently, NIPUN organized a Community Sensitization Program that addressed critical issues such as domestic violence, alcoholism, drug abuse, and financial empowerment.

The program aimed to raise awareness about the devastating impact of domestic violence and substance abuse while emphasizing the



importance of early intervention and support. Through open discussions, participants were educated on recognizing the signs of abuse and addiction, gaining valuable knowledge and resources to assist victims and prevent further harm.

A vital part of the program was the incorporation of financial literacy to empower community members, particularly women with the support of Securities and Exchange Board of India (SEBI) and National Stock Exchange (NSE). Participants were educated on the importance of saving, budgeting, and financial planning. The session also introduced government schemes like Sukanya Samridhhi Yojana and PM Jan Dhan Yojana, equipping attendees with the tools need-

ed to achieve financial independence and security. Legal Awareness Session as part of its broader initiative to empower underprivileged communities was also organized in collaboration with the West District Legal Services Authority, under the aegis of the National Legal Services Authority (NALSA) and the Delhi State Legal Services Authority (DSLSA)

"At NIPUN, we believe in addressing social challenges holistically. By combining awareness of domestic violence and substance abuse with financial and legal empowerment, we are equipping individuals with the knowledge and resources needed to lead safer, healthier, and more independent lives," said Shri Pradeep Kumar, Founder Secretary at NIPUN.

Give a Skill, Create a Lifetime of Opportunity - NIPUN

PRESS TRUST OF INDIA

New Delhi ,Nov 29: Recognizing the transformative potential of skill development, NIPUN, a non-profit organization dedicated to empowering communities, emphasizes the importance of equipping India's youth with vocational skills to address global challenges, strengthen communities, stimulate economic growth, and foster entrepreneurship.

With a primary objective of empowering first-generation learners, women, and youth from marginalized and economically disadvantaged backgrounds, NIPUN's initiatives aim to bridge the gap between untapped potential and meaningful opportunities. The organization believes that skilling the youth is vital not only for individual growth but



also for shaping the socio-economic fabric of the nation. As part of its commitment, NIPUN regularly conducts programs focused on legal, financial, and health literacy, as well as adult education. These initiatives target daily wage earners, laborers, and construction workers across Delhi NCR, providing them with

knowledge and tools to improve their livelihoods. Central to NIPUN's efforts is its vocational training program, which has successfully trained over 3,000 unskilled youth in diverse fields, including Dress Designing, Beauty Culture, Tally & Accounts, and Basic Computer Skills. These six-month, comprehensive

courses combine practical knowledge with theoretical understanding, enabling participants to build confidence and competence. Impressively, more than 65% of graduates from these programs have secured job placements, while others have pursued entrepreneurial ventures, contributing to both their communities and the nation's economic growth. "At NIPUN, we believe skill development is not merely about employment but about creating pathways for independence, self-reliance, and entrepreneurship. By empowering youth with practical skills, we aim to transform lives, strengthen the socio-economic foundation, and contribute to India's vision of becoming a global leader in innovation and development," said Shri Pradeep Kumar, Founder Secretary at NIPUN.

निपुण द्वारा झुग्गी-झोपड़ियों में घरेलू हिंसा रोकथाम पर चर्चा

नई दिल्ली। निपुण स्वयंसेवी संस्था विगत 19 वर्षों के अधिक समय से समाज के पिछड़े, शोषित, वंचित बच्चों एवं उनके परिवारों के सर्वांगीण विकास के लिए कार्यरत है जिसके अंतर्गत जन्म से 12 वर्ष आयु समूह के बच्चों के लिए डे-केयर सेंटर, बालवाड़ी, अनौपचारिक एवं औपचारिक शिक्षा का कार्यक्रम झुग्गी झोपड़ियों, निर्माण स्थलों एवं अनाधृत कालोनियों में बच्चों के शारीरिक, मानसिक, रचनात्मक, सामाजिक भावनात्मक, भाषा विकास के लिए कार्य कर रही है। साथ ही साथ स्कूल न जाने वाले या ड्राप आउट बच्चों को शिक्षा की मुख्य धारा से जोड़ने हेतु जागरूकता कार्यक्रम जैसे बैठको, व्यक्तिगत एवं सामूहिक परामर्श द्वारा बच्चों को शिक्षा की मुख्य धारा से जोड़ने के लिए कार्यरत है साथ ही साथ बच्चों की माताओं एवं समुदाय की



महिलाओं को शिक्षा, स्वास्थ्य, स्वयं सहायता समूह निर्माण और कौशल शिक्षा जैसे कार्यक्रमों द्वारा उन्हें सशक्त एवं आत्मनिर्भर बनाने के लिए प्रयासरत है। महिला सशक्तिकरण कार्यक्रम के अंतर्गत संस्था लगातार समुदाय में रह रही महिलाओं और किशोरियों को घरेलू हिंसा रोकथाम, छेड़छाड़, यौन हिंसा, लैंगिक असमानता, लैंगिक भेदभाव और कन्या भ्रूण हत्या रोकथाम जैसे मुद्दों पर लगातार चर्चा द्वारा जागरूकता

कार्यक्रम आयोजित करती रहती है और उनकी समस्याओं के समाधान के लिए उत्तरी जिला विधिक सेवा प्राधिकरण के सहयोग से संस्था उन्हें सेवाएं प्रदान करती रहती है और उनके समस्याओं का उनके दरवाजे पर ही समाधान करनेका प्रयास करते हैं। झुग्गी-झोपड़ियों की महिलाओं ने पोस्टर द्वारा बस्तीवासियों को जागरूक भी किया। संस्था सचिव प्रदीप कुमार ने सभी प्रतिभागियों से अनुरोध किया कि घरेलू हिंसा रोके, समुदाय की सभी लड़कियों को स्कूल भेजें और उत्तरी जिला विधिक सेवा प्राधिकरण द्वारा उपलब्ध कराई गयी सभी सेवाओं का ज्यादा से ज्यादा लाभ उठाएं और अपनी समस्याओं का समाधान करें। सुश्री सुधा गुप्ता ने सभी बहनों को जागरूक करते हुए विशेषतः किशोरियों की सुरक्षा, शराबखोरी, महिलाओं के अधिकारों आदि मुद्दों पर विस्तृत में चर्चा किया।

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.

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.

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