

## MONTHLY NEWSLETTER

### MARCH 2024 | Vol. XXVII



### 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.**



## Educating & Empowering Youth through Skill Training



NIPUN is dedicated to equipping youth with market-oriented skills to enhance their economic empowerment and foster entrepreneurship development. At NIPUN - UMANG Vocational Training Centre, we empower young individuals through a range of vocational training courses, including Basic Computer Skills, Retail Management, Beauty & Wellness, Self-Employed Tailoring, and Tally & Accounting.

In a recent initiative, NIPUN organized a visit to Vishal Mega Mart for trainees enrolled in the Tally & Accounting program. The visit aimed to provide practical exposure to billing methods, customer handling, store management, inventory management, and more.

During the visit, learners had the opportunity to interact with the Floor Manager, gaining firsthand experience in retail operations. Remarkably, five learners were even offered job opportunities at the store. We extend our heartfelt gratitude to Vishal Mega Mart for graciously welcoming our learners and facilitating this invaluable learning experience.

## Awareness on Reproductive Rights and Women's Health

On March 1, 2024, NIPUN, with the support of the West District Legal Services Authority operating under the Administrative Control of the High Court of Delhi, organized an awareness program on Reproductive Rights and Women's Health at NIPUN, Basti Vikas Kendra, Bengali Camp, J.J. Cluster on the occasion of International Women Day.

The event was attended and benefited by 40 women from the community.



## Awareness on How to Lodge Complaints for Offenses Against Women

On March 2, 2024, NIPUN, with the support of the West District Legal Services Authority operating under the Administrative Control of the High Court of Delhi, organized an awareness program on how to lodge a complaint or register an FIR in cases of offenses against women at NIPUN Basti Vikas Kendra, Meera Bagh, New Delhi.

The event was attended and beneficial for 35 women from the community.



## Empowering Women: Awareness Session on Domestic Violence

On March 4, 2024, NIPUN, in collaboration with the West District Legal Services Authority under the High Court of Delhi's jurisdiction, hosted a pivotal awareness session focusing on Domestic Violence and the procedural steps involved in lodging complaints. The session took place at NIPUN's Vocational Education Center situated in Nihal Vihar, New Delhi, and attracted the participation of 33 women from the local community. This event aimed to equip women with the necessary knowledge and resources to address instances of domestic violence effectively.



Ms. Madhuri Katwal, Resource Person, played a significant role in facilitating the session, providing invaluable insights and guidance to the participants. Her dedication and expertise contributed to creating an environment conducive to open dialogue and empowerment. In recognition of Ms. Katwal's impactful contribution, NIPUN expressed gratitude by presenting her with a Thank You card, symbolizing appreciation for her commitment to promoting women's rights and fostering a supportive community environment.

The session underscored NIPUN's ongoing dedication to empowering women and advocating against domestic violence within the local community.



## Awareness on POCSO & PSH

March 6, 2024 marked a significant milestone as NIPUN, in collaboration with the West District Legal Services Authority under the oversight of the High Court of Delhi, spearheaded an impactful awareness drive. The event, hosted at NIPUN's Basti Vikas Kendra in Bengali Camp, J.J. Cluster, focused on two critical legal frameworks: the Protection of Children from Sexual Offences (POCSO) Act and Prevention of Sexual Harassment (PSH).

Aligned with the spirit of International Women's Day, the session aimed to equip women with knowledge and resources to combat sexual offenses and harassment. The active participation of 46 community members highlighted the importance of the initiative, with attendees engaging in thought-provoking discussions and gaining valuable insights.

Ms. Madhuri Katyal, serving as the Resource Person, played a pivotal role in facilitating the event. Her expertise and passion for the subject matter enhanced the program's impact, fostering an environment of empowerment and solidarity.

As a token of appreciation for her dedication, NIPUN presented Ms. Katyal with a Thank You card, recognizing her instrumental role in advancing women's rights and safety. The awareness session served as a testament to NIPUN's unwavering commitment to promoting justice, equality, and empowerment within the community.



## Women Construction Workers enjoyed the Khel Kud Utsav

The construction workers, mostly women, whose children are enrolled at our Day Care Centers located in Greater Noida, celebrated International Women's Day. NIPUN operates Day Care Centres in Noida & Greater Noida specifically catering to the children of hardworking construction workers supported by IIFL and Mobile Creches. These dedicated individuals work hard day and night at nearby construction sites, striving to secure their families' livelihoods. On this special day, NIPUN organized an event for these construction workers of Greater Noida, who enjoyed musical dances, kabaddi and matka race. These recreational activities not only helped them relax but also renewed a sense of energy among the hardworking community women. Refreshments were distributed to everyone, and prizes were awarded to the winners.



## Awareness Program on Cyber Security

NIPUN, in partnership with the West District Legal Services Authority under the High Court of Delhi, hosted an impactful awareness session on Cyber Security and Women on March 7, 2024, at the NIPUN Vocational Training Center in Nihal Vihar, New Delhi. Attended by 18 Women from the community, the session aimed to equip participants with vital knowledge and skills to navigate the digital realm safely. Through informative discussions and practical insights, attendees learned about various cyber threats and received guidance on protecting themselves from online risks such as harassment and identity theft.

Facilitated by Ms. Sunita Rani, the Resource Person, the session provided a platform for interactive dialogue and shared experiences among participants. Ms Sunita's expertise and commitment to the topic enhanced the learning experience, empowering women to take proactive measures to safeguard their digital presence. In recognition of his invaluable contribution, NIPUN expressed gratitude by presenting Ms. Sunita Rani with a Thank You card, underscoring the organization's dedication to promoting digital literacy and fostering a safer online environment for women and communities alike.



## Jagrukta Abhiyaan - Empowering the Women

On the occasion of International Women's Day, the women of NIPUN from the community and J.J. Clusters, where NIPUN is actively working, celebrated the day by organizing rallies and moving around the community of South East Delhi to raise awareness about domestic violence, girl child education, saving the girl child, women's safety, self-reliance, legal aid, etc.



## NIPUN Empowers: Celebrating Women's Day 2024

International Women's Day, celebrated annually on March 8, is a global day recognizing the social, economic, cultural, and political achievements of women. The day also serves as a call to action for accelerating gender parity. Not only does it celebrate the achievements and progress women have made, but it also highlights the ongoing struggles for equality and the need for continued advocacy and action worldwide. On this day, several events take place globally to highlight the collective efforts of everyone who cares about human rights in the ongoing struggle for gender equality.

NIPUN also organized several events on 09.03.2024 for the community women. The event was attended by more than 150 community women. The day started with the traditional Saraswati Vandana welcome and lighting of the lamp by the Chief Guests, Professor Richa Chowdhary from Dr. Bhim Rao Ambedkar College, Dr. Seema Rani, Associate Professor, Dept. of Social Work, Aditi Mahavidyalaya, University of Delhi, and Shri. Pradeep Kumar, Secretary of NIPUN. Cultural programs were organized by the women, and they also shared their experiences of empowerment after NIPUN's intervention. The Chief Guests also delivered lectures on 'How to be Happy and move forward.' The Secretary of NIPUN, in his speech, emphasized that every girl child should go to school and every household should maintain cleanliness. All the achievers were awarded certificates of appreciation.



## NIPUN Celebrates Consumer Rights Day 2024

The theme for World Consumer Rights Day 2024 was "Fair and responsible AI for consumers," highlighting the increasing impact of Artificial Intelligence (AI) on our lives and the importance of ensuring it respects and upholds consumer rights. NIPUN also marked the occasion on March 15th, 2024, by organizing a sensitization program for community women at J.J. Clusters in Meera Bagh, West Delhi, and youth attending our Vocational Unit in Nihal Vihar, West Delhi. The session, led by Legal Experts Adv. Karan Babuta and Adv. Sunita Rani from the Delhi State Legal Services Authority, covered topics such as legal rights, the rapid rise of AI and its influence on daily life, consumer rights in the AI age, and privacy breaches. The interactive session saw active participation from 35 community women and 30 youth/trainees from the Vocational Unit. NIPUN extends its heartfelt thanks to the Delhi State Legal Services Authority for organizing a session on such pressing issues for our beneficiaries.



## Free Eye Check-up Camp at NIPUN Basti Vikas Kendra

The Free Eye Check-up Camp, held on March 17th, 2024, at NIPUN Basti Vikas Kendra, J.J. Cluster, Bengali Camp, New Delhi, in collaboration with the Centre for Sight, was a resounding success. The camp, designed to identify individuals with weak eyesight, consisted of three stages of screening. Senior citizens, differently-abled individuals, orphans, women, and children in need of vision correction were provided with customized spectacles tailored to their specific requirements.

A total of 106 beneficiaries participated, undergoing comprehensive screening for various eye ailments. Ten individuals were referred for further examination regarding cataract operations. Throughout the camp, individual counseling sessions were held to raise awareness about eye disorders, the significance of early detection, and the identification of refractive errors and eye ailments among underprivileged individuals. The Eye Check-up Camp proved highly beneficial, offering valuable insights into eye health for many participants. NIPUN's timely intervention helped enhance their focus and productivity, while also preventing further deterioration of eyesight among senior citizens. Overall, the Free Eye Check-up Camp was a significant success, providing crucial support to the community and contributing to the well-being of its members.





# HIGHLIGHTS



## Kaicker Family Celebrates Son's Birthday with NIPUN Children

The Kaicker family, well-wishers of NIPUN, shared joy and smiles by celebrating their son's birthday with underprivileged balwadi children from the Meera Bagh community.

They hosted a lunch party for 160 children and generously gifted a sound system to NIPUN.

## Empowering Tomorrow's Leaders: NIPUN's Educational Adventure for Children of Construction Workers

NIPUN operates a Day Care Centre in NOIDA, specifically designed for the children of dedicated construction workers, many of whom are first-generation learners or have never attended school. On March 15th, 2024, NIPUN organised an enriching Educational Trip for 20 children, accompanied by their parents and 5 members of Sathi SamooH group.

The itinerary included visits to iconic landmarks such as Rashtrapati Bhavan's Amrit Udyan, the historic Red Fort, and the majestic India Gate, while also enjoying the verdant scenery along Lutyen's Road. The primary objective of this excursion was to enhance the children's learning experiences and broaden their horizons. Witnessing the sheer joy and excitement of the children and their parents during the trip was truly indescribable.





## World Water Day 2024

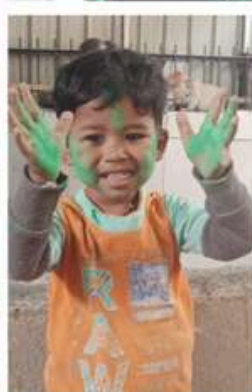
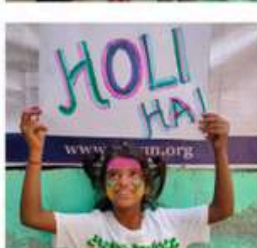
NIPUN marked World Water Day 2024 by advocating for peaceful water management, emphasizing its vital role in fostering global peace and sustainability.

Through awareness campaigns and clean water initiatives, NIPUN reaffirmed its commitment to preserving underwater ecosystems and ensuring equitable access to clean water resources.



## Holi Celebrations

The children of NIPUN extend their warmest wishes for a joyous and vibrant Holi celebration to everyone! This Holi, let's come together and make a pledge to fill each other's lives with the beautiful colors of love and happiness.







## HOLI HAI! CELEBRATING THE FESTIVAL OF COLORS

The NIPUN TG-TI project staff celebrated the festival of Holi with full enthusiasm and joy with the Transgender Community.



## Unlocking Wonder: NIPUN's Epic Expedition for Children of Construction Workers

NIPUN runs a Day Care Centre in NOIDA, supported by Mobile Creches and IIFL, catering specifically to the children of construction workers, many of whom are first-generation learners or have never attended school.



On March 21st, 2024, NIPUN organized an educational trip for 65 children, accompanied by their parents. The itinerary included visits to iconic landmarks such as Rashtrapati Bhavan's Amrit Udyan, the historic Red Fort, the majestic India Gate, and Akshardham. Throughout these visits, the teacher provided essential information about the places and our nation's rich culture. The main objective of this excursion was to enrich the children's learning experiences and broaden their horizons. Witnessing the sheer joy and excitement of both the children and their parents during the trip was truly remarkable.



## Community Event Empowering the Transgender Community: Insights on Rights and Government Schemes

On March 23, 2024, the NIPUN Targeted Intervention Project in South West District, Delhi, organized a community event specifically tailored for the transgender community. The program began with the ceremonial lighting of lamps, followed by a warm welcome note and an enlightening address by Shri Pradeep Kumar, Founder Secretary of NIPUN, shedding light on the progress and obstacles encountered by the transgender community. The event witnessed active participation from numerous transgender individuals who shared their personal stories and challenges, infusing the atmosphere with vibrant cultural performances. Advocate Shri Sushil Kumar Singh, representing the Delhi Legal Services Authority in South West District, provided insights into the legal rights of the transgender community.

Shri Naveen Kumar Kotiya from the District Magistrate's office, South-West district, enlightened attendees about various Government of India schemes and underscored the significance of establishing Self-Help Groups as part of the Social Mobilization and Institution Development component of DAY-NULM, aimed at fostering an effective and sustainable poverty reduction program. The day-long celebration concluded with heartfelt expressions of gratitude and lunch.





# HIGHLIGHTS



## Life Skills – Aao Shikhe Jeevan Kee Kushaltaye

NIPUN has been regularly conducting various sessions on Life Skills. During the financial year 2023-24, NIPUN conducted more than 50 such life skills training programs at its various locations, benefiting over 200 adolescent girls. On 29th March 2024, a grand event was held to discuss the trainings imparted during the last financial year as a refresher training on Life Skills – Aao Shikhe Jeevan Kee Kushaltaye.

The topics discussed included developing leadership skills and self-confidence, problem-solving, bullying, critical thinking, emotional intelligence, empathy, stress management, resilience, menstrual health, and hygiene, among others. The interactive session involved beneficiaries sharing their experiences, followed by a colorful cultural program performed by the children. Ms. Madhu Agarwal, Executive Member of NIPUN and the chief guest of the program, delivered a motivating speech to the participants, encouraging them to be self-reliant.



## Exhibition on Early Childhood Care

The teachers of our Day Care Center at ATS Nobility, Greater Noida, organized an exhibition on Early Childhood Care. They showcased various materials including growth charts for children, information on nutritious foods, teaching-learning materials, and more.

The exhibition was specifically tailored for mothers, aiming to disseminate valuable information on Early Childhood Care.



## Khilta Bachpan – Khelta Bachpan

The young children of our ATS Dolce project, situated in Greater Noida, delighted in a full day of fun and sporting events on 30/03/2024. They reveled in various activities such as the balloon race, tower making race, and other innovative sporting endeavors like Moti Pirona.

Additionally, the mothers actively participated in a Tug-of-War and Three Leg race event. To acknowledge their efforts, prizes were distributed to the winners, and nutritious, healthy food was provided to all participants, ensuring their well-being throughout the festivities.



## Khelta Bachpan - Sports Day

A vibrant Sports Day was organized for the children of Construction Workers at Rise Builders (Chauras Center) in Greater Noida on 30/03/2024. Despite being the offspring of migrant laborers, seventy-five children, ranging from 3 to 14 years old, eagerly participated in a series of engaging events, including the frog race, sack race, flat race, and toffee race. Their joy knew no bounds as they competed with enthusiasm and determination.

Given their transient lifestyle, these children lack access to designated sports grounds or recreational facilities. However, on this special occasion, they revelled in the opportunity to partake in such festivities, cherishing every moment of camaraderie and friendly competition. Prizes were awarded to the winners, and a sumptuous lunch was served to all, adding to the festive atmosphere. This heartwarming initiative, made possible by the support of IIFL and Mobile Creches, not only provided these children with a memorable day of fun and games but also reinforced the importance of fostering a sense of community and inclusion amidst their challenging circumstances.



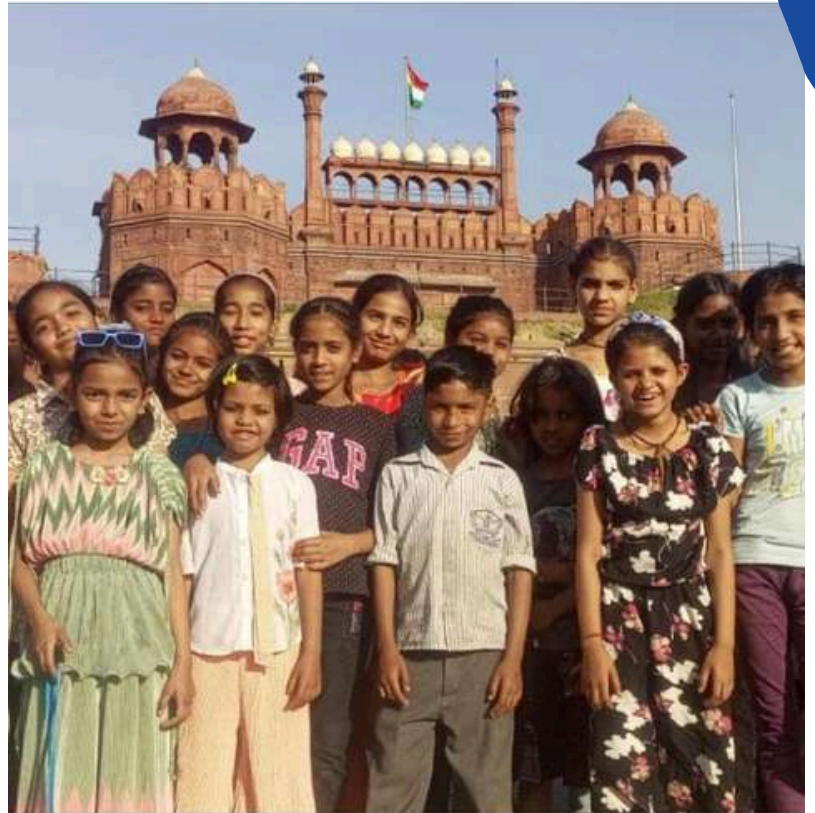
## Education Beyond the Classroom

Educational trips offer invaluable learning opportunities outside the four walls of a traditional classroom, providing a break from textbooks and other conventional teaching tools. Children participating in such trips often learn while engaging in fun activities within a more relaxed and informal environment.

On March 23, 2024, NIPUN organized an educational excursion for 54 students (especially girl child) from our Knowledge Enhancement Center. The itinerary included visits to Rashtrapati Bhavan's Amrit Udyan, the historic Red Fort, Raj Ghat, the War Memorial, and India Gate. The highlight of the trip was the visit to Amrit Udyan, where the children were captivated by the breathtaking landscapes adorned with vibrant flowers like Tulips, Daffodils, Asiatic Lily, Oriental Lily, and various other rare seasonal blooms.

The mesmerizing floral patterns of Tulips and the display of over 100 varieties of Roses left a lasting impression on the students. The primary aim of the educational trip was to deepen the students' understanding of India's rich history and heritage. Overall, the excursion provided a delightful and enriching experience for all the students.

During the trip, the students were filled with excitement and curiosity, with one of our students, Jaya, expressing such enthusiasm that she implored our teacher to arrange a visit to meet our Honourable President of India, Smt. Droupadi Murmu.





## जरूरतमंद बच्चों ने दिल्ली के ऐतिहासिक स्थानों पर भ्रमण किया

नई दिल्ली। दिल्ली आज के इस प्रतिस्पर्धी माहौल में बच्चों को केवल किताबी ज्ञान ही नहीं बल्कि शैक्षणिक भ्रमण कराना भी आवश्यक है। शैक्षिक भ्रमण बच्चों के लिए बहुत ही रोमांचकारी होता है, इससे बच्चों का मानसिक विकास, भावनात्मक, रचनात्मक विकास भी होता है साथ ही साथ बच्चों में नई ऊर्जा, उत्साह, उमंग और जिज्ञासा की भावना जागृत होती है और ऐतिहासिक स्थलों के बारे में उनका ज्ञान और समझ बढ़ती है। निपुण संस्था का मानना है कि शैक्षणिक यात्राएँ पारंपरिक कक्षा की चारदीवारी के बाहर बच्चों को नई जानकारी सीखने का अवसर प्रदान करती है जो पाठ्यपुस्तकों और अन्य शिक्षण विधियों से अलग होता है। ऐसी यात्राओं में भाग लेने से बच्चों में रचनात्मक -सोच की वृद्धि होती है और अनौपचारिक वातावरण में मजेदार गतिविधियों को सीखने का मौका मिलता है। निपुण संस्था ने झुग्गी झोपड़ी एवम् निर्माण क्षेत्रों के 54 लाभार्थियों विशेषकर बालिकाओं हेतु



एक शैक्षिक भ्रमण का आयोजन किया। इसके तहत सभी बालक, बालिकाओं ने राष्ट्रपति भवन, अमृत उद्यान, ऐतिहासिक लाल किला, राजघाट, युद्ध स्मारक और इंडिया गेट को देखा और उनके ऐतिहासिक पहलुओं को बारीकी से जाना। सभी बालक, बालिकाओं के लिए अमृत उद्यान मुख्य आकर्षण का केंद्र बना रहा जहाँ पर लाभार्थियों ने प्राकृतिक सौन्दर्य

के साथ-साथ, रंग-बिरंगे फूलों की छटा भी देखी। सभी लाभार्थी ट्यूलिप, डेफोडिल, एशियाई लिली, ओरिण्टल, लिली और कई अन्य दुर्लभ मौसमी फूलों से सजे लुभावने परिसरों से मंत्रमुग्ध हो गए। निपुण का शैक्षिक यात्रा का प्राथमिक उद्देश्य भारत के समृद्ध इतिहास और विरासत के बारे में लाभार्थियों की समझ को गहरा करना था तथा जिन स्थानों को वे अभी तक

केवल किताबों में पढ़ते हैं उन्हें शैक्षिक भ्रमण द्वारा वास्तविकता में दिखाना। कुल मिलाकर, यह भ्रमण सभी लाभार्थियों के लिए एक सुखद और समृद्ध अनुभव प्रदान करने वाला था। यात्रा के दौरान, सभी लाभार्थी उत्साह और जिज्ञासा से भरे हुए थे, जिससे एक लाभार्थी भारत की माननीया राष्ट्रपति श्रीमती द्रौपदी मुर्मू से मिलने के लिए अति उत्साहित दिखी।

## निपुण ने मनाया झुग्गी-झोपड़ी की महिलाओं संग अन्तर्राष्ट्रीय महिला दिवस

नई दिल्ली, (वीअ)। निपुण स्वयंसेवी संस्था जो कि पिछले 18 वर्षों से अधिक समय से जन्म से 14 वर्ष आयु समूह अधिक के बच्चों के शिक्षा, स्वास्थ्य, पोषण आहर एवं उनके सम्पूर्ण विकास के लिये कार्यरत है साथ ही साथ महिला सशक्तिकरण कार्यक्रम के अन्तर्गत कौशल, शिक्षा, वित्तीय साक्षरता, कानूनी एवं स्वास्थ्य जागरूकता कार्यक्रमों के साथ जन्म से 3 वर्ष के बच्चे हेतु देखभाल केन्द्र झुग्गी-झोपड़ियों एवं निर्माण क्षेत्रों में चला रहा है। निपुण संस्था ने प्रत्येक वर्ष की तरह इस वर्ष भी अन्तर्राष्ट्रीय महिला दिवस का सफल आयोजन किया। जिसका शुभारम्भ मुख्य अतिथि प्रोफेसर रिचा चौधरी, डॉ0 भीम राव अम्बेडकर कालेज, डा0 सीमा रानी, अदिति महाविद्यालय, समाजकार्य संकाय, श्री प्रदीप कुमार, संस्थापक सचिव- निपुण



एवं सुश्री सुधा गुप्ता ने दीप प्रज्वलन के साथ किया।

इस अवसर पर निपुण वोकेशनल केन्द्र एवं एम्पावरिंग गर्ल्स चाईड प्रोजेक्ट के बच्चों ने रंगारंग सांस्कृतिक कार्यक्रम से किया। प्रदीप कुमार ने इस अवसर पर मुख्य अतिथिगण एवं बड़ी संख्या में मौजूद महिलाओं का हार्दिक अभिनन्दन एवं स्वागत किया। प्रो0 रिचा चौधरी एवं डा0 सीमा रानी ने सभी महिलाओं को सम्बोधित करते हुये उत्साह बढ़ाया एवं उन्हें स्वयं खुश रहने एवं अपने परिवार को खुश रखने के लिये प्रेरित 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.



## Reach us at:



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