



## **MONTHLY NEWSLETTER**

### **MAY 2024 | Vol. XXIX**



### **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.**





## Hum Bachcho Ka Nara Hai, Shiksha Adhikar Hamara Hai

To ensure access to education for the children of construction workers, NIPUN organized a special event at construction sites. The initiative aimed to provide educational opportunities for these children who often face barriers to schooling due to their parents' work demands who are also a migrant labour.

Through engaging activities and educational sessions, NIPUN sought to create a conducive learning environment right at the construction sites, thereby enabling these children to access quality education despite their circumstances.

## Aao Ham Sab School Chalein - Admission Drive

To uphold children's Right to Education, NIPUN organized a series of admission campaigns in all the locations where NIPUN is actively engaged.

The primary objective of the program was to integrate children who had dropped out or never attended school into Government Schools.

The campaign yielded fruitful results as we successfully motivated families to enroll their children in nearby MCD/Government Schools.







## NIPUN Remedial Education Centres strengthen the capacity of needy students

At NIPUN, our Remedial Education Centre's objective is to provide additional assistance to students in need, tailored to their respective classes/levels. Located within slum communities, our Remedial Education Centres offer extra classes in Mathematics, English, Social Studies, and Hindi, aiming to uplift the underprivileged.

Additionally, we conduct monthly assessments in these subjects to gauge students' progress and tailor our support accordingly, enhancing their capabilities for better academic outcomes. Furthermore, we frequently organize quiz contests, painting sessions, and cultural activities to promote their holistic development.

All primary and upper primary students enrolled in our remedial education centers receive daily supplementary nutrition support. In the academic year 2023-2024, all beneficiaries of our remedial education centres passed their annual exams with flying colors.

## Mamta's journey from rural hardship to securing a job, highlights the impact of NIPUN Vocational Training

Mamta's childhood in Pratapgarh, U.P was marked by financial insecurity, with her family often struggling to make ends meet as her father, a farmer, battled to provide for his family of five. Their modest lifestyle included sleeping on a makeshift bed constructed from bricks and sharing meals of rice, carefully portioned by her parents to ensure everyone had enough to eat.

In search of better opportunities, Mamta's family relocated to Delhi, where her mother found work as an Asha worker. However, their income remained insufficient for a dignified life. Determined to contribute more, Mamta enrolled in the NIPUN - Umang Vocational Training Centre, where she dedicated herself to learning computer skills along with Tally & Accounting.

Completing the course not only equipped Mamta with valuable skills but also bolstered her confidence. This newfound empowerment led to a placement at IIFL Securities Limited, where she now earns a respectable monthly salary. Mamta's journey exemplifies the transformative impact of vocational training in empowering individuals from disadvantaged backgrounds to secure better livelihoods and build brighter futures.





# HIGHLIGHTS



## Community Mobilization - NIPUN at the doorstep of the beneficiaries

Community mobilization serves as the initial step toward collective action and sustainable development. It entails empowering individuals within a community to unite, identify common goals, and collaboratively address shared challenges. Through grassroots initiatives, inclusive dialogue, and capacity-building efforts, community mobilization cultivates a sense of ownership and responsibility among members, enabling them to initiate positive change from within.

Whether advocating for social justice, promoting health and well-being, or advancing environmental sustainability, community mobilization harnesses the collective power of diverse voices and perspectives to create meaningful impact at the local level.

In the financial year 2024-2025, NIPUN's community mobilization drive aims to achieve several objectives: enrolling children who have never attended school or dropped out, targeting first-generation learners for education center enrolment; providing Day Care cum Creches services for children aged birth to 6 years, particularly those of construction workers; and offering vocational training for untrained youth at our Vocational Training Center, equipping them with skills for job placements.

## Happy Mother's Day!

Happy Mother's Day! NIPUN extends heartfelt thanks to all the incredible mothers for their endless love and sacrifices. Your nurturing spirit and unwavering support make the world a better place.



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





## Creativity Among the Underprivileged

As exams conclude and summer vacations approach, our teachers seize the opportunity to cultivate the creativity of underprivileged children.

They guide the children in drawing and painting activities using recycled materials, encouraging artistic expression and resourcefulness throughout the year.

## NIPUN's Holistic Child Development Initiatives

NIPUN is actively engaged in implementing preschool education (Balwadi) activities for children aged 3 to 6, both at construction sites and in urban slum communities. Preschool, also known as pre-primary education, serves as the initial phase of organized learning for young children. Its comprehensive goal is to facilitate universal, equitable, and enjoyable access to education, tailored to the specific needs of each child within this age group, fostering their holistic development.

Within the Balwadi Centers, our caregivers not only engage the children but also actively involve their parents. They strive to create an emotionally supportive, culturally sensitive, child-centered, and intellectually stimulating learning environment. The primary aim is to lay a solid foundation for lifelong learning through play and age-appropriate activities. Additionally, the centers seek to instill positive attitudes, values, and essential skills such as critical thinking, collaboration, communication, creativity, and technology literacy. Emphasis is also placed on socio-emotional development, facilitating a smooth transition from preschool to primary school.

Currently, NIPUN operates 15 such centers across Delhi/NCR, with over 450 children enrolled. In addition to educational services, the centers provide nutritious, freshly cooked meals, ensuring that the children receive holistic support for their growth and development. Ultimately, the initiative aims to equip children with the necessary tools and mindset for a successful and fulfilling future, preparing them effectively for formal schooling.







## Empowering Futures: NIPUN's Career Counseling Drive

With the completion of board examinations, students are eager to plan their career paths. NIPUN has organized a series of Career Counselling sessions aimed at youths who have recently completed their X/XII board exams. These sessions provided information about the courses offered at the NIPUN Vocational Center, including Tally & Accounts, Beauty Wellness, Self-Employed Tailoring, Basic Computer Skills, as well as spoken English and personality development.

Special emphasis is placed on the job placement opportunities available to students upon successful completion of the courses. The campaign has been a resounding success, with over 100 youths enrolling in our Vocational Center.



## Shiksha Se Shashktikaran

Through the intervention of NIPUN, the Awareness and Education Program has empowered community women by improving their knowledge, skills, and confidence.

Through health workshops, financial literacy training, education classes, legal rights sessions, and leadership development, women have reported better health practices, increased incomes from small businesses, improved literacy, greater legal awareness, and more active community involvement.

This program has significantly fostered gender equality and community cohesion.



## Empowering Children with Nutrition

The main objective of NIPUN Supplementary Nutrition Program is to reduce hunger, prevent malnutrition, increase school enrolment, reduce absenteeism and improve learning outcomes among children living in slums and construction sites. Nutritious food is being given to all children every day in Day Care Centres, Preschools, Non-Formal Education and Remedial Education Centres. Delicious and healthy food is reducing malnutrition, especially among girls.

At the same time, every month, NIPUN organizes Health Check-up cum growth monitoring activities, supported by the expertise of Dr. Kalyani Mishra, MBBS, and her team. During these sessions, the children's height, weight, primary immunization, and nutritional status are meticulously validated. The doctor's keen eye ensures that each child receives appropriate care, nurturing their health and well-being. Across the project locations Delhi NCR more than 1000 children are getting benefits of supplementary nutrition programme and empowering themselves. With a dedicated NIPUN team we're nurturing young lives from birth to 12 years.





# HIGHLIGHTS



## Swagat Kendra - Transforming the Lives of Marginalized Children

Swagat Kendra, a NIPUN initiative in Delhi's South West District, addresses the educational needs of children who have dropped out or never attended school. It provides tailored education for children aged 3 to 14, preparing them for mainstream schooling. Beyond academics, Swagat Kendra fosters talents through art, craft, dance, and music workshops. Enrolled children receive supplementary nutrition, healthcare, and growth monitoring.

Community engagement is vital, with Parent-Teacher meetings and awareness campaigns on sanitation, the POCSO Act, and women's empowerment. Swagat Kendra exemplifies the transformative power of education, offering every child a chance to thrive.

## Transforming Lives of High-Risk Groups in Punjab

NIPUN is implementing a Targeted Intervention project in Gurdaspur district of Punjab, providing vital services to hundreds of registered High-Risk Group individuals.

With support from the Punjab State AIDS Control Society and NACO, NIPUN offers health services, HIV/AIDS care, and wellbeing programs aimed at empowering HRGs.

Additionally, NIPUN organizes regular health clinics, yoga sessions, HIV/AIDS screenings, recreational activities, and workshops on the Fundamental Duties and Legal Rights of HRGs. We also focus on strengthening Community-Based Organizations, forming Self Help Groups (SHGs), creating crisis management committees, and advocating for HRGs with relevant stakeholders.

The overarching goal is to rehabilitate and empower the high-risk group community, helping them achieve better lives and self-reliance.





## Festival of Democracy - Transgender Individuals exercised their rights

Earlier, NIPUN participated in a Voter Awareness Event for Transgender individuals, 'Chunav Ka Parv, Desh Ka Garv,' in collaboration with the District Election Office, District North, and the Office of the Returning Officer.

During this event, we enrolled more than 350 Third Gender (Transgender) individuals in the electoral roll of the South-West district, Delhi.

Since then, our team has been organizing various sensitization programs in different areas of the South-West District of Delhi.

As a result, hundreds of Transgender individuals have turned out and participated in the festival of democracy by casting their votes on 25.05.2024.



## Silai Se Swarojgar

NIPUN has been operating a Vocational Training Unit for unskilled youth for the past 8 years, providing skill development training aimed at job placement.

Till date, over 950 women have received tailoring training, becoming self-employed and supporting their families' livelihoods.



## Menstrual Hygiene Day 2024

Menstrual health is a fundamental aspect of human rights, dignity, and public health. Observed annually on May 28th, Menstrual Hygiene Day is dedicated to breaking taboos and raising awareness about the importance of good menstrual hygiene management (MHM). This year, SDG Resources is leading the charge to educate, empower, and transform the conversation around menstrual health.

Good menstrual hygiene is crucial for the health, well-being, and empowerment of women and girls worldwide. It plays a critical role in enabling women and girls to reach their full potential.

NIPUN celebrated Menstrual Hygiene Day in the slum communities & construction sites where NIPUN is actively working, sensitizing the community, and disseminating messages on Health & Dignity: Effective Menstrual Hygiene Management helps prevent health risks and ensures that menstruation is managed with dignity; Education and Opportunities: Girls with access to menstrual hygiene education and products are more likely to continue their education and participate fully in society. Breaking the Silence: Open conversations about menstruation challenge taboos and promote gender equality.

These activities were conducted through various nukkad meetings, rallies, focused group discussions, experience sharing, poster campaigns, etc., apart from distributing sanitary pads benefiting more than 300 women.

Menstrual  
HYGIENE  
is a  
NECESSITY  
not a  
LUXURY



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# HIGHLIGHTS



## Holistic Development for Migrant Workers' Children

NIPUN is running Day Care Centres cum Crèches at various locations in Delhi/NCR. These centres are specifically designed to cater to the children of construction workers who have migrated from West Bengal, Chhattisgarh, Uttar Pradesh, and Bihar in search of employment and improved livelihoods.

The primary objective of these centres is to provide day care, security, and affection to children aged from birth to 12 years. While their mothers are engaged in work at construction sites, these centres ensure the children are in a safe and nurturing environment. Additionally, the centres aim to provide pre-school and bridge courses to the children, laying a strong foundation for their future learning and development, ultimately facilitating their integration into nearby government schools.

Moreover, NIPUN ensures that the children receive hot, cooked, delicious, and nutritious meals, addressing the issue of malnutrition and supporting their growth and development. By offering these essential services, NIPUN not only addresses the well-being and educational needs of the children but also provides peace of mind to their parents, allowing them to work without worrying about their children's welfare. This initiative significantly enhances the quality of life for migrant construction workers and their families.



## Health Check-up Camp for children of construction workers at Greater NOIDA

The NIPUN team organized a comprehensive health check-up camp at Day Care Centers in Greater NOIDA with the help of Dr. Kalyani Mishra on 25th May, 2024. During the camp, the doctor assessed the growth of each child, particularly focusing on the status and progress of malnourished children, seasonal diseases, and primary immunization.

Additionally, children were taught the importance of proper hand washing, personal hygiene, nutrition, and general health issues crucial for their development. Throughout the check-up camp, a total of 109 children were examined, diagnosed, and advised accordingly, along with the Day Care workers and their parents.



## Fostering Empowerment in Beauty & Wellness

For the past 8 years, NIPUN has been nurturing the empowerment of women in the community through its Vocational Training Unit, imparting training on Beauty & Wellness. This initiative has been instrumental in providing skill development opportunities to unskilled youth, particularly women.

With a focus on beauty and wellness, it has equipped over 1210 women with the necessary expertise in Hena to thrive in this industry.

As a result of their training, these women have embarked on entrepreneurial journeys, not only supporting their families' livelihoods but also elevating the standards of beauty and wellness within their communities.





# Menstrual Hygiene Week Celebrations by NIPUN

**New Delhi :** NIPUN, a dedicated organization working towards the empowerment and upliftment of underprivileged communities with a focus on health, education, and overall well-being, celebrated Menstrual Hygiene Week from May 28th to June 1st, 2024. The celebration focused on empowering women and girls in slum communities and construction sites where the organization is actively working.

NIPUN engaged in sensitizing the community and disseminating messages on the importance of menstrual health. The campaign centered around three key themes: Health & Dignity: Effective Menstrual Hygiene Management helps prevent health risks and ensures that menstruation is managed with dignity; Education and Opportunities: Girls with access to menstrual hygiene education and products are more likely to continue their education and participate fully in society; Breaking the



**Silence:** Open conversations about menstruation challenge taboos and promote gender equality. Menstrual health is a fundamental aspect of human rights, dignity, and public health. Observed annually on May 28th, Menstrual Hygiene Day is dedicated to breaking taboos and raising awareness about the impor-

tance of good menstrual hygiene management (MHM). This year, SDG Resources is leading the charge to educate, empower, and transform the conversation around menstrual health.

According to the Secretary of NIPUN: Good menstrual hygiene is crucial for the health, well-being, and empowerment of women and girls worldwide. It plays a critical role in enabling women and girls to reach their full potential.

During the week, NIPUN conducted various activities, including nukkad meetings, rallies, focused group discussions, experience sharing, and poster campaigns. Additionally, sanitary pads were distributed, benefiting more than 300 women.

These efforts aim to empower women and girls, ensuring their health and well-being, while promoting gender equality and breaking down societal taboos associated with menstruation.

# MEDIA

## युवाओं ने तम्बाकू निषेध दिवस मनाया



### शाह टाइम्स संवाददाता

**नई दिल्ली।** निपुण एक स्वयं सेवी संस्था है जो कि विगत 18 वर्षों से अधिक समय से दिल्ली, पंजाब एवं उत्तर प्रदेश में बच्चों, युवाओं, महिलाओं एवं ट्रांसजेंडर्स समुदाय के लोगों को शिक्षित एवं आत्मनिर्भर बनाने के लिये कार्य कर रही हैं। निपुण वोकेशनल ट्रेनिंग सेन्टर, पश्चिमी दिल्ली के युवा प्रशिक्षुओं ने विश्व तम्बाकू निषेध दिवस, 2024 के अवसर पर युवा साधियों के साथ युवा पीढ़ी में तम्बाकू के सेवन एवं रोकथाम पर एक सफल परिचर्चा का आयोजन किया और साथ ही साथ मलीन बस्तियों में पोस्टर के साथ एक जागरूकता अभियान का भी आयोजन किया। जिसके अन्तर्गत बड़ी संख्या में युवाओं ने बढ़चढ़ कर हिस्सा लिया और बस्ती के युवाओं को जागरूक किया और इसके कारण हो रही मौतों के बारे में जानकारी प्रदान की। इसके अलावा तम्बाकू के सेवन से होने वाली गम्भीर बीमारियों एवं इससे होने वाले खतरों के बारे में विस्तार से समझाया गया और इसके रोकथाम के उपायों को भी सुझाया। विश्व तम्बाकू निषेध दिवस, 2024 का समापन युवाओं के शपथ से हुआ जिसके अन्तर्गत सभी युवाओं ने प्रण दिया कि अपने जीवनमें वे कभी भी तम्बाकू का सेवन नहीं करेंगे और आने वाली नई युवा पीढ़ी को जागरूक करेंगे। संस्था के सचिव प्रदीप कुमार ने सभी युवाओं को सम्बोधित करते हुए कहा कि समाज में बढ़ते हुये इस गम्भीर समस्या का समाधान युवाओं की सक्रिय भागीदारी से ही संभव है। जोकि इस बुराई को जड़ से समाप्त कर सकते हैं। सुश्री ज्योति, सहायक कार्यक्रम समन्वयक ने सभी का धन्यवाद करते हुए।





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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