

MONTHLY NEWSLETTER

MAY 2026 | Vol. LIII



OUR COMMITMENT

VISION

“A literate, healthy and self-reliant Community”

MISSION

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

ABOUT NIPUN

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

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

- Empanelled by National CSR Hubs of TISS**
- Empanelled by Institute of Corporate Affairs**
- Registered for undertaking CSR activities, Ministry of Corporate Affairs, Govt. of India (Reg no. CSRo0004761)**

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

International Labour Day 2026

NIPUN Team wishes a very Happy International Labour Day to all the hardworking individuals who make our lives easier every day.

Your dedication, resilience, and relentless efforts are truly inspiring. Today, we celebrate your invaluable contribution to society.



Legal Awareness Session on International Labour Day

On May 1, 2026, NIPUN, with the support of the West District Legal Services Authority under the administrative control of the Delhi High Court, organized a Legal Awareness Session at our Basti Pathshala in the J.J. Cluster of Meera Bagh.

The session focused on Labour Laws, workers' rights, and the availability of free legal aid, empowering community members with essential knowledge to safeguard their rights.

A total of 40 women from the community actively participated, making the session impactful and engaging. The initiative aimed to strengthen awareness, promote dignity at work, and ensure access to justice for all.



HIGHLIGHTS

Maa Jaisa Pyaar – A Safe Haven for Every Child

Every child deserves love, protection, nutrition, and a safe space to grow. Through its Day Care Centre initiatives across Delhi/NCR, NIPUN is working for the holistic development of children belonging to families of construction workers, daily wage labourers, rag pickers, domestic workers, and other vulnerable communities. At our centres, children receive a nurturing environment filled with care, learning, timely nutritious meals, health and hygiene support, recreational activities, and early childhood education. Our caregivers and staff look after each child with warmth and compassion—just like a mother’s care and affection.

While parents step out for work to earn their livelihood, they can do so with peace of mind knowing their children are safe, happy, and cared for at NIPUN’s Day Care Centres.

Because every child deserves “Maa Jaisa Pyaar” and an opportunity for a brighter future.

On this Mother’s Day, NIPUN extends heartfelt wishes and gratitude to all mothers and our dedicated care workers whose unconditional love, care, and sacrifices nurture children and build stronger communities every day.



HIGHLIGHTS

Workshop on Inclusive Education for Bal Vatika Care Givers

NIPUN organized an insightful and interactive sensitization session on Disability Inclusion, Early Identification, and Supportive Care Practices for the Day Care Workers cum Care Givers of the Bal Vatika Project. The session was conducted by Dr. Sangeeta Kardam, expert in Disability and Occupational Therapy.

During the session, participants were sensitized on identifying early signs and symptoms of developmental and learning disabilities such as Learning Disability, Intellectual Disability, Hyperactivity, Cerebral Palsy, Autism, Dysgraphia, Bleeding Disorders, and other developmental concerns. Dr. Kardam emphasized the importance of inclusive caregiving, empathy, early intervention, and equal opportunities for every child.

The session also covered important information related to the RPWD Act, 2016 and the significance of the Unique Disability ID Card (UDID) in accessing government support and welfare services for children with disabilities.

To make the training more practical and engaging, group discussions, presentations, and experience-sharing activities were conducted where participants shared real-life observations and challenges faced at the Bal Vatika centers. The interactive discussions helped strengthen the understanding and confidence of care givers in supporting children with special needs in a more inclusive and compassionate manner.



HIGHLIGHTS

Surakshit Bachpan, Surakshit Bhavishya

On the occasion of International Technology Day, NIPUN, in collaboration with the West District Legal Services Authority (DLSA) under the aegis of NALSA & DSLSA, organized a Legal Awareness Session at Bengali Camp, Meera Bagh, West Delhi.

The session focused on Child Safety, Good Touch & Bad Touch Awareness, and sensitization regarding the Protection of Children from Sexual Offences (POCSO) Act, 2012. Around 25 children, along with their parents and caregivers, actively participated in the session and learned about creating a safe and protective environment for every child.

We are thankful to Ms. Anju Vaid, LAC for conducting the awareness session and guiding the community on the importance of child protection, legal rights, and reporting mechanisms.

At NIPUN, we strongly believe that awareness and education are the first steps towards building a safer and brighter future for children.



HIGHLIGHTS

Clean Hands, Healthy Lives!



NIPUN celebrated World Hand Hygiene Day (May 5) through a week-long Hand Hygiene Sensitisation Programme at its Bal Vatika centres, engaging children, parents, and caregivers in promoting healthy hygiene practices. This year's global theme, "Action Saves Lives," emphasized the importance of immediate and practical hand hygiene actions in preventing diseases and safeguarding lives. Around 200 participants enthusiastically took part in the awareness activities conducted throughout the week.

The programme included interactive sessions, demonstrations on proper handwashing techniques, discussions on personal hygiene and sanitation, and activities encouraging children to adopt healthy habits in their daily lives. Parents and caregivers were also sensitized about the importance of hygiene in ensuring the health and well-being of children.



HIGHLIGHTS

Giftng a Smile!

A heartfelt thank you to the students of Delhi Public School, Gautam Buddh Nagar, for their thoughtful contribution of water bottles for 110 children of NIPUN Balwadi Education Center.

In this scorching summer heat, these water bottles will help our children stay hydrated, healthy, and active while attending classes and activities at our centers. Small acts of kindness like these bring big smiles and make a meaningful difference in the lives of underprivileged children.

Their generosity and compassion have truly inspired us. Together, let us continue spreading care, kindness, and happiness among children who need it the most.



HIGHLIGHTS

From Bridge to Bright Futures

NIPUN is proud to share a significant milestone—120 children from our Bal Vatika Project in the South West District have been successfully mainstreamed into MCD/Government schools through our Bridge Course Program. Our Bridge Course Education Program at Bal Vatika is designed for out-of-school and first-generation learners, helping them build foundational literacy, numeracy, and essential life skills. Through activity-based learning, individual attention, and a nurturing environment, the program prepares children to transition smoothly into formal schooling and sustain their learning journey. These children, who were once excluded from the education system, have now taken a confident step towards a structured classroom environment and a brighter future. Their journey reflects not just academic readiness, but also increased confidence, social development, and a renewed sense of belonging.

This transition is more than enrollment—it is about restoring childhood, ensuring continuity in education, and creating pathways for long-term opportunities. At NIPUN, we remain committed to bridging gaps and ensuring that every child has access to quality education and a chance to thrive.



HIGHLIGHTS

Spreading Smiles & Happiness

NIPUN extends its heartfelt gratitude to our well-wishers, the Kaicker Family, for their generous contribution of toys, clothes, carom board, Teaching Learning Materials (TLM), cradles, shoes, puzzles, teddy bears, toy cars, key toys, and many other useful items for 70 underprivileged children attending NIPUN's Day Care Centres. These children belong to families of construction workers and daily wage earners, who often struggle to provide a safe, nurturing, and stimulating environment for their little ones. Through NIPUN's Day Care Centres, we strive to ensure holistic early childhood care, nutrition, education, health, recreation, and a secure space where children can learn and grow with dignity and joy.

The smiles on the faces of the children while receiving these gifts reflected the true spirit of love and compassion. Such thoughtful support not only brings happiness to the children but also motivates us to continue working towards a brighter future for every child. We are especially thankful to the Kaicker Family for their continuous support and generosity towards NIPUN's children year after year. Your kindness is making a meaningful difference in the lives of these young children.



HIGHLIGHTS

Strengthening Care Through Awareness

A parents' meeting was organised at the ATS Kabana Day Care Center, Noida, by NIPUN to discuss the overall wellbeing of children attending the center. The session focused on the importance of immunisation, proper nutrition, health, hygiene, and the healthy development of children.

Around 15 mothers actively participated in the discussion, sharing their concerns and experiences while learning about better childcare practices. Such interactions help build stronger awareness among parents and ensure a healthier and safer future for every child.



HIGHLIGHTS

Ayushman Arogya Shivar under TB MukT Bharat Abhiyaan 2.0

As part of the Nationwide TB MukT Bharat Abhiyaan (TBMBA) 2.0 launched in Delhi, an Ayushman Arogya Shivar was organized on 18/05/2026 at Kapashera under NIPUN's TG/TI Project area. The camp focused on TB screening along with Non-Communicable Disease (NCD) screening to ensure better healthcare access for High-Risk and Bridge Population groups. The initiative aimed to spread awareness about Tuberculosis, encourage early detection, and connect vulnerable communities with essential healthcare services. Community members were mobilized to participate in the camp and avail screening and diagnostic facilities.

During the program, a total of 60 beneficiaries were screened. Out of them, 46 individuals underwent TB diagnostic tests including X-Ray and sputum testing. Additionally, 9 suspected TB cases were identified and referred to Government Hospitals for further diagnosis and treatment to rule out the possibility of TB. NIPUN remains committed to supporting the vision of a TB-Free India through continuous community outreach, awareness generation, and access to timely healthcare services for marginalized populations.



HIGHLIGHTS

Swachh Pani, Swasth Jeevan Ka Aadhar

With the increasing cases of diarrhea in vulnerable communities, NIPUN organized an awareness programme for the parents of children enrolled in the Bal Vatika Project. The session focused on the importance of clean drinking water, safe storage practices, hand hygiene, sanitation, and preventive measures to protect families from water-borne diseases.

The programme especially reached parents from marginalized backgrounds including rag pickers, daily wage labourers, rickshaw pullers, and other underserved communities, helping them understand how simple hygiene practices can prevent serious illnesses among children and families. Around 75 mothers actively participated in the session, engaging in meaningful discussions on health, nutrition, and cleanliness in their homes and surroundings. The awareness programme empowered mothers with practical knowledge on safe water and hygiene practices, encouraging healthier habits within their families and communities. By spreading awareness at the grassroots level, the initiative aims to reduce the risk of diarrhea and build a healthier, safer environment where children can grow and thrive with dignity and well-being.



HIGHLIGHTS

Empowering Adolescents Through Menstrual Hygiene Awareness

UMANG Vocational Trainees observed Menstrual Hygiene Week by organizing an awareness campaign within the community to promote the importance of menstrual health, hygiene, and dignity among adolescent girls and youth. The trainees actively interacted with community members and motivated adolescents to adopt safe menstrual hygiene management practices, maintain personal cleanliness, and break the myths and stigma associated with menstruation and also distributed 150 sanitary pads. Through awareness sessions and meaningful conversations, the campaign encouraged young girls to speak openly about menstrual health and understand the importance of proper hygiene for their overall well-being.

This initiative not only spread awareness but also empowered adolescent youth with knowledge, confidence, and a positive approach towards menstrual health management, contributing towards healthier and more informed communities.



HIGHLIGHTS

चुप्पी तोड़ें, जागरूकता बढ़ाएं — Break the Silence, Build Healthy Lives.

Menstrual Hygiene Week was observed with the mothers of NIPUN's Bal Vatika Project at South West Delhi to spread awareness about menstrual health, hygiene, dignity, and the importance of breaking the silence around menstruation. The awareness sessions focused on safe menstrual hygiene practices, the importance of cleanliness, nutrition, use of sanitary products, and addressing common myths and misconceptions associated with menstruation. ASHA workers also sensitized community women about cervical cancer, its early symptoms, preventive measures, and the importance of timely health check-ups and care. During the programme, around 250 sanitary pads were distributed among women and adolescent girls to promote safe menstrual practices and support menstrual health management. Mothers actively participated in discussions and interactive activities, gaining valuable knowledge to ensure better health and well-being for themselves and their daughters.

The programme helped mothers develop a better understanding of menstrual health and encouraged open conversations around a topic often surrounded by stigma and hesitation. Women were empowered with accurate information and practical knowledge, enabling them to adopt healthier hygiene practices and support adolescent girls with confidence and dignity. Through awareness, health sensitization, and community participation, the initiative contributed towards building healthier, informed, and empowered communities. The week-long observance will conclude on 28/05/2026 with a continued commitment towards creating awareness, promoting dignity, and ensuring healthier lives for women and girls.



HIGHLIGHTS

Menstrual health is not just a health issue

NIPUN, in collaboration with the West District Legal Services Authority (DLSA), organized a Legal Awareness Session under the JAGRITI Scheme 2025 on the occasion of Menstrual Hygiene Awareness in NIPUN's Empowering Girl Child Project at West Delhi. The session focused on "Menstrual Hygiene, Health and Legal Rights of Women and Girls," creating awareness among women and adolescent girls about safe menstrual practices, health management, and their legal rights.

The programme also included the distribution of 75 sanitary napkins and informational pamphlets to encourage healthy hygiene practices and break the silence and stigma surrounding menstruation. Together, we continue to work towards building informed, healthy, confident, and empowered communities where every girl and woman can live with dignity and awareness.



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

HIGHLIGHTS

Sui Dhaga – Stitching Dreams into Reality

At NIPUN UMANG, our Skill Development Training Program in Dress Designing & Self-Employed Tailoring is empowering underprivileged women and adolescent girls with practical skills, confidence, and entrepreneurial abilities. Through hands-on training and capacity building, the trainees are learning the art of stitching, designing, and tailoring while also gaining entrepreneurship skills that enable them to start their own ventures and become financially independent.

This initiative is not just about sewing clothes – it is about weaving dreams, enhancing livelihoods, and strengthening economic empowerment within families and communities. Today, many women are taking confident steps toward self-reliance and building a brighter future for themselves.

“Every stitch made by our trainees carries confidence, creativity, and hope for a better tomorrow. Skill is the thread that connects women to self-reliance and dignity.”

— Sangeeta, Instructor



HIGHLIGHTS

Clean Hands, Healthy Lives!

A Handwash Awareness Session was organized at our Day Care Center in Rise Resorts at Greater Noida for the children and parents of construction workers to promote the importance of hygiene and healthy habits. During the session, children and parents were sensitized about proper handwashing techniques and how regular hand hygiene can prevent infections and diseases. Interactive demonstrations and fun learning activities encouraged children to make handwashing a daily habit.

The initiative aimed to create awareness among families living in vulnerable conditions and empower them with simple yet effective practices for better health and well-being. Healthy habits learned today can build a healthier tomorrow for every child.

“Good hygiene begins with small habits. Teaching children the importance of handwashing is a step toward a healthier and safer future.”



HIGHLIGHTS

Stories that Inspire Learning & Imagination

At NIPUN's Bal Vatika – Day Care Centers, storytelling is more than just an activity – it is a powerful learning experience that nurtures young minds with imagination, creativity, confidence, and communication skills. Through story sessions, children learn to listen, express themselves, understand emotions, and connect with the world around them in a joyful and engaging way. Stories help improve vocabulary, strengthen memory, encourage critical thinking, and develop curiosity among children during their early learning years. By creating a warm and interactive environment, Bal Vatika encourages children to learn naturally while building the foundation for language development, social skills, and holistic growth.

At NIPUN, we believe that when children are given the opportunity to imagine, they also learn to dream bigger for their future.



SUCCESS STORY

A Story of Courage: How Awareness Saved 11-Year-Old Aradhya

At NIPUN, we often say that empowering children with awareness can change lives. Recently, this belief came alive through the brave actions of 11-year-old Aradhya from Kapashera, Delhi.

Aradhya, a Class 7 student, comes from a family of daily wage labourers who have been living in a rented home for several years. Like many families we work with, financial instability and childcare responsibilities made it difficult for her mother to work. This changed in October 2025, when she learned about NIPUN's Bal Vatika Day Care Centre during a community outreach drive. Soon after, her younger son Harshad was enrolled at the centre, enabling her to resume work and support the family.



On 13 March 2026, what seemed like a routine day turned into a moment of crisis. While returning home with her younger brother from the centre, Aradhya sensed that she was being followed by an unknown man. As she reached her doorstep, the man attempted to silence her.

In that critical moment, Aradhya did something extraordinary.

Instead of freezing in fear, she raised her voice and shouted for help with all her strength. Her cries quickly drew the attention of neighbours, forcing the perpetrator to flee. Her courage and presence of mind prevented what could have been a serious incident.

When asked where she found the strength to respond, Aradhya shared that she remembered the POCSO and safety awareness sessions conducted at NIPUN's Bal Vatika Centre. These sessions had taught her to stay alert, act quickly, and most importantly, never remain silent in unsafe situations.

Today, Aradhya is not just a young girl from Kapashera—she is an inspiration for many others in her community.

Her story is a powerful reminder that beyond education and care, equipping children with life skills and safety awareness is critical. At NIPUN, we remain committed to creating safe spaces where children are not only nurtured but also empowered to protect themselves and speak up.

Because sometimes, awareness is the difference between danger and safety.

NIPUN Organizes Workshop on Inclusive Education for Bal Vatika Care Givers

HUMMER NEWS

NEW DELHI: "NIPUN"—a Hindi word meaning "one who is skilled"—is a Non-Governmental Organization founded in 2005 by a group of socially conscious development workers committed towards empowering marginalized communities through education, health, nutrition, vocational training, women empowerment, and child development initiatives. Through its various community-based programs across Delhi/NCR, NIPUN continues to work towards ensuring dignity, equal opportunities, and holistic development for underprivileged children, women, and vulnerable families.

As part of its commitment towards inclusive childcare and child development, NIPUN organized a comprehensive sensitization and capacity-building session on



Identification, and Supportive Care Practices for the Day Care Workers cum Care Givers associated with its Bal Vatika Project. The session was conducted by Dr. Sangeeta Kardam, expert in Disability and Occupational Therapy, with the objective of strengthening the understanding and skills of frontline workers in identifying and supporting children with developmental and learning challenges.

The session commenced with a brief introduction by the

Founder Secretary of NIPUN, Shri. Pradeep Kumar, who highlighted the organization's commitment towards ensuring inclusive, safe, and nurturing spaces for every child, especially children belonging to vulnerable and marginalized communities including children of construction workers, daily wage labourers, domestic workers, rag pickers, and migrant families.

During the training, participants were sensitized on identifying early signs and symptoms associated with develop-

mental and learning disabilities such as Learning Disability, Intellectual Disability, Hyperactivity, Cerebral Palsy, Dysgraphia, Autism Spectrum Disorder, Bleeding Disorders, delayed developmental milestones, and behavioural concerns. Dr. Kardam emphasized the importance of early intervention, empathy, positive reinforcement, and inclusive caregiving practices for the holistic development of children.

The session also focused on inclusive education and the

role of teachers, care givers, families, and communities in creating supportive environments for children with disabilities. Participants were guided on practical caregiving approaches including the use of simple language, visual learning methods, individualized attention, behavioural observation, and peer learning techniques.

An important component of the session was the orientation on the Rights of Persons with Disabilities (RPWD) Act, 2016, which ensures equal rights, dignity, and opportunities for persons with disabilities. Dr. Kardam also informed the participants about the Unique Disability ID Card (UDID) initiative of the Government of India and explained its importance in enabling persons with disabilities to access government schemes, healthcare support, educational assistance, and welfare services.

To make the session more par-

ticipatory and practical, group work, presentations, and experience-sharing activities were conducted. Participants discussed real-life situations and challenges faced while working with children requiring special attention at the Bal Vatika centers. The interactive discussions provided a platform for peer learning and enhanced the practical understanding of inclusive childcare practices among the participants.

The session proved highly informative and impactful, strengthening the confidence and capacities of the care givers in supporting children with special needs in a more inclusive, sensitive, and effective manner.

NIPUN remains committed to promoting inclusive development and ensuring that every child receives care, protection, dignity, and equal opportunities for growth and learning through its various community-based initiatives.

GLIMPSES OF THE WORK



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.

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