
NEWSLETTER

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PVRnest
A CSR INITIATIVE OF PVR INOX

NEST TIDINGS



YOUTH EXCHANGE • NUTRITION • HEALTH & DIGNITY

Together, Building Dignity and Opportunity

At PVR NEST our work is grounded in the belief that dignity, safety, and opportunity are fundamental rights and not privileges. Across India's dense urban settlements, women, children, and young people continue to navigate gaps in access to safe sanitation, health awareness, nutrition, and pathways to economic independence.

January's initiatives reflect this integrated approach bringing together youth engagement, nutritional support, health education, creative expression, and mobility skills. Each programme is designed not as a one-time intervention, but as part of a sustained journey toward resilience, confidence, and self-reliance for underserved communities.

This newsletter captures moments from the ground where collective effort, public partnerships, and community participation converge to create meaningful change around aligned SDGs:



Happy reading!

Team PVR NEST

YOUTH EMPOWERMENT & MOBILITY: MILES OF GROWTH: EMPOWERING YOUNG WOMEN THROUGH BIKE RIDING SKILLS



NEW SKILLS. NEW FREEDOM. 🏍️ ♀️ 🔥

A new training batch was launched with eight young learners from communities around Garima Grih and Central Market.

- Collaboration with Her Sawari
- Focus on bike-riding skills to build independence and confidence
- Led by our Product Incharge Kavita, ensuring a supportive learning environment

YOUTH EXCHANGE, NUTRITION & HEALTH AWARENESS PROGRAMS



📍 3 KEY LOCATIONS 🧑 COMMUNITY ENGAGEMENT 🗺️ PATHWAYS TO EMPOWERMENT

Outreach focused on expanding our footprint and strengthening grassroots connections across three key locations.

- Jawahar Camp: Direct dialogues with 20–25 residents; five individuals identified for enrolment across PVR NEST programs.
- Vikaspuri: Progressed the Safe Spaces initiative with a focus on skill-based training and normalising health conversations within our Pink Centers and Garima Grih network.
- Hanuman Mandir Area: High-footfall outreach to amplify visibility of PVR NEST's core missions, promoting health, safety, and hygiene awareness.



Impact:

- ◆ Wider community reach
- ◆ Strong recall of mission-driven messaging



STRENGTHENING PUBLIC INFRASTRUCTURE

The MCD Sanitation Team conducted a comprehensive inspection of Garima Grih.

- Detailed walkthrough of facilities and ongoing skill-development activities
- Overview of how the centre supports residents through essential services
- Positive feedback received on maintenance and overall functioning

Officials Present:

- **Mr. Sanjay S.S., Chief, Karol Bagh Zone**
- **Mr. Rajesh**



COMMUNITY & CULTURE: A JOYFUL LOHRI CELEBRATION AT GARIMA GRIH



Residents and staff celebrated Lohri in a warm, inclusive setting. Traditional rituals—offering popcorn and peanuts to the ceremonial fire—symbolised prosperity, unity, and shared joy.



SAFETY & CHILD PROTECTION: SAFETY FIRST: EDUCATING MOTHERS ON GOOD TOUCH & BAD TOUCH



**AWARENESS TODAY.
PROTECTION TOMORROW.**



A focused awareness session empowered mothers with tools to protect their children.

Key Discussion Points:

- **Awareness:** Recognising uncomfortable behaviour or intentions
- **Open Communication:** Encouraging children to speak up without fear
- **Parental Responsibility:** Taking every concern seriously and acting promptly

CREATIVE WELL-BEING: MELODIES & MEALS: MANZIL MYSTICS WORKSHOP



During a scheduled feeding session at Garima Grih, Manzil Mystics conducted a music workshop for children—using song and shared creativity to enhance well-being and foster community.

FEEDING BODIES, UPLIFTING SPIRITS—MANZIL MYSTICS TURNING LUNCH HOUR INTO A SYMPHONY OF SMILES. 🎵✨





NATIONAL PRIDE & PARTICIPATION: COLORS OF FREEDOM: REPUBLIC DAY CELEBRATION

On January 26th, Garima Grih came alive with patriotic songs and storytelling led by residents, celebrating the spirit of the Constitution and community pride.

UNITY, DIGNITY, AND PRIDE.



NUTRITION & HEALTH: INVESTING IN HEALTH: BALANCED NUTRITION PROGRAM



Nutrition-focused feeding sessions at Garima Grih and Vikaspuri addressed essential dietary needs of community children.

- Wholesome meals rich in vitamins, minerals, and proteins
- Awareness on building a balanced plate to boost immunity and prevent illness



MIND–BODY WELLNESS: HOLISTIC WELLNESS: YOUTH YOGA SESSION AT VIKASPURI



BREATHE. STRETCH. GROW. 🌱

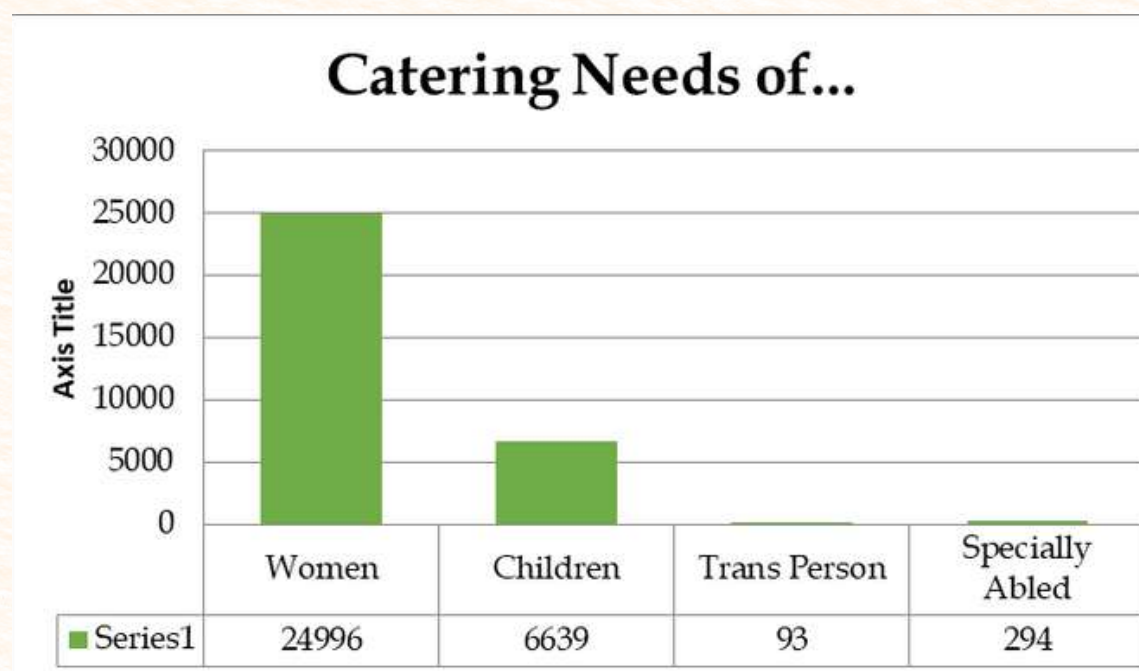
Interactive yoga and stretching sessions helped children improve flexibility, balance, posture, focus, and emotional regulation—laying foundations for lifelong well-being.

JANUARY DATA REPORT

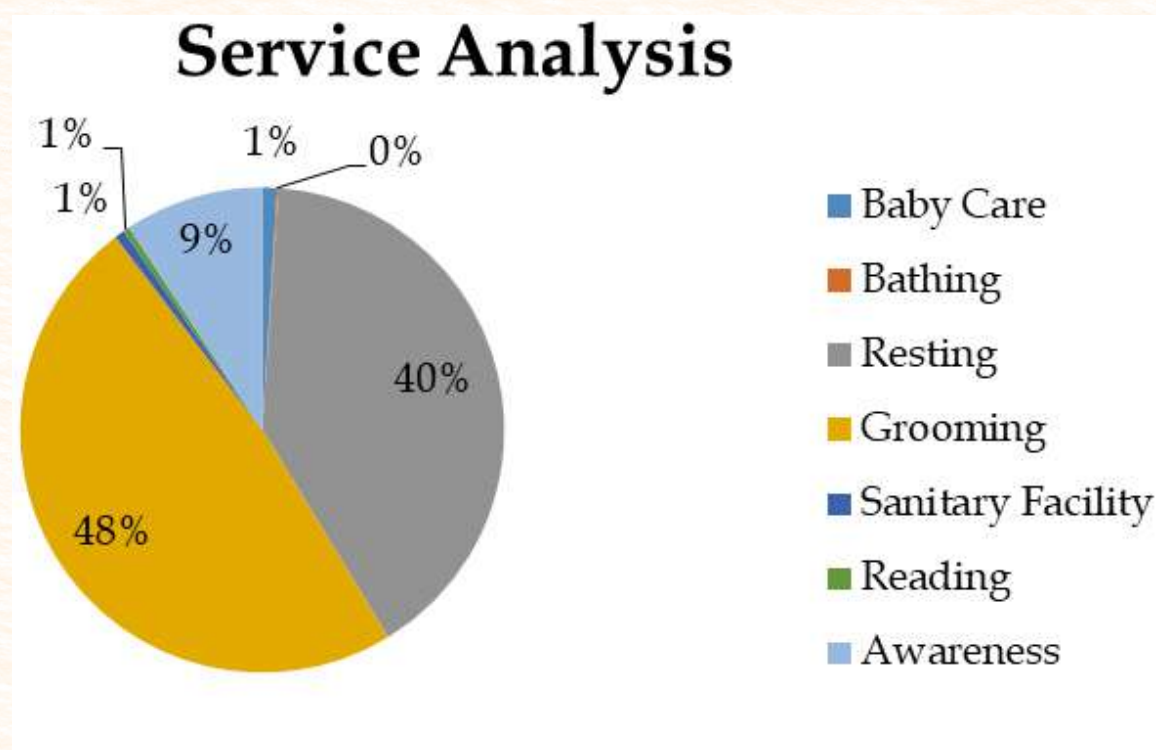
Total Usership during the month 51,275

S. No.	Users	Total User-ship
1	Women	24996
2	Youth	12,587
3	Children	6,639
4	Trans-persons	93
5	Persons with Disability	294
6	Pregnant	739
7	Nutrition Feeding Program	500
8	Community Registration Program	2,805
9	Behavioural Change	248
10	Footfall for Skilling Programs at all our centres	2,374
	Total Usership during the month	51,275

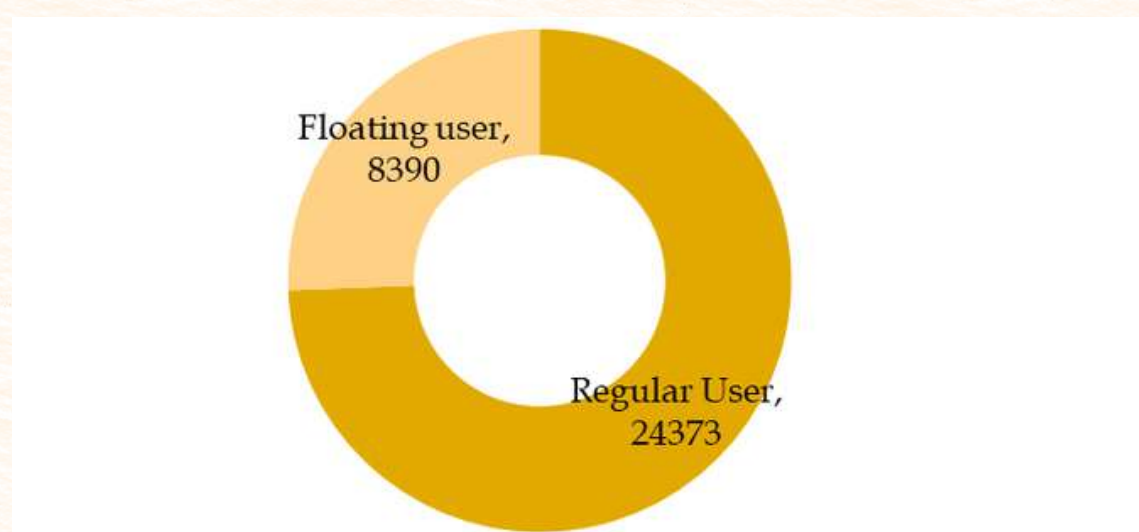
Catering Needs of	
Women	24996
Children	6639
Trans Person	93
Specially Abled	294
Pregnant	739
	32761



Service Analysis	
Baby Care	117
Bathing	13
Resting	4793
Grooming	5760
Sanitary Facility	81
Reading	50
Awareness	1105
	11919



Usership Pattern	
Regular User	24373
Floating user	8390
	32763





IMPACT STORIES OF STITCHING & TAILORING SKILLING PROGRAM



Bharti (Sonia Gandhi Camp)

Hello, my name is Bharti. I live in Sonia Gandhi Camp and I am a single mother of two children—a son and a daughter. I currently live at my mother's house.

Earlier, I worked as a daily wage laborer to support my children. After meeting Sonia Didi, I joined the PIC Centre, where I started working and learning new skills. I enrolled in the stitching course and can now stitch clothes for myself and my daughter.

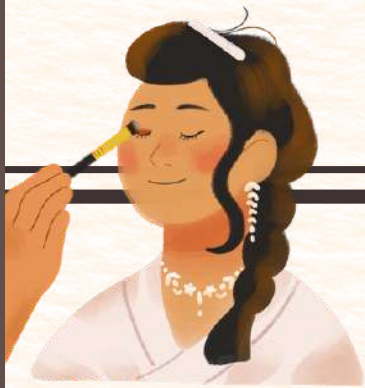
Through this centre, I have learned a lot. I wish to work sincerely, learn stitching and parlour skills, and give my children a better future. My daughter is also learning mehendi here.

Sarita (Ambedkar Basti)

Hello, my name is Sarita. I am 27 years old and live in Ambedkar Basti. I have completed my education up to Class 12.

Some girls from my neighborhood used to go to the Pink Centre to learn parlour skills. They told me about the centre, and I decided to take admission to learn stitching. Earlier, I did not know anything about stitching, but now I can stitch well. I stitch clothes for myself and also for my mother-in-law. I want to learn stitching properly so that I can support my household by managing small daily expenses.





IMPACT STORIES OF BEAUTY & WELLNESS SKILLING PROGRAM



Bharti (Sonia Gandhi Camp)

Hello, my name is Bharti. I live in Sonia Gandhi Camp and I am a single mother of two children—a son and a daughter. I currently live at my mother's house.

Earlier, I worked as a daily wage laborer to support my children. After meeting Sonia Didi, I joined the PIC Centre, where I started working and learning new skills. I enrolled in the stitching course and can now stitch clothes for myself and my daughter.

Through this centre, I have learned a lot. I wish to work sincerely, learn stitching and parlour skills, and give my children a better future. My daughter is also learning mehendi here.

Kesar (RK Puram)

Hello, my name is Kesar. I am 17 years old and studying in Class 12. I live in RK Puram, Sector 7, Nehru Colony. I live with my mother and my sisters; my father is not with us, and my mother takes care of all our expenses.

When outreach didis visited our colony, I learned about tailoring and beauty parlour training, so I enrolled in the course. I am currently learning parlour skills and want to become well-trained so I can support my mother and help with my siblings' education.



GET IN TOUCH



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