

NEST Tidings



January– February' 2025

VOL: 41

New Beginnings: Empowering Women for a Better Future

As we step into the new year, we embrace fresh opportunities to uplift, empower, and support women, especially migrants who have made Delhi their home. Migrant women face significant challenges, including limited access to employment, poorly sanitised housing conditions, lack of skill-based training programs, financial instability, and much more.

This month, India celebrates its 76th Republic Day, the focal point of this momentous occasion is 'Viksit Bharat' revolving around women, especially those from distressed backgrounds. India's successful G20 Presidency has ushered in a new era for women with a focus on women-led development.

At PVR NEST, we strongly believe that full and active participation of women is the key for a developed and prosperous nation.

However, despite our ambitious dreams, millions of women lack access to education, inclusive sanitation, safety, and social protection. To address these gaps and actionating the Hon'ble Prime Minister's vision of women-led empowerment, PVR NEST constantly strives to shape the city's socio-economic and cultural landscape through its programs.

In this issue of NEST Tidings, celebrate inspiring stories of grassroots women who have taken charge of their lives as they continue to inspire larger cohorts of women to gain resilience on issues affecting their communities including climate change, sanitation, and social protection.

Happy reading!

Partner Visit - UNESCO MGIEP



As we continue the journey of empowering our community cohort leaders through resources and skill development as they inch towards better and more dignified lives for themselves and their families, we had our special partners Ms. Archana Chaudhary and Ms. Ankita Singh from UNESCO MGIEP joining us to hear the impact stories of change.



Library Launch



In partnership with Room to Read, we inaugurated our Garima Library. This library has story books for community children including newspapers for the older people.

Menstrual Hygiene Management Training Program



We got all our cohort members and WASH Champions from our centers together for an engaging session with Ms Suparna Chadda, Founder- Sabera on MHM. The women learnt about reproductive anatomy, benefits of using menstrual cups, and busting menstruation-related taboos.

Republic Day Celebration



This was an occasion when we encouraged our Cohort Leaders, their families, and the communities to come together and spell what this day means to them. The children came prepared with dance performances and poems.

The cohort leaders shared their inspiring stories and made the centers beautiful with Rangolis! The highlight of the day was National Anthem singing and flag hoisting at each center.

Award & Honours



We are proud to share that Ms. Deepa Menon, Sr. VP – CSR & Corporate Communications, PVR INOX, has been honored with the 'Iconic Women Creating a Better World for All' award by Mothers Army ALL LADIES LEAGUE.

Under her leadership, PVR NEST has empowered grassroots women, children, and migrant communities through initiatives focused on climate resilience, economic empowerment, and social well-being. By creating safe urban spaces for childcare, education, and skills training, PVR NEST continues to drive meaningful change.

Safe Centre Insights

January-February' 25 (Service Data)



92,643

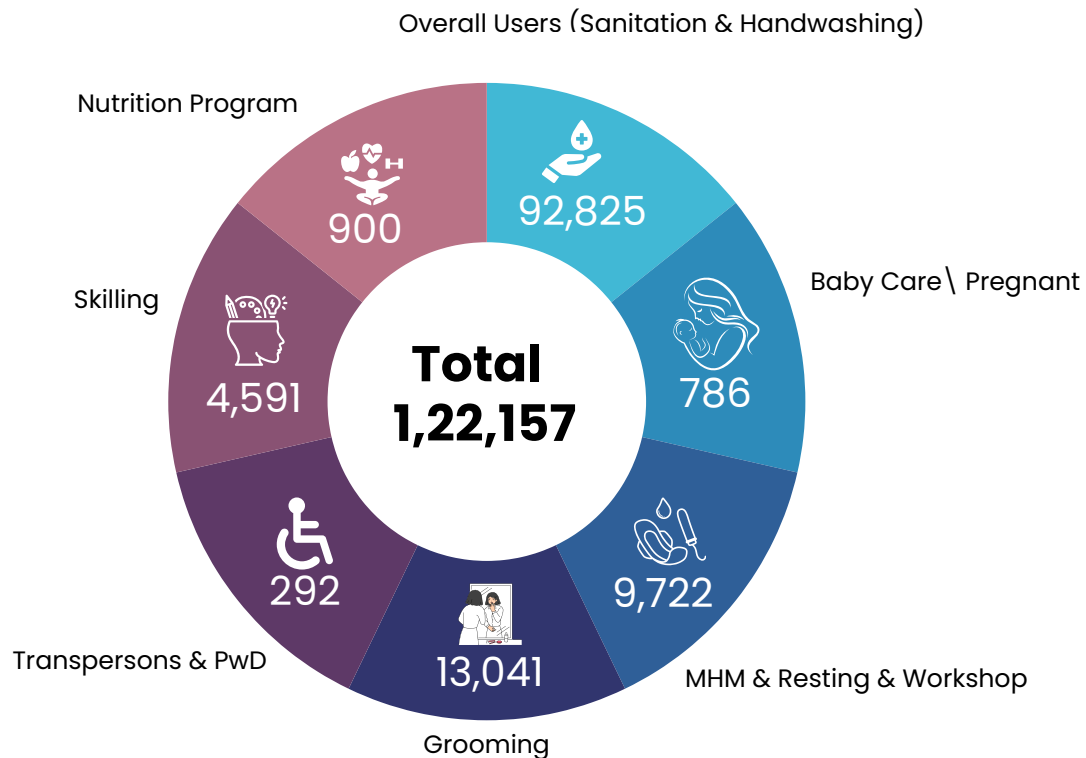
Data Collection of users is also the responsibility entrusted to the WASH Champions. There is a process in place to capture the usage of all amenities provided in the Safe Centre.



4,591

Skilling programs tap users of sanitation facilities at Pink Centres and Garima Grih, spurring steady growth and raising community aspirations for learning new skills.

Intervention Parameters



75%



1. 75% of Garima Grih users are young girls and women, drawn by stitching, tailoring, beauty, and wellness programs, as well as awareness sessions that create a safe space.

2. Early mornings are peak hours, as users head to work and educational institutions.



45%



3. 45% of Pink Centre beneficiaries are youth, who rely on the centers for safety, hygiene, MHM needs, and capacity-building programs for empowerment.

4. Pink Centre Lajpat Nagar contributes 20% of total safe center footfall, with women using it for sanitation, rest, infant care, and skilling opportunities.

20%



87%



5. 87% of users access Pink Centres for resting and grooming, reflecting a rise in economically active women seeking safe spaces.

6. Over 40% use changing rooms, MHM, and resting spaces, with growing demand. Skilling programs and outreach by Cohort members are driving more women to access opportunities and financial empowerment.

40%



Spotlight Stories

Financial independence is not just about earning money—it's about dignity, confidence, and the freedom to make life choices, especially for our women at the grassroots.



Soni

I never imagined I would learn a new skill and earn my own money. I learnt beauty care at Garima Grih and now helping other women to become independent.

After years of struggling to find work, I finally received training that changed my life. After learning beauty & wellness at PVR NEST's R.K.Puram Safe Center, I am earning for the first time in my life.



Gungun



Priya

I never thought that I would transform from a simple user of Garima Grih to a professional housekeeper. I took a five-day housekeeping training at the center and got a job at the same center. I now earn Rs. 9,0000 and share my family's

From being dependent on unstable income sources, taking housekeeping training at Garima Grih helped me earn money of my own. I am more confident of the future of my family with my contributions.



Rukhsaar Khatoon



Gangotri

I have completed the basic and advanced stitching & sewing course at Garima Grih and for the first time have a stable income of Rs. 8,000 per month. I want to open a center like this in my village in Bihar so that I can inspire more women and girls and help them escape poverty."

Healthcare Heroes

On-Job training begins post GDA Course



The Healthcare Heroes is a unique program that focuses on training and mentoring community youth from low-income families to become the next generation of healthcare professionals.

PVR NEST, in association with Tech Mahindra's SMART Healthcare Academy and Lineage Lore, has created this unique hands-on training, skill development, and personalized mentorship program to help over 50 community boys and girls gain practical experience in various healthcare fields—ranging from clinical roles to patient management.

Healthcare Heroes

On-Job training begins post GDA Course



Busra

Age: - 21

Education: - Pursuing B.Sc General, IGNOU.

Job location: - Nulife Hospital GTB Nagar

Post: - GDA (General Duty Assistant)



Sadaf Ansari

Age: - 22

Education: - 12th pass

Job: - Awaited

Post: - HHD (Home Hemodialysis)



Khushi

Age: - 19

Garima Grih

Ongoing GDA Course

Job location: - Yashoda Hospital, Kaushambi

Post: - GDA (General Duty Assistant)



Jyoti

Age: - 27

Garima Grih

Ongoing GDA Course: - 6 Month Duration

Job location: - Jivan Hospital, Ashram

Company: - Metro light

Post: - GDA (General Duty Assistant)



Poonam

Age: - 24.

Garima Grih

Ongoing GDA Course: - 6 Month Duration

Job location: - Jivan Hospital, Ashram

Company: - Metro light

Post: - GDA (General Duty Assistant)

Healthcare Heroes



Aditya

Age: - 18

Gender: - Male

Contact details: - 8527685215/ 9354708719

Email: - adityaroy95152@gmail.com

Educational qualification: - 10 pass

Family Background: - Father private job, mother housewife
total 4 family member

Total monthly family income Rs. 15,000/-



Chandni

Age: - 18

Gender: - Female

Contact number: - 9315526258

Email: - jitenderSingh77638@gmail.com

Education qualification: - 12 pass

Family background: - Father labor, mother housewife total 6
Family member 2 brother 2 sister ,

Total monthly family income Rs. 10,000/-



Sana

Age: - 18

Gender: - Female

Email: - kamarjahan958239@gmail.com

Phone no: - 9582394181

Education Qualification: - 10th Pass

Family background: - Father tailor and mother housewife, 2
sister 2 brother

Total family monthly income 20000/-

Healthcare Heroes



MOHD SALMAN

Age: - 18

Gender: - Female

Email: - jaanmalik3519@gmail.com

Education qualification: - 12 pass

Family background: - Father private job, mother housewife and 1 sister

Total family monthly income 15000/-



Prince

Age: - 18

Gender: - male

Contact details: - 8929813415/8750391820

Email: - princeguptaguptaji078@gmail.com

Educational qualification: - 10 pass

Family Background: - father private job ,mother housewife and total family monthly income 8000/-



Alisha

Age: - 18

Gender: - Female

Email: - anishuddinsaifi25@gmail.com

Phone no: - 8920843052

Education Qualification: - 12 pass

Family background: - Father carpenter mother housewife total 5 family member 2 sister 1 brother

Total family monthly income 20000/-

Healthcare Heroes



Mantasha

Age: - 18

Gender: - Female

Email: - jaanmalik3519@gmail.com

Education qualification: - 12 pass

Family background: - Father private job, mother housewife and 1 sister

Total family monthly income 15000/-



Muskan

Age: - 22

Gender: - Female

Email: - muskansaiifi3702@gmail.com

Phone no: - 8920843052

Education Qualification: - Graduate

Family background: - Father carpenter mother housewife total 6 family member

Total family monthly income 20000/-



Prashant Kumar
Varshne

Age: - 18

Gender: - Female

Email: - anishuddinsaifi25@gmail.com

Phone no: - 8920843052

Education Qualification: - 12 pass

Family background: - Father carpenter mother housewife total 5 family member 2 sister 1 brother

Total family monthly income 20000/-



Nisha

Age: - 26

Gender: - female

Contact details: - 9625202157 / 8700664496

Email: - paramdsingh3@gail.com

Education qualification: - 12 pass qualification

Family Background: - She is married husband driver total 6 family member

Total family monthly income Rs. 20,000/-

GET IN TOUCH



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