

# NEST TIDINGS

Newsletter (Vol - 24) | JUNE 2023

**YOGA IS THE JOURNEY  
OF SELF, TO SELF,  
THROUGH SELF**



SAFE CENTRES



# EXPANDING HORIZONS, EMPOWERING LIVES



*Walkthrough by Forest Essentials Luxurious Ayurveda Team*

Welcome to the June edition of the PVR NEST newsletter, where we bring you inspiring stories and updates on our programs aimed at creating safer, healthier and more empowered communities. This month has been a remarkable journey of growth and impact, as we continue to reach new milestones and touch the lives of thousands of beneficiaries.

June has witnessed the remarkable expansion of our programs, with an overwhelming response from all corners. We are thrilled to share that our outreach efforts have reached a wide audience, benefiting a staggering 70,000 individuals across our safe centres. One particular safe haven, Garima Grih at Jawahar Camp, Kirti Nagar, has witnessed an incredible footfall of over 21,000 users this month.

# OPENING DOORS TO NEW OPPORTUNITY



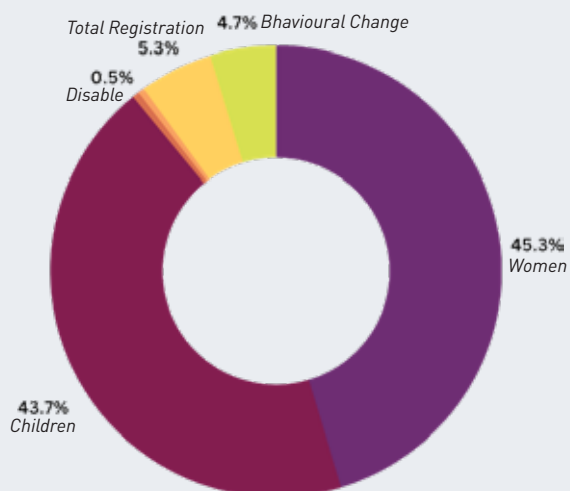
Grooming Centre at Garima Grih, Jawahar Camp Kirti Nagar, supported by READ India

Garima Grih has emerged as a beacon of hope and change, transforming not just physical spaces, but also the behavior and mindset of its users. We are proud to provide a safe and sanitized environment for people with disabilities, the elderly and pregnant women who deserve special care and attention.

Our outreach efforts at Garima Grih have yielded remarkable results, leading to a significant increase in beneficiaries across various programs. We are thrilled to announce the kick start of the much-anticipated 'Grooming Centre,' a skilling program that has been met with overwhelming enthusiasm from the community. Registration slots filled up in a flash, and the influx of registrations for the next batch is a testament to the trust and faith our community places in us.

As our dedicated team continues to engage with the community, we witness the transformative power of our skilling programs.

## Usership Insights



## Program Insights



# BUILDING A HEALTHY COMMUNITY



*Health awareness session by Dr. Surjeet Gupta (supported by READ India)*

Our commitment to holistic well-being extends beyond physical infrastructure. In collaboration with esteemed Gynaecologist, Dr. Surjeet Gupta, we conducted interactive health awareness sessions that focused on a wide range of topics relevant to the community. With an average attendance of 20-25 community members, these sessions provided a platform for education, discussion and empowerment. From skin and fungal infections to joint pains, tuberculosis awareness to recognizing symptoms of heart attacks, our health awareness sessions equipped individuals with crucial knowledge to lead healthier lives.

## USER TESTIMONIES



22 year old Shobha Singh is 6 months pregnant and lives in the Jawahar Camp community.

The lack of toilets always worried her, but since Garima Grih started, she has overcome her apprehensions of about using public sanitation facilities and is at ease even during her advancing pregnancy.



Pooja Kumari comes from Jawahar Camp and is new to tailoring.

She totally agrees with her teacher that this opportunity would enable her to be empowered enough to take care of herself and be independent. She also feels that the health sessions happening at the centre is very helpful in her daily life.





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**USERS**

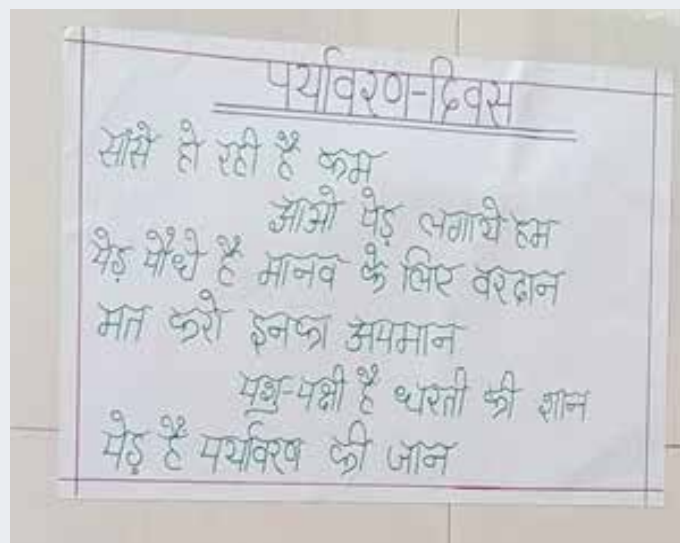
Data Collection of users is also the responsibility entrusted to the Wash Champions. There is a process in place to capture the usage of all amenities provided in the Pink Centre.

# GO GREEN - WORLD ENVIRONMENT DAY



Giftng plants to users

At PVR NEST's Safe Centres, we believe in going beyond the ordinary. This month, we celebrated World Environment Day with our Wash Champions leading the day. Through various engaging activities, we spread awareness about the importance of indigenous plant raising, recycling plastic cans to planters and reducing waste sent to landfills. Our Safe Centres truly embody the spirit of sustainability and environmental stewardship.



Public Awareness



PVR NEST celebrates #International YogaDay at Garima Grih, its largest public health infrastructure for women and children at Kirti Nagar, New Delhi that serves the community in Jawahar Camp, Chuna Bhatti Camp and Harijan Camp. Yoga reduces stress, relieves anxiety and helps manage depression. It fosters real community and relationships in a digital world and is the secret to a happy, healthy life.



## WASH CHAMPION A DREAM REALISED

Pallo, WASH Champion is presently engaged at Vasant Vihar Pink Centre. She lost her job due to the COVID pandemic. She coincidentally met an MCD Official who suggested to her the Pink Centre, Sanitation facility run by women for Women. She cleared the interview and has been working with Pink Centres for the last 2 years. She travels from Bhati Mines every day to the Pink Centre and now she feels financially and socially empowered with all the trainings that she has received.



PVR Ltd, Bldg 9A, DLF Cyber City, DLF Phase 3, Gurugram, Haryana 122002

