



NEST TIDINGS

Health, Learning & Digital Empowerment at the Heart of Our Communities

September has been a month of building foundations.

From empowering women and youth through digital inclusion to strengthening community health and awareness, every initiative has brought us closer to our vision of resilient and empowered communities.

At the heart of these efforts lies the belief that true empowerment begins with access — access to knowledge, digital tools, healthcare, and safe community spaces. The launch of our Common Service Centre (CSC) at Garima Grih marks a new milestone in bridging the digital divide and ensuring that technology serves as an equalizer for all. Simultaneously, our health and awareness sessions have continued to nurture body and mind — from yoga and nutrition guidance to child safety and disease prevention.

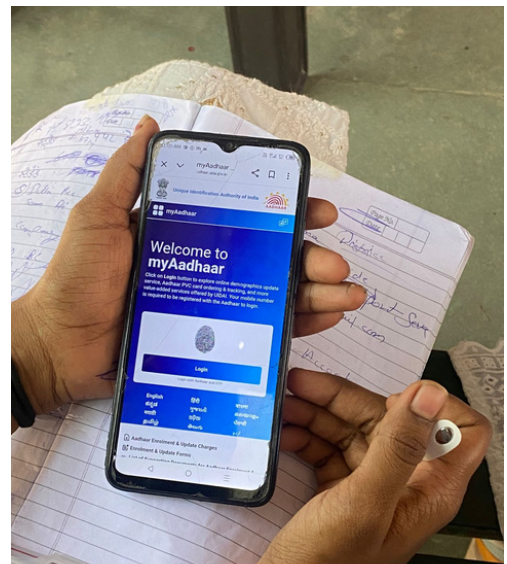
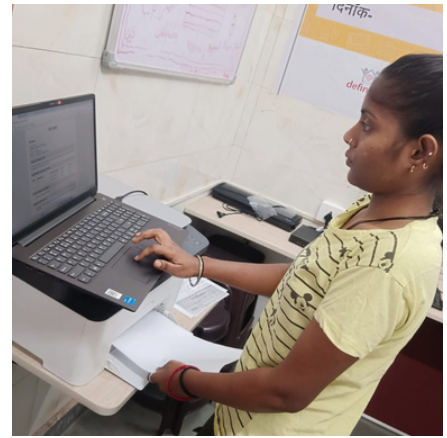
Together, these efforts directly contribute to the Sustainable Development Goals (SDGs) — advancing good health and well-being (SDG 3) through preventive care and awareness, promoting quality education (SDG 4) by nurturing lifelong learning and digital literacy, driving gender equality (SDG 5) by empowering women to lead and thrive, and strengthening industry, innovation, and infrastructure (SDG 9) by creating inclusive digital ecosystems that connect communities to opportunity.

As we reflect on this month's journey, we celebrate every woman who took her first step into digital learning, every child who learned to speak up for safety, and every community that came together for collective well-being.

Happy Reading! _____

Laying the Foundation for Digital Empowerment

In partnership with Digital Empowerment Foundation (DEF), we laid the foundation of a Common Service Centre (CSC) at Garima Grih. The centre—run by a young team of community women—offers both CSC and non-CSC services, making digital access and government schemes more reachable, offering opportunities for digital learning and services. This step strengthens our digital skilling ecosystem and supports communities through innovation and infrastructure.



Women Go Digital – Microsoft WIDB Program

Twenty-five women from our centres have enrolled in the Microsoft Women in Digital Business Program, with outreach continuing to reach 100 participants. The program helps women understand why digitalization matters, how to sell online, and how to adapt their business processes.



Learning from Leaders – Visit to BCF Annual Lecture



The PVR NEST team attended the 24th Annual Lecture organized by the Business Community Foundation (BCF), led by Ms. Amita Joseph, Mr. Mathew Cherian, and Ms. Ravneet Pawha.

Hearing from Ms. Lakshmi Sharma of Khabar Lahariya, India's only women-run rural news network, inspired our team to explore how storytelling can drive social change – reinforcing the power of communication in advancing equality and voice.



Youth Exchange with Lady Irwin College



Our Garima Grih Centre welcomed students from Lady Irwin College, who interacted with trainers, explored locally made sustainable products, and experienced community-driven learning. The students appreciated the skilling and empowerment model, reflecting the strength of academia-community partnerships.



Health & Well-being: Building Awareness, One Session at a Time

Good Touch & Bad Touch – Pink Center, Vikaspuri



Users of our centers including children and their parents learned to recognize safe and unsafe touch, empowering them to communicate without fear. These sessions foster safer childhoods and open conversations on protection.



Health & Well-being: Building Awareness, One Session at a Time

Yoga for All – Garima Grih, R.K. Puram & Vikaspuri

Students practiced Vajrasana, Kapalbhati, and Anulom-Vilom, embracing yoga for better digestion, stress relief, and overall mental balance.



Health & Well-being: Building Awareness, One Session at a Time

World Pharmacy Day – Amar Colony Pink Centre



Pharmacists engaged participants on the importance of nutrition, the role of proteins, and reducing dependence on medicines through healthy habits.

Health & Well-being: Building Awareness, One Session at a Time

Dengue Awareness Drive – Garima Grih

A proactive session informed community members about dengue prevention and mosquito control, reminding everyone that cleanliness and vigilance can save lives.

Key Impact:

- Over 100 community members sensitized across health and hygiene sessions.
- 20 children and parents trained on body safety awareness.
- 50 participants engaged in yoga and preventive health activities.



Feeding & Learning with Joy



More than 100 children across Garima Grih and Vikaspuri centres enjoyed nutritious meals, while learning sessions reinforced hygiene, handwashing, and fun literacy exercises — a perfect example of nourishment meeting education.



Celebrating Nurturers – Teachers' Day

All our centres came alive with music, gratitude, and celebration. Community members honored their trainers and mentors with small tokens of appreciation, celebrating those who guide them toward independence and confidence.



September' 25 (Service Data)



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.

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



Overall analysis

80% + beneficiaries are young girls and women, boosted by skilling and awareness sessions.



40% + users are regular visitors supported by WASH Champions.



WASH Champions

are trained to assist PWDs and acknowledge transpersons.



Centres

provide sanitation, hygiene, resting, grooming, and awareness services.



50% + users come from Amar Colony, Central Market, and RK Puram centres.



85% + users are women and girls who rely on safe, sanitised MHM facilities.



55% + usage happens in the morning (7 AM–1 PM) before school, college, or work.



76% + users are children and young girls, rising due to digital literacy programs.



Utilization of Services – 16,380

441

Baby Care/
Pregnant

5,736

MHM &
Resting

6,868

Grooming

2,628

Skilling

400

Nutrition
Program

307

Transperson
& PWD

IMPACT STORIES OF

BEAUTY & WELLNESS AND STITCHING & TAILORING SKILLING PROGRAM



Nidhi (Garima Grih)

Nidhi, 16, a resident of Jawahar Camp, is currently studying in Class 9. Alongside her education, she enrolled in the Tailoring & Stitching program and recently completed three months of training. Today, she confidently stitches clothes for her family and neighbors, earning a small income that helps support her education. During her summer break, Nidhi plans to continue learning and advance her tailoring skills further.

Neha (R K Puram)

Neha, 22, a resident of Ekta Vihar, RK Puram, has completed her Class 12 education. She recently finished her Beauty & Wellness training at the Pink Centre. Passionate about beauty work, Neha now provides basic beauty services from her home, such as facials and eyebrow shaping for her family and neighbors. Through her skills, she earns a monthly income of ₹2,000–3,000, helping her become more confident and financially independent.



HAPPY USERS OF GARIMA GRIH AND PINK CENTRE



Jyoti (Hanuman Mandir)

Jyoti, 27, a six-months pregnant woman, visited the Pink Toilet at Hanuman Mandir for the first time. She shared her appreciation for the facility's cleanliness, comfort, and well-maintained seating area. Jyoti expressed how safe and relaxed she felt using the space and mentioned that she would love to visit again. She extended her heartfelt thanks to the team for providing such a clean and thoughtful facility for women.

Kamlesh (Vikaspuri)

Kamlesh, 50, works with the MCD and has been visiting the Pink Toilet at Vikaspuri for the past six years. After finishing her work, she often comes here to rest and have her meals in a clean and comfortable space. She shared that the cleanliness and supportive staff make her feel at ease every day. Kamlesh expressed her heartfelt gratitude to PVR NEST for creating such a safe and well-maintained facility that provides multiple amenities for women.



GET IN TOUCH



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