

2024-2025

ANNUAL REPORT

PREMANSH
FOUNDATION



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CEO'S MESSAGE

Dear Friends, Partners, and Supporters,

As Premansh Foundation steps into its second year, I find myself reflecting not only on our achievements but on the many silent moments of connection that shaped them. What began as an idea sketched on paper has become a living, breathing movement grounded in the everyday realities of our people.

This year, I had the opportunity to sit beside a group of children as they painted posters for Earth Day, their tiny hands smudged with color, their ideas full of hope. We took time to understand the pressing health needs of our truck drivers. Our team greeted them not with forms or pamphlets, but with open conversations and basic health support. These small yet profound moments reminded me that real impact is built on relationships, not just reports.

One of the moment that affirmed our purpose came during a financial literacy session at a government school Banda district of Uttar Pradesh. A 16-year-old girl, Meher, approached our team after the session, excitedly sharing how she had helped her mother begin investing in small government savings schemes. Through this, they were not only able to start saving money but also learned how to manage and grow their household finances more effectively. Meher's awareness of basic budgeting and long-term planning, taught in our session just weeks earlier, had already found meaningful application at home. That is the power of early intervention. That is the promise of financial literacy.

We've grown, yes—but more importantly, we've deepened. Our team has shown up in every setting—rain or shine—with an open heart and a willingness to learn and engage local stakeholders. Whether launching smart classrooms or organizing a single awareness drive, we've led with empathy and adapted with humility.

To the volunteers who gave us their weekends, the teachers who welcomed us into their classrooms, and the donors/partners who believed in our capacity when we had no track record—you've all helped write this story.

As we present this Annual Report, we reaffirm our belief: true impact is not transactional—it is transformational. It unfolds when trust is built, voices are heard, and dignity is centered. We are still a young organization, but our dreams are vast. And in every community we visit, every family we support, and every child we reach—we are sowing seeds of change.

We invite you to walk with us through these pages—not just as a reader, but as a fellow traveler in this journey of impact. Let's continue to grow—from the grassroots, with heart and with hope.

**With Gratitude and Hope,
Dr Shikha Shukla**

FY 2024-25



A Year of Creating Impact

From initiatives to impact, our report tells a story of change!

Introduction

Building from the Roots

At Premansh Foundation, 2024 has been a year of deep impact, grassroots engagement, and transformational change. Every initiative we undertook has been guided by our core belief—that true progress begins at the roots of society. When we nurture the foundations of health, education, nutrition, livelihoods, and the environment, we not only improve individual lives but also enable entire communities to flourish with dignity and resilience.

Our philosophy of “Building from the Roots” is more than a guiding statement—it is a way of working. It means walking into classrooms, health camps, community centres, and villages; listening to people’s voices; understanding their challenges; and co-creating solutions that are practical, sustainable, and inclusive. It means ensuring that no one is left behind—whether it is a truck driver on the highway, a sanitation worker in the city, a child in a government school, or a woman in a rural household.

In FY 2024-25, we strengthened our impact across five key pillars:

- **Healthcare & Wellbeing** – delivering preventive care, tele-health consultations, and awareness programs that reached thousands, especially underserved groups like truck drivers, sanitation workers, women, and children.
- **Education & Empowerment** – nurturing young minds through classroom innovation, awareness campaigns, and skills training that prepare students not just for exams, but for life.
- **Nutrition & Food Assistance** – ensuring children, families, and vulnerable groups receive nutritious meals and guidance on healthy living.

- **Skill Building & Livelihood** – creating opportunities for youth and women to access new career pathways, enhance income security, and live with self-reliance.
- **Environmental Protection & Sustainability** – mobilizing schools and communities to adopt eco-friendly practices, celebrate green festivals, and take ownership of our shared environment.

Our work this year reflects not just activities but stories of hope, empowerment, and sustainable growth. A mother who, after our health awareness program, promised to do self-breast examination. A schoolchild who proudly teaches her siblings about the importance of handwashing. A young sanitation worker who now uses protective gear to safeguard his health. A truck driver who, through timely medical screenings, discovered a condition early enough to manage it effectively. These are not just stories—they are proof that change is possible when the right support meets the right moment.

None of this would have been possible without collaboration. We are grateful to our partners—corporates like Amazon India CSR, educational institutions, local governance bodies, healthcare professionals, community volunteers, and our team of dedicated staff—for standing with us to turn vision into reality.

Together, we transformed ideas into action and action into measurable impact.

Looking ahead, we are more determined than ever to deepen our roots and broaden our reach.

Our focus for the future is clear:

- To scale programs like Sushruta 2.0 to more states based on program findings.
- To strengthen our school and youth programs, building leaders for tomorrow.
- To embed sustainability into every community initiative.
- To create measurable, lasting impact at every stage of intervention.

2024 was not just a year of programs—it was a year of possibilities realized. And as we carry forward this momentum into 2025 and beyond, we reaffirm our promise: to keep building from the roots, so that every individual, every family, and every community can stand tall with pride, resilience, and hope.



Building from the Roots



Our Story So Far

Our Mission

Every organization has a story, and ours began with a simple purpose:

- to build healthier, stronger, and more resilient communities by working at the roots of society.

Premansh Foundation was born out of the conviction that communities can thrive only when their most basic needs like-health, education, nutrition, livelihood, and environment are nurtured with care, compassion, and sustainable solutions.

From Vision to Action

Our mission has always been to empower individuals and families with the tools, knowledge, and support they need to lead healthier, more dignified, and self-reliant lives. Over the years, we have transformed this mission into tangible action through grassroots initiatives that respond to real community needs.

- In healthcare, our journey began with awareness drives and small-scale health camps. Guided by our mission to make healthcare accessible for all, we grew into delivering specialized programs like Sushruta 2.0, providing tele-health services to truck drivers and their families—an underserved community at the heart of India's economy.
- In education, our mission to empower the next generation translated into classroom innovations, awareness campaigns, and youth empowerment fairs, giving students not just knowledge but confidence and opportunity.

- In nutrition, our belief that no child should go hungry has driven food assistance programs, school nutrition drives, and awareness on balanced diets, strengthening families from within.
- In skill building, we stayed true to our mission of enabling livelihoods by creating platforms for youth and women to access job-ready training, market linkages, and economic independence.
- In environmental protection, our mission to build sustainable communities has come alive through eco-friendly celebrations, school-led campaigns, and awareness initiatives that inspire citizens to become custodians of the planet.



Our Goals

Anchored in Our Mission

At every step, our story has been aligned with our mission—to build stronger, healthier, and more resilient communities from the ground up. For us, success is not just in the number of activities conducted, but in the quiet yet powerful changes we see: a sanitation worker practicing safe hygiene at work, a girl attending school confidently after menstrual hygiene training, or a truck driver who manages his health better because of timely screenings.

Looking Forward

Our story so far is not just about what we have achieved—it is about how closely we have lived our mission. It is about walking alongside communities, listening to their needs, and co-creating sustainable solutions.

As we celebrate the milestones of 2024, we also recognize that our journey is just the beginning. The challenges faced by communities—whether in healthcare, education, nutrition, livelihoods, or the environment—remain vast, and so does our responsibility to act. As we step into the future, we carry forward the same mission with renewed energy:

- To deepen our healthcare programs, ensuring no family is left without access.
- To strengthen education and skill-building pathways for youth.
- To promote nutrition and food security for vulnerable groups.
- To foster environmental consciousness at every level of society.

Deepening Our Roots

In the coming years, we aim to strengthen the very foundations of our work. This means scaling up successful programs like Sushruta 2.0, expanding access to healthcare for thousands more drivers and their families across India. It also means deepening our engagement with schools, communities, and local governance to ensure that every initiative is sustainable and inclusive.

Broadening Our Reach

Our commitment is to reach more people, in more places, with greater impact. By forming stronger collaborations with corporates, government bodies, and civil society partners, we will expand our footprint to underserved geographies where the need is greatest.

Innovating for Impact

We know that the challenges of tomorrow require innovative solutions today. That's why we are investing in:

- Digital health solutions to bring quality care to the last mile.
- Skill-building programs that align with emerging industries and future job markets.
- Nutrition awareness campaigns tailored to families along with food assistance programs targeting tuberculosis patients, women, elderly and schoolchildren.
- Eco-friendly initiatives that empower communities to fight climate change at the local level.

Our Future Strategy

Sustainability at the Core

Looking ahead, every program will continue to be rooted in sustainability and long-term impact. Our focus is not just to provide immediate support but to build systems of resilience—ensuring healthier families, empowered youth, and environmentally conscious citizens who carry forward the change.

Our Vision for the Future

- **Healthcare:** To expand tele-health program to other states integrating mental health counselling, awareness programs for tobacco cessation and counseling for other psychological disorders.
- **Education:** To nurture a generation of confident, skilled, and responsible youth, capable of shaping their own futures.
- **Nutrition:** To work towards a future where no child goes hungry, and every family understands the importance of balanced diets.
- **Livelihood:** To create inclusive opportunities for women and youth, enabling them to access meaningful, dignified work.
- **Environment:** To inspire communities to become custodians of sustainability, celebrating festivals and milestones in harmony with nature.

Carrying Forward Our Purpose

Our purpose remains clear: to ensure that no one is left behind. As we step into 2026 and beyond, Premansh Foundation will continue to build from the roots, nurturing individuals, strengthening families, and empowering communities—so that together we can create a society that stands tall, resilient, and full of hope.

Looking forward, we don't just see challenges—we see possibilities. We see healthier families, brighter classrooms, greener communities, and stronger livelihoods. And with every partner, volunteer, and supporter, we move one step closer to turning this vision into reality.





**From Roots to Impact:
Transforming Lives in 2024–25**

2024-
2025

Overall
Impact

*Empowering Change,
One Step at a Time*



14 lakh

in total donations received (INR)



40+

community programs
implemented successfully



20,000+

individuals successfully reached
across U.P, Haryana,
Maharashtra & Karnataka

Education Support



500+

school supplies & stationery kits distributed

20

students received
scholarships

4

Smart Classrooms
launched

Skill Building

5000

Children, youth, women,
community targeted for
awareness on Financial literacy,
cyber security, govt programs &
others

Health & Wellness

30+

free medical camps hosted with
preventive health screening, eye
and dental check-ups

10000+

individuals screened through
preventive health camps and
tele-health services

2000

hygiene kits distributed to
school children and women

Environment Protection & Sustainability

500+

Trees/saplings planted across
Banda, Meerut & Dadri

2000

Individuals sensitized on various
issues- waste segregation, 3Rs,
Zero waste, Recycling

1540

hygiene kits distributed

Nutrition & Food Assistance

5000

Food Assistance to people in need &
500 students & sanitation workers
sensitized for healthy eating

Healthcare & Wellbeing

Sushruta 2.0 Tele-Health Program

In FY 2024–25, we continued implementing the flagship Sushruta 2.0 Program at Manesar and Mumbai, strengthening our commitment to the health and wellbeing of India's truck drivers. The program reached more than 700 truck drivers through comprehensive preventive health check-ups including blood tests, vision and dental screenings, and lifestyle assessments. Beyond individual drivers, the initiative extended its reach to over 2,800 family members, who were provided with unlimited access to tele-health consultations through a toll-free platform. This ensured that families who often face barriers to healthcare could connect with doctors, receive prescriptions via SMS/WhatsApp, and seek referrals for advanced care when required.

The program not only identified critical health risks such as diabetes, hypertension, liver and kidney dysfunction, vision impairments, and oral health issues, but also provided drivers and their families with the tools and knowledge to adopt healthier lifestyles. Counseling on nutrition, hygiene, stress management, and other alternative means of therapies were integrated to encourage long-term behavior change.

Through Sushruta 2.0, truck drivers—who are often overlooked in mainstream healthcare—gained access to a ‘family doctor’ experience that emphasized dignity, accessibility, and continuity of care. The program has become a replicable model of occupational healthcare, demonstrating how preventive health and technology-driven tele-medicine can transform outcomes for high-risk communities.



Impact Achieved

The Sushruta 2.0 program, implemented by Premansh Foundation, has made a significant impact in improving the health and wellbeing of truck drivers – a vital yet underserved workforce. In FY 2024-25, the program reached 1,435 drivers and 3,863 family members, providing them with essential healthcare services and preventive health interventions. Through over 10,000 tele-health consultations, drivers and their families gained access to expert medical advice, early diagnosis, and treatment referrals, all at no cost.

The program's comprehensive approach included preventive health screenings, diagnostic tests, and health education, focusing on managing chronic diseases like diabetes, hypertension, cardiovascular conditions, oral and eye health conditions.

The feedback from the beneficiaries further validates the program's success:

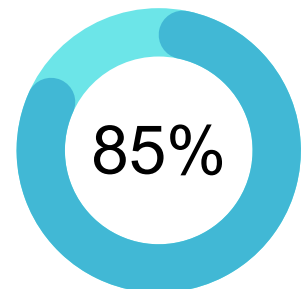
- 85% of drivers rated the services as good, appreciating the personalized counseling and ease of accessing healthcare.
- 10% found the services satisfactory, acknowledging benefits while suggesting improvements such as shorter waiting times during screening
- 5% rated the services as average, citing challenges like limited examination facilities and the need for more extensive health services.

Beyond the consultations, the program empowered drivers with knowledge about preventive care and healthy lifestyles through tele-health consultations and free treatment & disease management services. It also extended healthcare benefits to families, strengthening community health resilience.

This impactful initiative was made possible through collaborative partnerships and the unwavering support of stakeholders like Amazon. Looking ahead, Premansh Foundation plans to expand the program's reach and enhance its services by integrating advanced diagnostics, mental health counseling, and greater awareness initiatives.

The Sushruta 2.0 program stands as a testament to the power of targeted interventions and accessible healthcare in transforming lives and improving community wellbeing.

Feedback of Drivers



**85% of drivers
rated our services
as good**



Health Camps for Nagar Palika Sanitation Workers under Swachh Bharat Mission

Sanitation workers are the unsung heroes of the Swachh Bharat Mission, yet they remain among the most vulnerable groups when it comes to occupational health hazards. Recognizing this gap, Premansh Foundation organized a series of dedicated health camps for sanitation workers and staff of Nagar Palika Parishad, Dadri in 2024–25.

The camps were designed to provide preventive healthcare, awareness sessions, and medical support tailored to the unique risks sanitation workers face due to constant exposure to waste, dust, chemicals, and communicable/non-communicable diseases.

Contd.

Key Highlights of the Program:

- **Comprehensive Health Check-ups:** Workers underwent screenings for general health parameters such as blood pressure and sugar levels along with physician consultation, dental and vision check.
- **Awareness & Training:** Sessions on the importance of personal hygiene, use of protective gear (gloves, masks, boots), safe waste handling, and disease prevention were conducted in interactive formats.
- **Preventive Kits:** Workers were provided with hygiene kits to safeguard their health while performing daily duties.

Impact Achieved:

- 400 sanitation workers directly benefited from the camps.
- Increased awareness about preventive measures and occupational health rights.
- Workers expressed greater confidence in maintaining their own health while continuing to serve the community under the Swachh Bharat Mission.

Healthcare Initiatives for School Children

Children are at the heart of every community, and their wellbeing is central to shaping healthier, stronger futures. Recognizing this, Premansh Foundation organized a series of healthcare initiatives in schools across Dadri and surrounding regions during 2024–25. These camps were designed not only to provide medical check-ups but also to create lifelong awareness about health, hygiene, and wellness among young students.

Key Components of the Camps:

- **Comprehensive Screenings:** Students underwent general health check-ups, oral health screenings, and vision tests. Many were identified with early signs of dental cavities, vision impairment, and nutritional deficiencies.
- **Hygiene Awareness Sessions:** Interactive demonstrations on handwashing with soap, oral hygiene practices, and personal cleanliness were conducted. Children were shown practical steps to integrate these habits into their daily routines.
- **Special Focus on Girls' Health:** Sessions on menstrual hygiene management helped break myths and taboos. Adolescent girls were taught the safe use and disposal of sanitary products, empowering them to attend school with confidence.
- **Interactive Activities:** Poster-making, quizzes, and group discussions encouraged children to become "health ambassadors" within their schools and families.
- **Safai Apnao, Bimar Bhagao awareness Initiative:** Under this initiative, Premansh Foundation conducted awareness programs in schools to educate children about health, hygiene, and disease prevention. This effort strengthens government initiatives aimed at eradicating various diseases by promoting early care and healthy habits. By empowering children with knowledge, we are building the foundation for a healthier future and a stronger community.

Oral Hygiene & distribution of Hygiene Kits:

Special awareness sessions were organized across schools to sensitize children on the importance of maintaining oral hygiene. These sessions were designed to be highly interactive and engaging, using demonstrations, storytelling, and role-play to capture the attention of young learners. Dental health experts guided students on correct brushing techniques, the role of a balanced diet in maintaining strong teeth, and the prevention of cavities.

To reinforce learning with practice, dental hygiene kits—including toothbrushes, toothpaste, and educational leaflets—were distributed to all children. Teachers were also oriented to ensure continuity of these practices in classrooms.

The initiative not only built awareness but also empowered children to become ambassadors of oral health in their families, creating a ripple effect of healthier habits within the community.

नगर पालिका परिषद दादरी और प्रेमाश फाउंडेशन द्वारा अंशु पब्लिक स्कूल जींदी रोड में मुँह की सफाई और ओरल हाइजीन पर जागरूकता सत्र का आयोजन



Capacity Building of ASHAs & ANMs on Self Examination of Breast Cancer

Breast cancer remains one of the leading health challenges among women in India, with late detection being a critical factor in poor outcomes. Premansh Foundation recognized the urgent need to equip frontline health workers—ASHAs (Accredited Social Health Activists) and ANMs (Auxiliary Nurse Midwives)—with the knowledge and skills to promote early detection and awareness in their communities.

In 2024–25, we conducted specialized capacity-building workshops at village Chithera aimed at strengthening the role of these health workers in community-based cancer prevention.

Key Highlights of the Program:

Training: Sessions were delivered covering anatomy, risk factors, signs and symptoms, and myths around breast cancer.

Practical Demonstrations: Hands-on training was provided on self-examination techniques using anatomical models, enabling health workers to understand and confidently demonstrate the process to women in their communities.

Early Detection Pathways: ASHAs and ANMs were trained to identify early warning signs and guide women on when to seek further medical evaluation.

Communication Skills: Special focus was placed on how to initiate sensitive conversations with women, addressing cultural barriers and stigma around discussing breast health.

Impact Achieved:

- 100+ ASHAs and ANMs sensitized across Dadri and nearby regions.
- Improved confidence and knowledge among frontline workers to conduct awareness sessions in villages and urban slums.
- Strengthened the health system's outreach capacity by empowering existing community health networks to integrate breast cancer awareness into their routine work.

By building the capacity of ASHAs, ANMs & few community members, Premansh Foundation amplified the reach of breast cancer awareness. This initiative has created a multiplier effect—ensuring that early detection and life-saving information are accessible to women at the grassroots.



Glimpse of Our Health Initiatives

Our Commitment – Empowering Health

We are proud of the trust placed in us by the communities we serve and the tangible improvements we have been able to bring to their lives. Whether it's helping a child adopt healthy dental habits, providing essential nutrition to a TB patient, or supporting truck drivers with critical health services, every effort is a step toward building a healthier and more resilient society.

Our team's dedication, including experts, volunteers, and partners, has been the backbone of our success. The positive feedback from beneficiaries and partners reaffirms our mission and inspires us to continue striving for excellence in community healthcare.



Glimpse of Some of the Initiatives of Premansh Foundation

PRESS RELEASES

नवी मुंबईत प्रेमांश फाउंडेशनतर्फे

ट्रक चालकांसाठी आरोग्य तपासणी शिबिर

नवी मुंबई :

प्रेमांश फाउंडेशनने 'सुखत 2.0' कार्यक्रमाच्या माध्यमातून ट्रक ड्रायव्हर्सच्या अप्रुप आरोग्य गरजांवर लक्ष केंद्रित केले आहे. अमेरिका आणि डोकॉनलमन यांच्या सहकार्याने या कार्यक्रमाचे आयोजन करण्यात आले आहे, ज्याचा उद्देश हा आहे की या दुर्लक्षित समुदायाला आरोग्य आणि कल्याणाच्या दृष्टीने मदत करणे.

मुंबईत या कार्यक्रमाची अंमलबजावणी होत असून 350 ट्रक ड्रायव्हर्सच्या एकात्मिक आरोग्य गरजांवर लक्ष केंद्रित केले जात आहे. या कार्यक्रमाच्या अंर्गत 5 जुलै ते 10 जुलै 2024 दरम्यान पाच दिवसीय आरोग्य शिबिरांचे आयोजन करण्यात आले आहे, ज्यामध्ये ट्रक ड्रायव्हर्ससाठी सुमारे 75 चाचण्यांची तपासणी केली जात आहे. या व्यावहारिक, कार्यक्रम अंतर्गत ट्रक



ड्रायव्हर्स आणि त्यांच्या कुटुंबीयांसाठी 60 हून अधिक डॉक्टरांची कोणत्याही वेळी आणि कोणत्याही ठिकाणी मोफत आणि अप्रत्यक्षित टेस्ट-आरोग्य सल्लामसलत देण्यात येत आहे. या सेवांच्या माध्यमातून, ड्रायव्हर्स आणि त्यांच्या कुटुंबीयांना आपकालीन स्थितीत आरोग्य तज्ञांची संपर्क साधता येते आणि एक वर्षासाठी अप्रत्यक्षित सल्लामसलत मिळते.

प्रेमांश फाउंडेशनच्या संस्थापक आणि सौंदर्य डॉ. शिखा शुक्ला यांनी सांगितले की, ट्रक ड्रायव्हर्सच्या कामाच्या स्वरूपामुळे आणि अस्वस्थ जीवनशैलीमुळे संगमरमर रोगांचे प्रमाण जास्त आहे. त्यांनी अमेरिकाचे आचार मानले कारण त्यांच्या मदतीमुळे या ट्रक ड्रायव्हर्सना आता त्यांच्या प्रवाहातच डॉक्टरांची संपर्क साधता येते.

समाचार

स दिवसीय ट्रक स्वास्थ्य जांच शिबिर



प्रेमांश फाउंडेशन ने नगर पालिका स्वच्छता कर्मियों को स्वास्थ्य और योग के महत्व के प्रति किया जागरूक



नगर पालिका स्वच्छता कर्मियों को स्वास्थ्य और योग के महत्व के प्रति किया जागरूक. प्रेमांश फाउंडेशन ने नगर पालिका स्वच्छता कर्मियों को स्वास्थ्य और योग के महत्व के प्रति किया जागरूक. प्रेमांश फाउंडेशन ने नगर पालिका स्वच्छता कर्मियों को स्वास्थ्य और योग के महत्व के प्रति किया जागरूक.

सेवा भी, संकल्प भी - स्वास्थ्य शिविर से समाजहित का संदेश

- सेवा का उत्सव, वचन के संग विश्व स्वास्थ्य दिवस पर वचनों के लिए जागरूकता और सेवा का संदेश
- वचनों के समग्र स्वास्थ्य व स्वच्छता के प्रति जागरूकता फैलाने की अनुरूप पहल



विश्व स्वास्थ्य दिवस के अवसर पर अज्ञान नगर पालिका परिषद के सहयोग से प्रेमांश फाउंडेशन द्वारा एक दिवसीय स्वास्थ्य शिविर का आयोजन किया गया। स्वास्थ्य परामर्श में विशेषज्ञों ने पाया कि वचनों के लिए जागरूकता और सेवा का संदेश फैलाने की अनुरूप पहल।

डॉ. शिखा शुक्ला ने कहा कि स्वास्थ्य शिविर का आयोजन करने का उद्देश्य है कि वचनों के लिए जागरूकता और सेवा का संदेश फैलाने की अनुरूप पहल।

द विलफ न्यूज



प्रेमांश फाउंडेशन द्वारा महिला स्वास्थ्य कर्मियों के लिए स्वास्थ्य सत्र आयोजित किया गया। महिलाओं को स्वास्थ्य परामर्श और स्वच्छता के प्रति जागरूकता फैलाने की अनुरूप पहल।

- प्रेमांश फाउंडेशन ने महिला दिवस पर महिला स्वास्थ्य कर्मियों के लिए स्वास्थ्य सत्र का आयोजन किया
- हरियाणु में महिला स्वास्थ्य कर्मियों के लिए स्वास्थ्य जागरूकता सत्र

प्रेमांश फाउंडेशन ने महिला दिवस पर महिला स्वास्थ्य कर्मियों के लिए स्वास्थ्य सत्र का आयोजन किया। महिलाओं को स्वास्थ्य परामर्श और स्वच्छता के प्रति जागरूकता फैलाने की अनुरूप पहल।

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अंतर्राष्ट्रीय महिला स्वास्थ्य दिवस : प्रेमांश फाउंडेशन ने आयोजित किया स्तन कैंसर जागरूकता और मुफ्त स्वास्थ्य जांच का कार्यक्रम



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Nutrition & Food Assistance

At Premansh Foundation, nutrition forms a core part of our community health interventions. We believe that access to nutritious food and awareness about healthy eating habits play a vital role in preventing diseases and improving overall well-being. Through a series of targeted programs, we strive to support vulnerable groups, promote better health practices, and ensure that no one is left behind due to lack of resources or awareness.

Nutrition Support for TB Patients

Recognizing the critical role of proper nutrition in disease management, we are providing nutritional kits to tuberculosis (TB) patients at CHC, Meerut. These kits include essential dietary supplements, iron, protein, vitamins, and other nutrients that support immunity and recovery. Our aim is to complement medical treatment and help patients build strength during their healing process.



Nutrition Awareness Programs

We organized various nutrition awareness sessions targeting young adolescents through engaging activities & workshops focusing on healthy eating, balanced diets, and practical dietary practices for all age groups. These sessions were designed to educate communities about portion control, food choices, and preventive nutrition, helping individuals adopt long-term healthy lifestyles.



Nutrition During Menstruation & for Adolescents

Special programs were conducted to create awareness about nutritional needs during menstruation and adolescence, phases critical for physical growth and hormonal changes. We guided young girls on maintaining a balanced diet, iron intake, and hygiene practices, helping them navigate health challenges confidently.



Community Sessions for Pregnant & Lactating Mothers

Premansh Foundation conducted community sessions for pregnant and lactating mothers to ensure maternal and child health through proper nutrition, healthcare practices, and emotional well-being. These sessions were designed to provide scientifically backed guidance on diet, rest, hygiene, and self-care during pregnancy and postpartum periods. By empowering mothers with knowledge and access to support systems, these sessions contribute to healthier pregnancies, better infant development, and stronger families. We take pride in nurturing the well-being of mothers and children, strengthening community health one mother at a time.



PRESS RELEASES

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भारत में कपोषण से मकाबला, विशेष स्तनपान की महत्वपूर्ण भूमिका: शिखा शक्ला

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जता है। जो विपुल स्तनपान नहीं करते हैं, उन्हें पहले जन्मदिन तक महीने में से पहले 14 साल अधिक खाने के जोखिम में होने हैं। जो नुनपान में जो विशेष स्तनपान करते हैं। स्तनपान को बढ़ावा देने के लिए महिलाओं और बाल विकास मंत्रालय ने कुछ मजदूर विद्यालयों और माताओं को आयुर्विज्ञान के छात्रों, माताओं को अपने बच्चों के 15 महीने में होने तक स्तनपान के लिए जोखिम में



अधिकांश का प्राधान्य दिया है। महिलाओं और बाल विकास मंत्रालय के द्वारा निर्देशों में अनुसार, हर 30 बच्चों (6 महीने के बाद) के लिए एक क्रेच बनाया जाएगा, जो कार्यक्रम में 500 महिलाओं के पीछे हो। निर्देशों में 3 साल से कम उम्र के हर 10 बच्चों के लिए एक क्रेच कार्यकारी और सहायक, और 3-6 साल के हर 10 बच्चों के लिए निर्माण बनाया जाएगा। कामकाज महिलाओं को रोज़ाना खाने के साथ, घर में भी वे बेहतर माताओं निर्देशों और गुणवत्तापूर्ण बाल विकास के अवसरों को बढ़ा दें। देशभर के आयोगों द्वारा कार्यक्रम के जहाँ, माताओं को स्तनपान के

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आया प्रमाण



दिव्यांग टीबी मरीजों की मदद को आगे आया प्रेमांश फाउंडेशन

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Education & Empowerment

At Premansh Foundation, education and empowerment are at the heart of our efforts to build stronger and healthier communities. We believe that knowledge is a powerful tool that enables individuals to make informed choices about their health, well-being, and future. Through awareness sessions, skill-building workshops, and community programs, we aim to equip vulnerable groups with the information and confidence they need to lead healthier lives. Our focus is on reaching those who lack resources or support and ensuring they have equal access to opportunities. By promoting education and self-reliance, we are helping communities overcome challenges and thrive with dignity and resilience.

Smart Classroom

As a continuing initiative in the FY 2024-25, Premansh Foundation is proud to announce the launch of a Smart Classroom at KS Inter-College, Dadri. This effort reinforces our ongoing commitment to improving educational infrastructure and making learning more engaging and effective for students. The smart classroom is equipped with modern digital tools and interactive learning resources to enhance the teaching process and help students grasp concepts better. Through this initiative, we aim to create an environment that encourages curiosity, innovation, and academic excellence. We remain dedicated to supporting schools in providing equal access to quality education and empowering students for a brighter future.

Provision of Educational supplies & stationaries

As part of our continued efforts in the FY 2024-25, Premansh Foundation has been providing educational supplies and stationery to students from underprivileged backgrounds. This initiative aims to ensure that lack of resources does not hinder a child's ability to learn and succeed in school. By distributing notebooks, pens, school bags, and other essential materials, we support students in their academic journey and encourage regular attendance. Our goal is to create equal opportunities for education, helping children build confidence and pursue their dreams without barriers. Through this initiative, we reaffirm our commitment to empowering students and strengthening communities through education.

Career Counselling Sessions to Students

FY2024-25, we conducted various career Counselling Sessions for students to guide them in making informed decisions about their future. These sessions provide valuable insights into various career paths, skill development opportunities, and higher education options. By addressing students' aspirations and concerns, we aim to build their confidence and help them set realistic, achievable goals. Our counselling also focuses on aligning students' strengths with career choices, encouraging them to explore new opportunities and take charge of their professional growth. Through this initiative, we are empowering the younger generation to dream big, plan wisely, and step confidently toward a brighter future.

Glimpse of Our Initiatives under Education & Empowerment

Our Vision – Inspiring Minds, Empowering Futures

At Premansh Foundation, we believe that education is the key to unlocking potential and building a stronger society. Through our targeted programs, we empower students with knowledge, guidance, and resources to pursue their dreams confidently. Our focus is on creating equal opportunities, fostering self-reliance, and inspiring the next generation to lead with purpose and resilience. Our Vision – Inspiring Minds, Empowering Futures reflects our commitment to shaping brighter tomorrows.



Skill Building & Livelihoods

At Premansh Foundation, we focus on enhancing skills and creating livelihood opportunities for individuals from underserved communities. By providing training, guidance, and support, we help individuals/children & youths to build sustainable careers and improve their quality of life. Our efforts are aimed at empowering individuals to become self-reliant and contribute meaningfully to their families and society.

Financial Literacy & Cyber Security Programs – Empowering Women, Children & Youths

During the year 2024-25, Premansh Foundation successfully conducted a series of financial literacy programs across Banda & Meerut districts of U.P. The programs aimed at empowering women, children, and youth across various communities. Recognizing that financial knowledge is a key enabler for personal growth and economic independence, these programs were designed to build awareness and practical skills around money management, savings, budgeting, cyber security/threats and responsible financial decision-making.

The programs targeted diverse groups, including school students, and young adults, ensuring that participants from different socio-economic backgrounds had access to essential financial education. Through interactive workshops, role-playing exercises, and easy-to-understand learning materials, participants were guided on how to plan expenses, save for emergencies, avoid debt traps, and access government welfare schemes.

These initiatives not only enhanced participants' understanding of financial systems but also encouraged informed decision-making and improved economic participation. By equipping individuals with the tools to manage their finances effectively, Premansh Foundation reaffirmed its commitment to fostering self-reliance and strengthening communities.

Through these programs, we are proud to support individuals in transforming their financial futures, creating pathways for growth, and contributing to a more inclusive and empowered society.

Other Skill Building Initiatives

In 2024-25, Premansh Foundation expanded its skill-building efforts by organizing personality development sessions, craft sessions, digital literacy programs & others. Through debates, quizzes, and creative challenges, participants developed confidence, leadership, and problem-solving skills. Digital training sessions equipped underserved communities with essential tools and safe internet practices, helping bridge the digital divide. These initiatives complement our mission to empower individuals with knowledge and practical skills, enabling them to build self-reliance and confidently pursue their goals. Our Commitment – Empowering Skills, Enabling Success reflects our dedication to fostering growth and opportunity in every community.

Glimpse of Our Initiatives under Skill Building

Our Purpose – Nurturing Learning, Shaping Lives

At Premansh Foundation, we believe that skill development is essential for creating sustainable livelihoods and building empowered communities. Through our focused programs, we equip individuals with practical skills, training, and support to enhance their employability and entrepreneurial potential. Our efforts aim to create equal opportunities, promote self-reliance, and inspire confidence in individuals to shape their own futures. Our Mission – Building Skills, Creating Opportunities reflects our dedication to fostering economic independence and strengthening communities for a better tomorrow.



Glimpse of Skill Building Initiatives

PRESS RELEASES

amarujala.com

कानपुर | बुधवार, 21 अगस्त 2024

बजट बनाने व बचत करने की आदत डालें छात्राएं : डॉ. शिखा

संवाद न्यूज एजेंसी

बाँदा। प्रेमांश फाउंडेशन की ओर से राजकीय महिला महाविद्यालय में वित्तीय साक्षरता कार्यशाला की गई। परीक्षार्थीयों ने कहा कि छात्राओं को अभी से बजट बनाने और बचत की आदत डालनी चाहिए। उन्होंने छात्राओं को साइबर अपराध से बचने के तरीके भी बताए।

कार्यशाला में प्राचार्य प्रो. दीपाली गुप्ता व विभागाध्यक्ष डॉ. सविता रहमानी ने वित्तीय साक्षरता पर महत्वपूर्ण जानकारी दी। फाउंडेशन अध्यक्ष डॉ. शिखा व प्रो. अनुप गुप्तानी ने बजट बनाने, निवेश के विभिन्न विकल्पों, बचत की आदत, ऋण प्रबंधन, साइबर फ्राड व

राष्ट्रीय महिला महाविद्यालय में वित्तीय साक्षरता कार्यशाला में उपस्थित छात्राओं को प्रशस्ति पत्र देकर सम्मानित किया गया। कार्यक्रम में संस्था के अन्य पदाधिकारी व महाविद्यालय के शिक्षक व छात्राएं उपस्थित रहें।

ने बचत बचक हिस्सा लिया। छात्राओं को प्रशस्ति पत्र देकर सम्मानित किया गया। कार्यक्रम में संस्था के अन्य पदाधिकारी व महाविद्यालय के शिक्षक व छात्राएं उपस्थित रहें।

छात्राओं को ऑनलाइन धोखाधड़ी से बचने के दिये गये टिप्स

प्रेमांश फाउंडेशन ने साइबर सुरक्षा के प्रति छात्राओं को किया जागरूक

(आज समाचार सेवा)

बाँदा, 27 सितम्बर। प्रेमांश फाउंडेशन द्वारा राजकीय बालिका इंटर कालेज बाँदा उत्तर प्रदेश में वित्तीय साक्षरता और साइबर सुरक्षा कार्यक्रम का आयोजन किया गया। इस कार्यक्रम का उद्देश्य विद्यार्थियों और समुदायों को वित्तीय ज्ञान प्रदान करना था, ताकि वे अपने आर्थिक भविष्य की योजना बनाने में सक्षम हों, सही निर्णय ले सकें और आर्थिक रूप से आत्मनिर्भर बन सकें।

कार्यक्रम के दौरान विशेषज्ञों ने बजट बनाने, बचत के महत्व, निवेश के विभिन्न विकल्पों और बैंकिंग सुविधाओं पर विस्तृत जानकारी दी। डिजिटल लेनदेन के बढ़ते स्तन को देखते हुये उन्हें सुरक्षित बैंकिंग और साइबर धोखाधड़ी से बचने के उपायों के बारे में बताया गया। इस सत्र में प्रो. अनुप सिंह शुक्ला ने विशेष रूप से साइबर सुरक्षा मुद्दों पर प्रकाश डाला। उन्होंने समझाया कि डिजिटल बैंकिंग और ऑनलाइन

कार्यक्रम में शामिल छात्राएँ।

छाया: आज

लेनदेन के दौरान किस प्रकार की धोखाधड़ी हो सकती है और उनसे बचने के लिए किन सावधानियों का पालन करना चाहिए। उन्होंने मंजुवत पासवर्ड बनाने, साइबर अपराधियों द्वारा भेजे जाने वाले फर्जी ई-मेल और एसएमएस से सावधान रहने और सार्वजनिक इंटरनेट

का उपयोग करते समय अतिरिक्त सतर्कता बरतने पर जोर दिया। यह भी बताया कि कैसे अनजाने लिंक पर क्लिक, स्मैम, कॉलस खतरे बनते जा रहे हैं और अन्य साइबर खतरों से कैसे बचा जा सकता है। कार्यक्रम में छात्राओं ने वित्तीय और साइबर सुरक्षा सम्बंधित प्रश्नों के समाधान के लिए खुलकर चर्चा की। प्रेमांश फाउंडेशन का लक्ष्य बच्चों और युवाओं को वित्तीय साक्षरता और साइबर सुरक्षा के महत्व के प्रति जागरूक करना है। अब तक दो हजार से अधिक बच्चों को इस दिशा में प्रशिक्षित किया जा चुका है।

हुनर का उत्सव, आत्मबल का संकल्प- युवाओं ने स्वा कौशल का नया अध्याय



हुनर का उत्सव, आत्मबल का संकल्प- युवाओं ने स्वा कौशल का नया अध्याय

हुनर का उत्सव, आत्मबल का संकल्प- युवाओं ने स्वा कौशल का नया अध्याय

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हुनर का उत्सव, आत्मबल का संकल्प- युवाओं ने स्वा कौशल का नया अध्याय

वित्तीय साक्षरता से संवर्गे युवा सपने

संस्था। युव सलाह दिती कॉलेज में वित्तीय साक्षरता कार्यक्रम का आयोजन किया। कार्यक्रम में विद्यार्थियों को आर्थिक प्रबंधन, बचत और निवेश के तरीके प्रदर्शित की। राष्ट्रीय ध्वज अंगुष्ठांगुलि निशान के माध्यम से बचत, बचत बचक, अनुपस्थित बचत से बचना और यही नियम निरंतर चलने को महसूस करने पर जोर दिया। उन्होंने कहा कि छोटे-छोटे बचत से बड़ी सपनों को पूरा करने का आसार बनता है। युवाओं को प्रेरित करते हुए कहा कि अगर वह अपने सपने को आर्थिक अनुपस्थान शुरू करें तो अपने सपने का मुकाम होगा। बचत

छात्राओं को वित्तीय साक्षरता कार्यशाला में धन प्रबंधन व बचत की दी जानकारी

भास्कर न्यूज, बाँदा। स्वयंसेवी संस्था प्रेमांश फाउंडेशन के तत्वाधान में राजकीय महिला महाविद्यालय में आयोजित एक दिवसीय वित्तीय साक्षरता जागरूकता कार्यशाला में धन प्रबंधन, बचत की महत्ता सहित बैंकों द्वारा चलाई जा रही योजनाओं और साइबर फ्राड से बचाव की जानकारी दी गई। इस मौके पर प्रश्नोत्तरी प्रतियोगिता की विजेता छात्राओं को प्रमाण पत्र व स्मृति चिन्ह देकर सम्मानित किया गया।

राजकीय महिला महाविद्यालय में शनिवार को प्रेमांश फाउंडेशन के तत्वाधान में एक दिवसीय वित्तीय साक्षरता जागरूकता कार्यशाला आयोजित हुई। कार्यशाला का नेतृत्व कर रहे डा. अनुप शुक्ला ने छात्राओं को आनलाइन धोखाधड़ी से बचने एवं प्लेटफॉर्म या इनाम जैसे किसी भी मैसेज की अनदेखी करने की बात की गई। लोगों को बैंकिंग धोखाधड़ी के बारे में

जागरूक किया गया। बैंकों द्वारा चलाई जा रही तमाम योजनाओं को भी बताया गया। छात्रा धारकों से किसी भी समस्या होने पर स्थानीय संबंधित बैंक शाखा से तुरंत सम्पर्क करने की सलाह दी गई। अधिक से अधिक बचत करने पर जोर दिया गया। आमदनी, खर्च और बचत का प्रबंधन के प्रति जागरूक किया गया। प्रेमांश फाउंडेशन अध्यक्ष डा. शिखा ने कहा कि वित्तीय डायरी बनाकर रखनी चाहिए। बताया कि ऐसी कार्यशालाएं छात्र-छात्राओं के सर्वांगीण विकास में सहायक सिद्ध होंगी। कार्यशाला में आयोजित प्रश्नोत्तरी प्रतियोगिता में छात्राओं ने बड़बड़कर भागीदारी



कार्यक्रम में शामिल छात्राएं व अतिथि। -भास्कर

कार्यक्रम में शामिल छात्राएं व अतिथि। -भास्कर

कार्यक्रम में शामिल छात्राएं व अतिथि। -भास्कर

पत्र संख्या : 01
मुद्रण : 4027
थुर्स्डे
16th August
2025

NEWS TIMES

संस्करण : 1000
पत्र संख्या : 01
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वित्तीय साक्षरता से संवर्गे युवाओं के सपने, प्रेमांश फाउंडेशन का सराहनीय प्रयास

वित्तीय साक्षरता से संवर्गे युवाओं के सपने, प्रेमांश फाउंडेशन का सराहनीय प्रयास

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साई इंटरनेशनल स्कूल में प्रेमांश फाउंडेशन द्वारा वित्तीय साक्षरता सत्र का सफल आयोजन

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Environment Protection & Sustainability

At Premansh Foundation, we are committed to promoting environmental awareness and sustainable practices within communities. By organizing educational programs, workshops, and hands-on activities, we empower individuals, children, and youth to adopt eco-friendly habits and contribute to preserving natural resources. Our efforts aim to build a culture of responsibility, encouraging communities to take collective action for a healthier planet. Through sustainability initiatives, we inspire people to lead by example and create a greener, more resilient future for generations to come.

Plantation Drives

During the FY 2024-25, Premansh Foundation strengthened its commitment to environmental conservation through a series of impactful initiatives aimed at promoting eco-friendly practices and sustainable living. Our efforts focused on accelerating plantation drives, creating awareness about responsible waste management, and encouraging community participation in protecting the environment.

Accelerating Plantation Drives

We actively organized plantation drives across schools, public spaces, and community centers in multiple regions. These drives engaged students, local volunteers, and community members in planting saplings of native species, contributing to reforestation and enhancing green cover. Over the year, thousands of trees were planted, improving air quality, conserving biodiversity, and creating healthier spaces for present and future generations.

Impact:

- Increased community participation in environmental activities.
- Enhanced green cover in urban and semi-urban areas.
- Raised awareness about the importance of trees in controlling pollution and promoting climate resilience.

Competitions and Celebrations – Earth Day

To inspire environmental stewardship, we conducted competitions such as poster making, essay writing, and eco-friendly craft challenges, especially among children and youth. These activities were organized as part of the Earth Day celebrations, where participants showcased their creativity and commitment toward environmental protection.

Impact:

- Encouraged students and community members to think critically about environmental issues.
- Fostered a sense of ownership and responsibility towards nature.
- Promoted eco-conscious behaviors that extend beyond the classroom and into daily life.



Protecting our most precious Mother Earth

Premansh Foundation is supporting UP government's Initiative
Ped lagao Ped Bachao



Environment Safety Initiatives

The Uttar Pradesh government has launched the **“Ped Lagao, Ped Bachao Jan Abhiyan-2024”** campaign, aiming to plant 3,72,66,000 saplings along riverbanks across the state.

The "Ped Lagao Ped Bachao Abhiyaan" is a significant environmental initiative aimed at enhancing green cover and combating climate change through widespread tree planting across Uttar Pradesh. Covering maximum area around Highways This year, Premansh Foundation also led various initiatives to support this campaign in Ghaziabad, Meerut and Dadri district of Uttar Pradesh.

We planted +2000 saplings across Dadri, Meerut & Ghaziabad districts and conducted awareness sessions focused on Sustainable Development, the 2030 SDGs, and strategies to reduce pollution and plastic usage.

Glimpse of Our Initiatives under Environment & Sustainability

Our Purpose – Nurturing Learning, Shaping Lives

At Premansh Foundation, we believe that skill development is essential for creating sustainable livelihoods and building empowered communities. Through our focused programs, we equip individuals with practical skills, training, and support to enhance their employability and entrepreneurial potential. Our efforts aim to create equal opportunities, promote self-reliance, and inspire confidence in individuals to shape their own futures. Our Mission – Building Skills, Creating Opportunities reflects our dedication to fostering economic independence and strengthening communities for a better tomorrow.





Disposing off plastics by Students



Plantation Drive



Meeting with government officials on banning single use plastics

Glimpse of Environment Initiatives

PRESS RELEASES

News Times NEWS TIMES FOUNDATION

22-04-2025 मेरठ, उत्तरप्रदेश

www.newstimes.com

प्रेमांश फाउंडेशन और सेंट जेम्स स्कूल, मेरठ में
धरती दिवस पर पर्यावरण बचाने का संकल्प लिया

नकुल भारद्वाज मेरठ

मेठाप्रमोचन कांडांडेशन द्वारा सेट जेम्स स्कूल, कन्कनवडी, सुभागा पुर्वी, मेरठ में आज पुष्पी दिवस मनाया गया। इस वर्ष की थीम "आवर प्लावर, आवर जेनेट" के तहत नवीकरणीय ऊर्जा, पर्यावरण संरक्षण और सारत जीवनशैली को बढ़ावा देने के उद्देश्य से जगमगातार गतिविधियाँ आयोजित की गईं। कार्यक्रम की शुरुआत में प्रिंसिपल डॉ सिंह ने प्रमोचन कांडांडेशन की संस्थापक एवं चेईरमैन डॉ. शिखा शुक्ला का स्वागत किया और सभी बच्चों को पुष्पी दिवस के मतलब के बारे में बताया। इसके बाद डॉ शिखा शुक्ला ने सभी को पोषा रोपण के लिए प्रेरणा दिया और साथ ही 3Rस थीम - कम बर्ब, पुनः प्रयोग में सार और रीसाइकल के बारे में जानकारी दी। बच्चों को बताया गया की कैसे वह वैरु मैटेरियल से कई उपयोग बना सकते हैं और उद्देश्यगत में सार सहेय। इस कार्यक्रम के प्रथमचरण डॉ. नवीन सिंह, डॉ शिखा शुक्ला एवं कुछ बच्चों ने मिलकर स्कूल में पोषे लगाए। सभी विद्यार्थियों ने मिलकर उत्साहपूर्वक कार्यक्रम में भाग लिया। प्रस्तावना के बाद सारुणीक प्रस्ताव "हस्त-भर भविष्य" के प्रति सारुणीक प्रतिबद्धता का प्रतीक बनाई। विद्यार्थी ने अपने प्रेरणादायक संदेश में बताया कि "परती को बचाने के लिए फिर्बे बड़े बदलावों की नसी। छोटे बदलावों से सार प्रवायों की ज़रूरत है। आज हम सभी मिलकर वह नुमिनिष्ठ करत कि अनावश्यक सारदुक्त बंद करें, पानी की बखसी रोके, लास्टिक की बोतलों का पुनः उपयोग करें और उन्हें पुनर्चक्रण में डालें, तो हम पुष्पी को एक बेहतर स्थान बना सकते हैं।" उन्होंने छात्रों को 3R - Reduce, Reuse, Recycle की अर्थात अपनाये की प्रेरणा दी और बताया कि कैसे ये सिद्धांत हमारी दैनिक जीवनशैली में छोटे बदलावों के ज़रिये बड़े बदलाव ला सकते हैं। डॉ नवीन सिंह, प्रचार्य, ने सभी को संदेश देने हुए कहा- "कैसे फेरल सुपरिद जाल की नीत रह कर पकड़ें हैं। इस सिद्धि पर हम सारकारालक से हम एक सखत और सुरक्षित जाल की नीत रह कर पकड़ें हैं।" इस कार्यक्रम का उद्देश्य न केवल धरती दिवस को मनाना था, बल्कि बच्चों व समुदाय को पर्यावरण के प्रति जगमगातार बनाकर उन्हें जलवायु परिवर्तन की चुनौती का हिस्सा नसी, समझाना का हिस्सा बनाना था। कार्यक्रम में स्कूल टीचर, बच्चे और प्रमोचन कांडांडेशन की टीम के सदस्य श्री अमर, श्री प्रदीप और श्री सजीवी जी मूल्य दी।



प्लास्टिक को कम करने के लिए बैठक का आयोजन



गोएडा (हिन्ट)। नगर पालिका परिषद दादरी गौतमबुद्धनगर के सभागार में 10 स्कूल और 2 एनजीओ के साथ प्लास्टिक को कम करने हेतु बैठक का आयोजन किया गया और इस बैठक के द्वारा नवाचार की पहल की गई जो 10 स्कूलों से प्रारंभ किया जा रहा है और इस अवसर पर स्वच्छ वसंत अभियान के अंतर्गत पौधारोपण भी किया गया। इस अवसर पर अधिशासी अधिकारी सुश्री शालिनी गुप्ता, डॉ शिखा मेमांश फाउंडेशन, डॉ आशा शर्मा, रतन प्रभा, हेमलता शर्मा, इति सक्सेना, रेखा, गहल कुमार, डॉ रविन्द्र कुमार और नगर पालिका से सोहराब, नरेंद्र सिंह राठौड़, राघवेंद्र आदि उपस्थित रहे।

द विलफ़ न्यूज़

नगर पालिका परिषद दादरी में भव्य स्वच्छता रैली का आयोजन : स्वच्छता के प्रति जागरूकता का संदेश

[illegible][illegible]

चलो मिलकर ये कसम खा लें, दादरी को प्लास्टिक से मुक्त बना लें

[illegible][illegible][illegible]

शैल कन्या इण्टर कॉलज में पौधारोपण कार्यक्रम आयोजित
बौदा : प्रेमांश फाउण्डेशन द्वारा ग्राम बड़ोखर बुजुर्ग स्थित शैल कन्या इण्टर कॉलज में वित्तीय साक्षरता एवं पौधारोपण कार्यक्रम के अन्तर्गत स्कूल परिसर में विभिन्न प्रजातियों के फलदार व छायादार पौधों का रोपण कर पर्यावरण संरक्षण का संदेश दिया गया। ग्राम बड़ोखर बुजुर्ग के शैल कन्या इण्टर कॉलज में बुधवार को आयोजित किए गए पौधारोपण कार्यक्रम में स्थानीय लोगों के अलावा छात्र-छात्राओं, संकाय के सदस्यों एवं प्रेमांश फाउण्डेशन के स्वयं सेवकों ने सक्रिय भागीदारी करते हुए स्कूल परिसर में विभिन्न प्रजातियों के पौधों का रोपण किया और पर्यावरण संरक्षण का संदेश देते हुए लोगों को जागरूक किया गया। साथ ही यह भी आह्वान किया कि रोपे गए पौधों की देखभाल व संरक्षण किया जाए। इसके लिए सभी को शपथ दिलाई गई। कार्यक्रम में विद्यालय के प्रबन्धक प्रवीन कुमार निगम, प्रधानाचार्य कीर्ति श्रीवास्तव, मधु श्रीवास्तव, रोशनी, लुकड़या, घनश्याम कुशवाहा आदि उपस्थित रहे।



प्लास्टिक को कम करने हेतु बैठक का आयोजन किया गया



आज का मुख्य कार्यक्रम : दिनेश 15 फरवरी 2025 को वा. वि.वि.स. सफाई विभाग सफाई के समारंभ में 10 वृक्षों और एक फलदार वृक्ष की कटौती करके कुल 11 वृक्ष का अन्त्योत्सव किया गया और इस वृक्ष के द्वारा समारंभ की यात्रा की गई जो 10 वृक्षों पर्यंत निकल आया है इस 10 वृक्षों का समारंभ वृक्षों के अन्त्योत्सव के रूप में किया गया है। इस अवसर पर अतिथि वृक्षों की कटौती के पत्र, डॉ. विश्व प्रसाद पांडेय, डॉ. अशोक शर्मा, एस.एस. शर्मा, एस.एस.एस. श्री प्रमोद कुमार, सुभाष कुमार, डॉ. अमित कुमार और वा. वि.वि.स. के अध्यक्ष, जे.डी. सिंह उद्घाटन, सम्पन्न और उद्घोषित रहे।

प्लास्टिक की कलाकृतियों से दिया

पर्यावरण संरक्षण का संदेश

[illegible]

Capacity Building Workshops – Waste Management & Plastic Reduction

We conducted targeted workshops to train sanitation workers, students, and volunteers on sustainable practices like waste segregation, composting, and reducing single-use plastics. Sessions included practical demonstrations on how to segregate dry and wet waste, create compost from organic material, and adopt alternatives to plastic products.

Impact:

- Improved understanding of waste disposal and its effects on health and the environment.
- Empowered participants to implement waste management practices at home and in public spaces.
- Reduced dependency on plastics by promoting sustainable alternatives and mindful consumption.

Through these comprehensive initiatives, Premansh Foundation has not only promoted environmental awareness but also empowered communities to actively participate in conservation efforts. By integrating education, action, and community engagement, we are building a culture of sustainability that contributes to a cleaner, greener, and healthier planet.

Our Commitment – Protecting Nature, Empowering Communities reflects our belief that collective action and informed choices can create lasting change for the environment and society alike. We remain dedicated to expanding these efforts, nurturing eco-friendly habits, and encouraging everyone to be a steward of the Earth.

Swachh Bharat Mission Activities – Promoting Cleanliness and Community Health

As part of our continued efforts toward creating healthier and cleaner communities, Premansh Foundation partnered with Nagar Palika Dadri to implement activities under the Swachh Bharat Mission 2024. These initiatives focused on promoting sanitation, hygiene awareness, and responsible waste management among residents, especially in underserved areas.

Key Activities Conducted:

Health & Hygiene Awareness Sessions: Interactive sessions were organized for community members, school children, and workers, educating them on the importance of clean surroundings, recycling and making products out of waste. Educational videos were also developed to support the mission.

Sanitation Drives: Cleanliness campaigns were conducted in public spaces, streets, and community areas, involving volunteers, municipal staff, and local residents to create a collective sense of responsibility.

Distribution of Hygiene Kits: Essential hygiene supplies, including soaps, sanitary products, and cleaning materials, were distributed to vulnerable groups to encourage regular hygiene practices.

Workshops on Waste Management: Training sessions focused on waste segregation, disposal methods, and the harmful effects of improper waste handling, empowering communities to adopt sustainable practices.

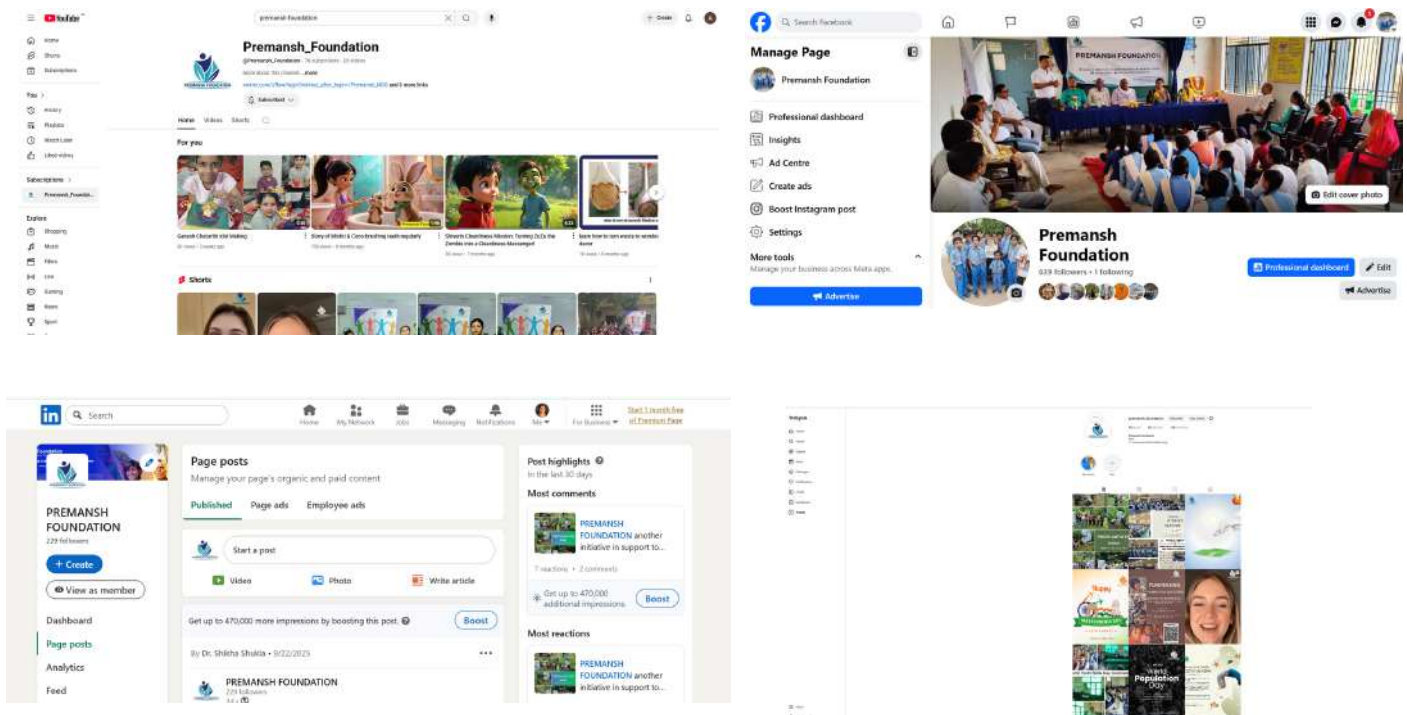
Support for Municipal Workers: Special health check-ups and awareness programs were conducted for sanitation workers to ensure their well-being and highlight their critical role in maintaining community health.

ORGANIZATIONAL DEVELOPMENT & DIGITAL PRESENCE

Premansh Foundation is investing in robust organizational development to expand its outreach and enhance transparency, visibility, and engagement. We have launched a fully functional website that highlights our programs, impact stories, and partnership opportunities—offering corporates an accessible and credible platform to explore collaboration. Our well-designed Information, Education, and Communication (IEC) materials support community programs across health, nutrition, sanitation, and environmental awareness, ensuring clear, culturally relevant messaging.

Our growing social media presence at Facebook, LinkedIn, Twitter, Instagram and Youtube actively engages communities, stakeholders, and corporate partners through campaigns, success stories, and real-time interactions, providing measurable outreach and increased engagement. To further communicate our impact, we have incorporated infographics that visually represent program outcomes, data-driven results, and community reach—making it easier for corporates to understand, track, and support our initiatives.

Through these digital tools and communication strategies, Premansh Foundation offers corporates a professional, scalable, and transparent platform—ideal for CSR collaborations, employee engagement programs, and long-term partnerships that drive sustainable social change.



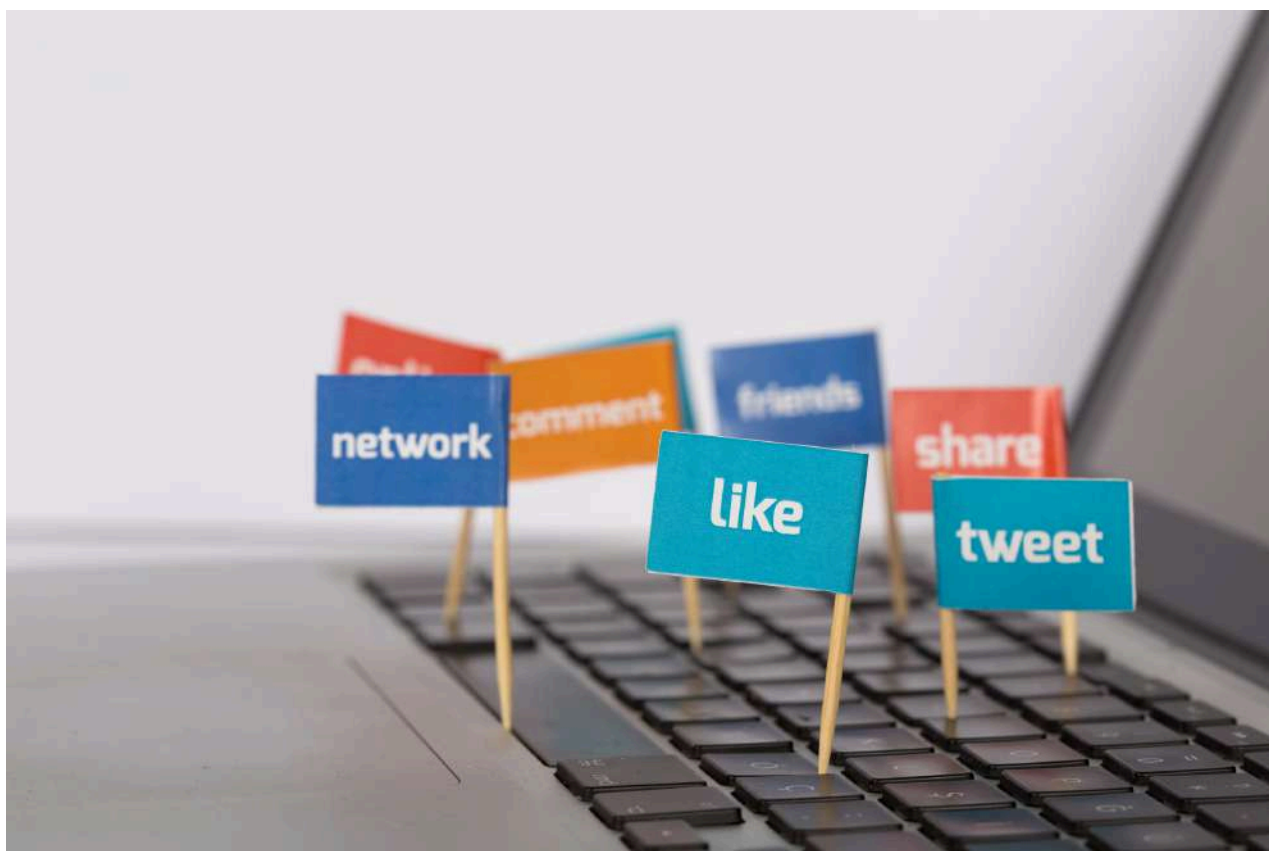
Premansh Foundation amplified its digital visibility and engagement in 2024–25 by leveraging platforms like Facebook, Instagram, LinkedIn, and YouTube:

- Regular updates highlighted events, success stories, campaigns, and milestones.
- Infographics and short reels were shared to communicate complex issues in a simple, relatable, and engaging way.
- Special campaigns around Financial Literacy Week, Cyber Safety Month, and International Days (like Children’s Day, Women’s Day, Earth Day, etc.) increased participation and awareness online.
- Testimonials, case stories, and volunteer spotlights added a human connect, inspiring communities to engage with our initiatives.

Impact

Through the integrated approach of IEC materials and social media engagement, Premansh Foundation successfully:

- Reached thousands of children, youth, and parents with critical messages on different thematic areas
- Strengthened our brand visibility and trust as an organization working to build an informed and aware society.
- Ensured that learnings from physical interventions were amplified digitally, creating a multiplier effect of awareness.



IEC DEVELOPMENT

During the Financial Year 2024–25, Premansh Foundation strategically enhanced its outreach and awareness campaigns through impactful IEC materials and a strong social media presence.

IEC Materials Developed

To make community programs more accessible, engaging, and educational, a wide variety of IEC tools were designed and disseminated:

Posters & Banners – Visually appealing posters and banners were created for awareness drives, workshops, and campaigns on themes such as financial literacy, cyber safety, hygiene & sanitation, environment, child welfare, financial literacy, nutrition and health.

Modules & Training Manuals – Structured learning modules were designed to support school-based programs, volunteer training, and community awareness sessions.

Leaflets & Brochures – Easy-to-read leaflets provided quick reference information on all thematic areas.

Demonstration Models – Hands-on models were introduced during workshops and awareness camps, ensuring interactive learning experiences.

Educational Videos – Short and engaging videos were produced and circulated across platforms to reach wider audiences, especially young learners and parents.

These IEC materials were developed in simple language, with local cultural relevance, and visually engaging formats to ensure maximum reach and understanding.

50+

IEC Materials
Developed

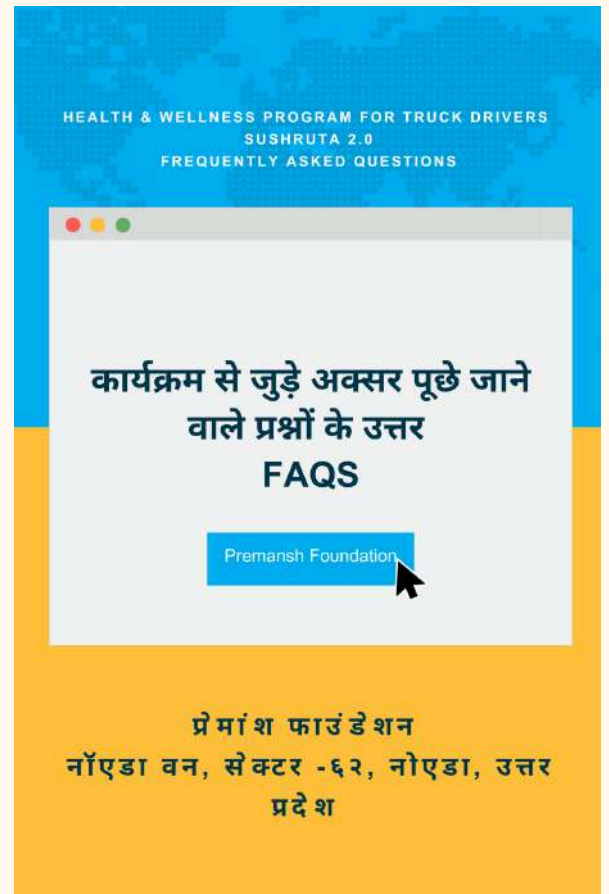
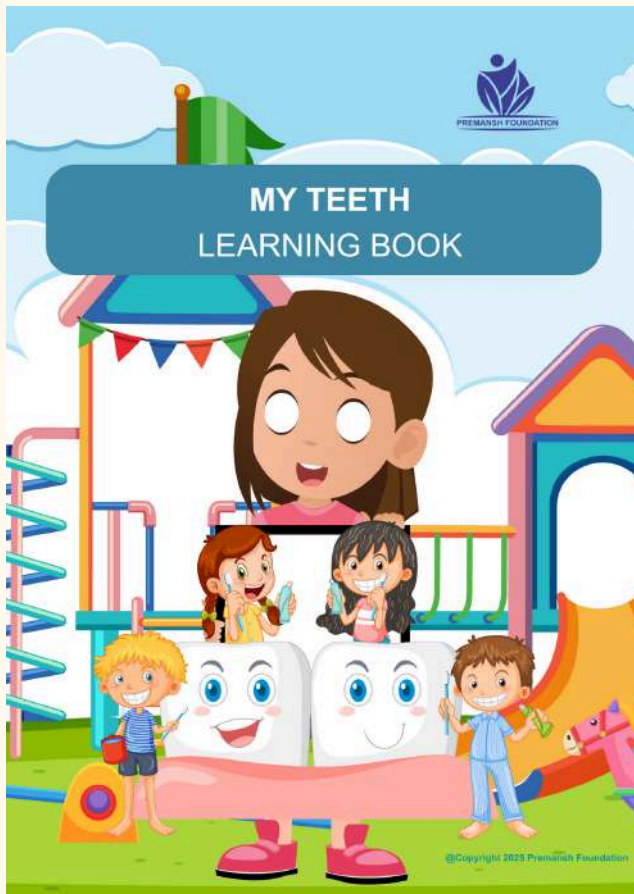
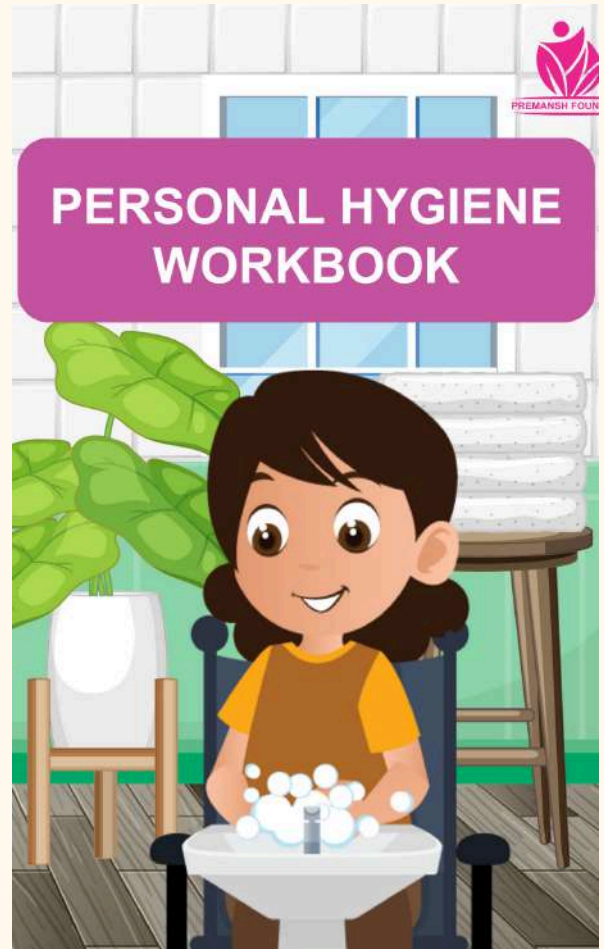
20+

Educational modules &
books on different
thematic areas developed

20+

Educational Videos on
different thematic areas
developed





Acknowledgements & Achievements

Our Purpose – Nurturing Learning, Shaping Lives

Premansh Foundation, registered under the Ministry of Health and Family Welfare (MoHFW), has been appreciated for its dedicated efforts in supporting TB patients through nutrition interventions. Our programs focus on improving recovery and overall health outcomes by providing tailored dietary support and awareness. Under the Swachh Bharat Abhiyaan, Nagar Palika Dadri recognized our initiatives in sanitation, waste management, and community cleanliness drives. Schools have also acknowledged our health and hygiene awareness sessions, including oral care and eco-friendly practices. These recognitions reflect our ongoing commitment to public health, community well-being, and sustainable social impact.



FUTURE OUTLOOK



As Premansh Foundation approaches its 3rd anniversary, we are entering a decisive phase of growth, consolidation, and impact scaling. Building on the strong foundation laid over the past years, we are committed to expanding our reach across health, nutrition, sanitation, education, and community development, with an integrated and sustainable approach.

CSR Partnerships and Collaborations

To amplify our efforts, the Foundation will seek CSR certification and proactively seeking strategic partnerships with corporates. These collaborations will unlock opportunities for:

- **CSR-Funded Projects:** Large-scale interventions in health, education, livelihood, and sanitation.
- **Employee Engagement Programs:** Corporate volunteers working directly with children, youth, and communities to deliver meaningful change.
- **Joint Awareness Campaigns:** We will continue to co-brand our initiatives focusing on our priority thematic areas.

Through these partnerships, we aim to leverage corporate resources, expertise, and networks to design impactful, scalable programs.

Innovation at the Core

Innovation will continue to drive our approach, with a strong emphasis on:

- **Sustainable Practices** – Promoting eco-friendly solutions such as waste management, clean energy awareness, and water conservation.
- **Skill-Building for Youth** – Equipping young people with life skills, digital literacy, and vocational training for enhanced employability.
- **Technology Integration** – Using digital platforms for program delivery, real-time monitoring, and transparent impact assessment.
- **Community-Centric Solutions** – Developing models that are replicable, scalable, and community-owned to ensure long-term sustainability.

Focus on Vulnerable Groups

Our commitment remains firm towards the most vulnerable sections of society:

Health Support for TB Patients and Underserved Communities – Ensuring access to awareness, counseling, nutrition support, and healthcare linkages.

School Children, Youth & Women – Expanding programs on financial literacy, cyber hygiene, nutrition, and holistic education.

Marginalized Families – Strengthening livelihood opportunities, promoting financial inclusion, and improving quality of life.

Holistic Ecosystem Approach

By engaging with government bodies, academic institutions, corporates, domain experts, and local organizations, we aim to build a holistic ecosystem of community development. This ecosystem will:

Drive public health improvements through preventive awareness and early interventions.

- Strengthen educational outcomes by supplementing school-based programs with skill-based learning.
- Empower communities to adopt sustainable livelihoods and eco-friendly practices.
- Foster a culture of shared responsibility and active citizenship.

Our Vision Ahead

Premansh Foundation envisions implementing innovative, sustainable, and scalable solutions that not only address immediate community needs but also contribute to long-term systemic change. By aligning with the UN Sustainable Development Goals (SDGs) and India's development priorities, we are committed to creating measurable impact and fostering inclusive growth for all.



We'd like to thank all our donors,
partners & stakeholders for their
support !

ACKNOWLEDGMENT

Premansh Foundation sincerely acknowledges and thanks its valued donors, partners and stakeholders for their trust, support, and collaboration in driving our initiatives forward. We are grateful to Amazon, Dawa India, Homeo Amigo, Dayal Opticals, OM Hospital, Clove Dental, Deshwal Foundation, PRASH Enterprises, Schools, Colleges & many others for their support in implementing various health programs, and to schools, colleges, and experts for partnering with us in awareness, education, and skill-building initiatives. Our heartfelt appreciation goes to government bodies, including Nagar Palika Dadri, for trusting us and collaborating on various programs under the Swachh Bharat Mission. We also thank our corporate partners, such as TATA AIG and Liberty, for supporting employee engagement programs that contribute to community development. Their continued support strengthens our ability to create meaningful impact and reach underserved communities.

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