

## MAJOR PROGRAMME- (2024)

### PHDFWF CELEBRATED TEEJ, JANMASHTAMI, RAKSHA BANDHAN AND INDEPENDENCE DAY AT THE PHD HOUSE



PHD Family Welfare Foundation organised Celebration of Teej, Janmashtami, Raksha Bandhan, and Independence Day on July 24, 2024. The inaugural lamp was lit by Ms. Anuradha Goel, Chairperson and other members of PHDFWF. Ms. Anuradha Goel, Chairperson of PHDFWF, extended a warm welcome to the distinguished guest, Guru Prabhakar, members and audience. The programme was further enriched by melodious songs and dance celebrating Saawan, Janmashtami, Raksha Bandhan, and Independence Day by the members and beneficiaries of the Foundation. The celebration concluded with a heartfelt vote of thanks delivered by Ms. Abha Mehta, Member, PHDFWF. Ms. Neetu Jiwrajka, GB Member, PHDFWF was the MC of the programme. About 250 audience enjoyed the programme



## PHDFWF GOVERNING BODY MEETING



On July 16, 2024, the PHD Family Welfare Foundation Governing Body Meeting was conducted in the Motha room. Ms. Anuradha Goel, Chairperson, PHDFWF, Dr. Ranjeet Mehta, Executive Director, PHDCCI, and other GB members attended the meeting. The meeting was focused on reviewing past activities, discussing current and future projects, and outlining the action plan for the coming year. Also, the discussion included ongoing projects such as the Target Intervention project for HIV/AIDS prevention, mobile medical van services, and strategies for expanding healthcare and skill development programs. All Members appreciated the Foundation's positive work towards the community, everyone gave their thanks to funding agencies for their support.

## OBSERVATION OF 10<sup>th</sup> INTERNATIONAL YOGA DAY 2024



PHD Chamber, PHD Family Welfare Foundation and the Ayush Committee, PHDCCI observed 10th International Yoga Day on Friday, June 21, 2024 at the PHD House, New Delhi to promote awareness on health and well-being benefits of yoga. Ms. Anuradha Goel, Chairperson, PHDFWF in her welcome address welcomed the yoga trainer from Vivekananda Kendra, Members of PHDCCI, PHDFWF and the participants. Ms. Goel and other GB members of PHDFWF felicitated Mr. Ankur Bahuguna from Vivekananda Kendra, Delhi, as well as Ms. Vibha Jain, Mr. G.L. Aggarwal and Ms. Kiran Sharma towards supporting this



special programme. More than 90 attendees participated in both the yoga sessions.

## **MOU SIGNING BETWEEN PHD FAMILY WELFARE FOUNDATION AND BURLINGTON ENGLISH**



An MOU was signed between PHD Family Welfare Foundation and Burlington English on 14th June 2024. Burlington English will be helping underprivileged beneficiaries in Aya Nagar skill Development center who want to improve their verbal English skills. Burlington's General English lessons are designed for learners to engage in conversations about everyday topics while acquiring essential language skills through listening, speaking, reading, and writing. Certificates will be provided to all 25 enrolled students on successfully completing In-Class Lessons and self-paced language learning.

## **PHDFWF ALSO OBSERVED 10TH INTERNATIONAL YOGA DAY IN ITS 26 SKILL DEVELOPMENT TRAINING CENTRES, PAN INDIA**





## OBSERVATION OF WORLDS ENVIRONMENT DAY BY PHDFWF



On 5th June 2024, PHD Family Welfare Foundation celebrated World Environment Day with enthusiasm. Student beneficiaries from various centers participated by planting trees in a nearby park and surrounding areas. They also engaged in awareness talks and slogan writing sessions at their centers. Through their efforts, over 100 trees were planted, contributing to a greener environment. The event aimed to raise awareness about the importance of environmental conservation and involved students in meaningful activities to protect nature. The foundation's initiative highlighted the vital role of young people in creating a sustainable future.

## DISTRIBUTION OF TABLE FANS TO THE UNDERPRIVILEGED FAMILIES



PHDFWF distributed 65 Stand and table fans, water bottles and umbrellas to the underprivileged families living in resettlement colonies of Delhi NCR where PHDFWF has its presence with support from members of PHDFWF and PHDCCI. This initiative aimed to provide relief from the scorching heat waves that have been a persistent issue presently. This



small gesture has made a significant difference in the lives of the beneficiaries, who are now better equipped to face the harsh summer months.

## **PHDFWF ORGANISED HEALTH TALK BY DR. MATHEW VARGHESE, HEAD, DEPT. OF ORTHOPEDICS AND FORMER DIRECTOR, ST. STEPHEN'S HOSPITAL AT THE PHD HOUSE.**



PHD Family Welfare Foundation organized a special Health Talk by Dr. Mathew Varghese, Head, Dept. of Orthopedics and Former Director, St. Stephen's Hospital on "Gender, Exercise, Nutrition, Muscle and Bone Health" on May 30, 2024 at the PHD House with the support from Confluence. Ms. Anuradha Goel Chairperson, PHDFWF in her welcome address, welcomed Dr. Mathew Varghese and briefed about the welfare activities of the foundation.

Dr. Mathew Varghese, delivered a comprehensive health talk as how gender plays a significant role in bone health, and BMI differences between men and women can impact bone health in several ways like hormonal differences, bone density, body composition, menstrual cycle and menopause, pregnancy, genetic differences and lifestyle differences. A combination of proper nutrition and regular exercise, like walking, can help maintain strong and healthy bones in our life. Dr. Varghese's expertise and valuable presentation made the talk informative and engaging for the audience. Ms Madhulika Mehta, GB member, PHDFWF was the master of ceremony of this programme. This programme was concluded with the vote of thanks by Ms. Neetu Jiwarajka, G B Member, PHDFWF. Dr. Varghese received standing ovation from More than 100 audience who got benefitted from this scintillating health talk.

## PHDFWF ORGANIZED MUSICAL BALLET "MEERA"



PHD Family Welfare Foundation orchestrated a soul-stirring Musical Ballet "Meera" on May 10, 2024 at the PHD House, New Delhi with support from Jaquar Foundation. The programme started with the lighting of the inaugural lamp by esteemed personalities: Shri Shamsher Kanwar, Head CSR of Jaquar Foundation; Shri K S Mehta, Former President of PHDCCI; Shri Suresh Goel, Former Chairman of PHDFWF and Ms. Anuradha Goel, Chairperson of PHDFWF. The performance, a mesmerizing blend of music and dance was gracefully presented by the Padma Vibhushan Awardee and Member of Parliament, Dr. Sonal Mansingh accompanied by her talented students from the dance institute. Through artistry, the ballet narrated the life of Meera with stunning performances captivating the hearts of over 250 attendees with standing ovations. The evening culminated with a heartfelt vote of thanks delivered by Dr. Ranjeet Mehta, Executive Director of PHDCCI expressing gratitude to the artists for their outstanding performance, chairperson with GB members of PHDFWF for their active participation and the audience.



## INAUGURATION OF NEW MOBILE MEDICAL VAN



PHD Family Welfare Foundation organized the inauguration of its 11th New Mobile Medical Van on May 10, 2024 with support from Jaquar Foundation on May 10, 2024. The new MMV was inaugurated in the gracious presence of Shri Shamsheer Kanwar, Head, CSR, Jaquar Foundation, Ms. Anuradha Goel, Chairperson, PHDFWF, Dr. Ranjeet Mehta, Executive Director, PHDCCI, GB members of PHDFWF and other distinguished guests. This mobile medical van will be serving the needy patients living in resettlement colonies of Delhi / NCR.

## DISTRIBUTION OF TAILORING MACHINES AND COOLERS TO TWO CENTERS OF PHDFWF



PHD Family Welfare Foundation with support from Rotary Club of Delhi Achievers organized distribution programme of tailoring machines and coolers to two different centers of PHDFWF on May 14, 2024. Ms. Anuradha Goel, Chairperson, PHDFWF welcomed



the distinguished donors at the center. The beneficiaries of the center performed a welcome dance. PHDFWF expressed gratitude to Sh. Gaurav Shyam, President of the Rotary Club of Delhi Achievers, Ms. Prerna ji, Mr. Mukul Bagla Club Secretary (who very kindly arranged the donation) and Ms. Nidhi for their support.

### **CERTIFICATE DISTRIBUTION PROGRAMME IN WRG SKILL DEVELOPMENT CENTRE,**

PHD Family Welfare Foundation organized a certificate distribution programme in WRG-skill development centre in Mehrauli. Ms. Anuradha Goel, Chairperson, PHDFWF and Ms Sangita Dutta Das, CEO, PHDFWF distributed the certificates and blessed to the women beneficiaries who have completed their course in tailoring and embroidery under the project. Total 33 women & girls were received certificates and thanked to WRG and PHDFWF.



### **CERTIFICATE DISTRIBUTION PROGRAMME IN SMPF SKILL DEVELOPMENT CENTRE, DWARKAPURI**



PHD Family Welfare Foundation organized a certificate distribution programme in SMPF-PHDFWF skill development centre on April 26, 2024 in Dwarkapuri. More than 70 women and youth were present and received certificates those who have

successfully completed their respective courses on beauty culture and tailoring, computer education and mobile repairing during last years under the project. Women and youth were happily accepted their certificates and shared their learning experiences in the center. Beneficiaries were very thankful to the SMPF



## PHD FAMILY WELFARE FOUNDATION ORGANIZED CERTIFICATE DISTRIBUTION PROGRAMME AT SKILL DEVELOPMENT CENTER, MEETHAPUR



PHD Family Welfare Foundation organized a certificate distribution programme at its skill development center, Meethapur supported by Prayas Trust, Nai Umang. Certificates were distributed to 50 beneficiaries who have completed their courses in gracious presence Senior officials from Prayas Trust, Nai Umang and senior official of PHDFWF.

## PHDFWF OBSERVED INTERNATIONAL WOMEN DAY



PHD Family Welfare Foundation observed 'International Women's Day' in all the skill development training centers. FWF celebrates strength and resilience of women beneficiaries to uplift, empower, and support each other. PHDFWF through its skill development courses try to make its beneficiaries self-reliant so that they can contribute to their family as well as local community.



## INNAUGURATION OF SKILL DEVELOPMENT CENTER AT KATWARIA SARAI



PHDFWF inaugurated a new skill development center at Katwaria Sarai in the presence of Ms. Anuradha Goel, Chairperson, and other senior GB members of PHDFWF. PHDFWF has always been dedicated to empower women, and already empowered more than 43 thousand women & girls through its skill development courses to make themselves self-reliant. PHDFWF distributed sanitary napkins to the women beneficiaries at the centre on this special occasion.

## PHD FAMILY WELFARE FOUNDATION ORGANIZED CERTIFICATE DISTRIBUTION PROGRAMME AT SKILL DEVELOPMENT CENTER, POCHANPUR



PHD Family Welfare Foundation organized a certificate distribution programme at its skill development center, Pochanpur, Dwarka supported by Prayas Trust, Nai Umang. Certificates were distributed to 50 beneficiaries who completed their courses in gracious presence Senior officials from Prayas Trust, Nai Umang and senior officials of PHDFWF.



## INNAUGURATION OF SKILL DEVELOPMENT CENTER AT DURG, CHHATTISGARH



PHD Family Welfare Foundation with support from Jaquar Foundation inaugurated new skill development centers at Durg, Chhattisgarh. The inauguration ceremony was graced by Secretary, Mr. Vipin Bansal, Prayas Shravan Viklang Sansthan, Mr. Rajesh Pandey, Principal, Prayas Shravan Viklang Sansthan, as well as senior official from PHDFWF. These skill development centers aim to offer computer education, tailoring & embroidery programs to the underprivileged.

## CERTIFICATE DISTRIBUTION PROGRAMME



PHDFWF organised a certificate distribution programme at the Jaquar Skill Development Centre in Assam on April 9, 2024. Forty beneficiaries, having successfully completed courses in Tailoring & Embroidery and Hand Weaving, were provided with certificates. From PHDFWF Ms. Sangita Dutta Das, CEO gave away the certificates.



## DISTRIBUTION OF SANITARY NAPKINS IN THE SKILL DEVELOPMENT CENTRES OF PHDFWF



With the generous support of the Rotary Club of Delhi Premier, PHDFWF has received with heartfelt gratitude for the invaluable assistance provided by the Rotary Club of Delhi Premier, PHDFWF has received 6000 sanitary napkins. These napkins are being compassionately distributed to the women and girls enrolled in our skill development programs. Starting this April 2024, and continuing for six months, we'll ensure these necessities reach those in need on a monthly basis. This generous contribution from the Rotary Club epitomizes a significant change in our ongoing commitment to enhance menstrual hygiene within our community. By reducing this burden, we empower women and girls to wholeheartedly pursue their educational and vocational aspirations, free from concerns about their health and well-being.

## DONATION OF SWING MACHINES

PHDFWF received generous donation of four sewing machines in Noida center from the Utkalini Odiya Women Association of Delhi & NCR. These machines were received in the presence of the President, Utkalini, Secretary, Utkalini and CEO, PHDFWF. Sewing machines hold significant importance in improving the quality of education and skill PHDFWF is providing to the beneficiaries.





# PHD FAMILY WELFARE FOUNDATION ORGANIZED ITS 9TH WOMEN ASTITVA SAMMAN AND 8TH JUNIOR ASTITVA SAMMAN 2024



PHD Family Welfare Foundation organized its 9th Women Astitva Samman and 8th Junior Astitva



Samman 2024 on February 9, 2024. The inaugural lamp was lit by the Chief Guest Hon'ble Ms. Justice Rekha Palli, Judge, High Court of Delhi, Shri Gopal Jiwarajka, Former President, PHDCCI, Shri Suman Jyoti Khaitan, Former President, PHDCCI and Ms Anuradha Goel, Chairperson, PHDFWF. The 9th Women Astitva Samman were given to Tata Consultancy Services in the Corporate category, Prayas Trust, Women Led Social Arm of L&T in CSR category, Indo-Tibetan Border Police in the government category, Womenovator in the MSME category, Aarohi in the NGO category and Dr. Smriti Singh in the special category. The 8th Junior Astitva Samman was given to Modern School, Vasant Vihar and Shiv Nadar school, Faridabad. The programme was supported by DCM Shriram Industries Limited and Kali Center for Legal Reforms and Research. The programme was followed by mesmerizing singing performance of Ms. Kavita Murti Deshpande from Mumbai. The Master of Ceremony was Ms. Karuna Shriram, GB Member PHDFWF. About 300 audiences enjoyed the programme.

### **PHDFWF ORGANIZED A HEALTH CHECKUP CAMP IN KOTA, RAJASTHAN**

The PHD Family Welfare Foundation with support from Jaquar Foundation organized a three-day health checkup camp in Kota, Rajasthan, from February 12 to February 14, 2024. The camp focused on general health, eye and dental health. Four doctors from PHDFWF, including General Physician, Gynecologist, Dentist and Ophthalmologist were present for the camp. PHDFWF provided free medical service and free medicines to more than 3000 beneficiaries in Kota, underscoring its commitment to improving healthcare access and promoting well-being in communities.





# PHDFWF ORGANIZED ITS FLAGSHIP PROGRAMME 'HUNAR UNLIMITED 2024'





## PHDFWF ORGANIZED UNIQUE TALK ON EXPLORING MILLETS 'A JOURNEY OF NUTRITION AND CULINARY ARTISTRY'



PHD Family Welfare Foundation organized a unique talk - Exploring Millets 'A Journey of Nutrition and Culinary Artistry' on January 10, 2024 at the PHD House, New Delhi. Ms. Anuradha Goel, Chairperson, PHDFWF briefed about the welfare work of the foundation being done from last 37 years and felicitated the distinguish speakers with mementoes. The moderator of the programme was Chef Gunjan Goela, India Chairperson for Culinary Arts, New Delhi. The programme featured three nationally and internationally acclaimed distinguished keynote speakers: Dr. Chef Manjit Gill, President of IFCA and Managing Director of Eco Green Hospitality; and Mr. Amit Mehta, Vice President - Foods, & Managing Director Kameda LT Foods India Pvt Ltd.; and millet coach Ms. Shalini Rajani.

Speakers shared their invaluable insights and passion for millets that has left an indelible mark on our minds. Their profound knowledge on the nutritional aspects of millets did enlighten us about their immense health benefits. The depth and clarity with which they all have presented the information have certainly inspired the audience to incorporate millets in daily diets. Their contributions have made 'Exploring Millets' an unforgettable journey, and requested everyone to embrace millets for their nutritional benefits and culinary versatility. The programme was followed by question and answers session. The vote of thanks was given by Dr. Ranjeet Mehta, Executive Director, PHDCCI.

The FWF skill development beneficiaries had also put-up stall displaying products made out of old cushion covers which included, handbags, lunch bag, slippers, oven mittens, floor mats, etc. The programme witnessed more than 100 audience.