

# PHD FAMILY WELFARE FOUNDATION (Bulletin Points – September 2026)

## MAJOR PROGRAMMES

### PHD Family Welfare Foundation Organised Health Talk On ‘Dealing With Aches and Pains’



PHD Family Welfare Foundation in association with Confluence organised a Health Talk on **“Dealing with Aches and Pains: When Do I Seek Help”** on 25th September 2025 at the PHD House, New Delhi by Dr. Mathew Varghese, Head of Orthopaedics and Former Director, St. Stephen’s Hospital. Ms. Anuradha Goel, Chairperson, PHDFWF in her welcome address briefed about the welfare activities of the foundation and thanked Dr Varghese for giving his precious time and also for his contribution to the physically challenged. Ms. Anuradha Goel along with Dr. Ranjeet Mehta, CEO & Secretary General, PHDCCI, felicitated Dr. Mathew Varghese. Dr Ranjeet Mehta deeply appreciated the informative and interesting talk by Dr Verghese. Ms. Promila Girotra, GB Member, PHDFWF introduced Dr. Mathew Varghese. In his talk, Dr. Varghese shared his deep knowledge in a simple and relatable way guiding the audience on how to understand everyday aches and pains when they can be managed with care at home. His insights gave clarity on maintaining bone and joint health, the role of lifestyle in preventing problems and the importance of warning signs. The session had an enthusiastic response from the full house audience and turned out to be an eye-opening experience for many, making them more aware of their health and wellbeing. The event concluded with a Vote of Thanks by Ms. Madhulika Mehta, GB Member, PHDFWF.

## CALL ON MEETING WITH HON'BLE SMT. REKHA GUPTA, CHIEF MINISTER OF NCT OF DELHI , GOI



The PHD Family Welfare Foundation delegation led by Ms. Anuradha Goel, Chairperson met Smt. Rekha Gupta, Chief Minister of NCT of Delhi along with Shri Samsher Kanwar, Head CSR, Jaquar Foundation, Ms. Veena Thapar and Ms. Santosh Shekhar, GB Members, PHDFWF.

## PHD Family Welfare Foundation organised a Certificate Distribution Programme at the PHDFWF–Chandiok Foundation Skill Development Training Center in Sadh Nagar, Palam, New Delhi



On 14th October 2025, the PHD Family Welfare Foundation organised a Certificate Distribution Programme at the PHDFWF–Chandiok Foundation Skill Development Training Center in Sadh Nagar, Palam, New Delhi. The programme was graced by Shri Vinod Chandiok, Director, Walker Chandiok & Co. LLP; Shri Satya Jha, CSR Head and Shri Bishwanath Jha, CFO. The students of the center warmly welcomed the guests with a welcome song. A total of 91 student beneficiaries received certificates upon successful completion of their respective vocational courses in Tailoring & Embroidery, Beauty Culture and Computer Education. These skill-based courses aim to enhance employability and promote self-reliance among youth and women from the surrounding communities. In his address, Shri Vinod Chandiok appreciated the dedicated efforts of the Family Welfare Foundation in driving meaningful social impact through vocational education. He encouraged the students to continue learning and utilize their skills to achieve financial independence and personal growth.

# SKILL DEVELOPMENT TRAININGS

PHD Family Welfare Foundation is making a significant impact on communities by running 27 skill development centers, Pan India. These centers play a crucial role in providing essential free skills to empower the marginalised youth & women.

The reach of PHDFWF extends to various states, including Gujarat, Assam, Uttar Pradesh, Rajasthan, Chhattisgarh, Odisha, Haryana, Madhya Pradesh and Delhi-NCR. The foundation is committed to addressing the needs of community through skill development centers initiatives with support from its funding agencies - SMPF, Jaquar Foundation, Hindustan Tin Works, Kajaria Ceramics, Goyal MG Gases, Vidhya Jyoti, WRG New jersey USA, SJK, Chandiook Foundation, Electronic Mart India and other supporters. Through these efforts, PHDFWF is creating opportunities for underprivileged women and youth to enhance their lives by making them self-reliant to support their families as well as contribute meaningfully to society.



MOBILE REPAIRING



COOKING



HAND - WEAVING



RETAIL MANAGEMENT



REMEDIAL EDUCATION



TAILORING



BEAUTY CULTURE



MAKEUP



LOCAL CRAFT



COMPUTER EDUCATION



ELECTRICIAN

## HEALTH CARE

The primary objective of healthcare projects is to provide medical care to the local communities in underserved areas. These MMV projects are specifically designed to reach communities that have limited access to healthcare services due to factors such as geographical location, poverty, or lack of infrastructure. Target Intervention project under the foundation specially looking after high-risk groups for prevention of HIV/AIDS.

Currently, PHDFWF is providing healthcare services through its 12 mobile medical vans including eye and dental mobile medical vans and TI project in Delhi-NCR, Rajasthan, Haryana, Uttar Pradesh, and Gujarat with the financial support from different funding agencies.



DELHI/NCR



BHIWADI, RAJASTHAN



DENTAL MOBILE MEDICAL VAN



EYE MOBILE MEDICAL VAN



ORPHANAGE & STREET CHILDREN



BHACHAU & KHAROI- GUJARAT

# THANK YOU TO OUR SUPPORTERS & PARTNERS

