

PHD FAMILY WELFARE FOUNDATION (Bulletin Points)

MAJOR PROGRAMME

OBSERVATION OF YOGA DAY



PHD Family Welfare Foundation in collaboration with the Ayush Committee, PHDCCI observed the 12th International Yoga Day on 18 June 2026 at Modi Hall, PHD House, New Delhi. This year's theme, "Yoga for Healthy Ageing" highlighted the importance of yoga in maintaining good health, improving mobility and supporting physical and mental well-being at every stage of life. The yoga session was conducted by Mr. Ankur Bahuguna an experienced trainer from Vivekananda Kendra, New Delhi. He guided participants through simple yoga postures and breathing exercises that help reduce stress, improve fitness and promote overall wellness.

The programme saw enthusiastic participation from members and staff who actively took part in the session. Ms. Anuradha Goel, Chairperson, PHDFWF welcomed Mr. Ankur Bahuguna and felicitated him with a stole as a token of appreciation. She also felicitated Dr. Nasir Jamal, Director, PHDCCI (Ayush Committee) for collaborating with PHDFWF in organising the programme. Ms. Goel also thanked Ms. Meera Goyal, GB Member, PHDFWF for her support in organising the programme. Ms. Goel appreciated the active involvement of the participants in making the Yoga Day a success. Through such initiatives PHDFWF continues to promote health, wellness and healthy living within the community. The Foundation encourages everyone to make yoga a part of their daily routine and take small steps towards a healthier and happier life.

YOGA DAY OBSERVATION AT PHDFWF SKILL DEVELOPMENT CENTERS, PAN INDIA



MOU SIGNING PROGRAMME BETWEEN PHDFWF AND SPACE



PHD Family Welfare Foundation is happy to share that with the support of SPACE (Society of Performing Arts for Cultural Exchange) a new skill centre is being started in Okhla, Delhi. The centre will provide tailoring and embroidery training to women and youth helping them develop practical skills and explore livelihood opportunities.

An MoU signing programme was held on 18 June 2026 to mark the beginning of this association. Ms. Anuradha Goel, Chairperson, PHDFWF welcomed Ms. Kamna Bansal, President, SPACE by presenting her with a stole and warmly greeted all the members of SPACE present on the occasion. The MoU was signed by Ms. Anuradha Goel and Ms. Kamna Bansal in the presence of Governing Body Members of PHDFWF and representatives of SPACE.

This collaboration was made possible through the kind recommendation and support of Ms. Neetu Jiwarajka, GB Member, PHDFWF. This initiative brings together the shared vision of both organisations to empower communities through skill development. This course will help beneficiaries learn stitching and garment-making skills enabling them to become more self-reliant and improve their income-earning opportunities. PHDFWF looks forward to this meaningful association with SPACE and to creating a positive impact in the lives of the beneficiaries.

PHDFWF CELEBRATES WORLD ENVIRONMENT DAY WITH TREE PLANTATION DRIVES



PHD Family Welfare Foundation observed World Environment Day in its skill development centers PAN India and also in NL Mehra Pre- Primary School on June 05, 2026. On this special day beneficiaries & students planted saplings and mobilised locals & family members about maintaining a cleaner and healthier environment. This year the theme of this environment day is Inspired by Nature. For Climate. For Our Future. The plants for the school were generously donated by Ms. Anuradha Goel, Chairperson, PHDFWF.

PP RTN. S. L. SHARMA DONATES SCHOOL BAGS FOR SUMMER CAMP CHILDREN



PHD Family Welfare Foundation is happy to share that PHDFWF received 40 school bags with accessories generously donated by PP Rtn. S. L. Sharma, Chairman, Rotary Club of Delhi Central Charitable Trust for the children attending summer camp in N. L. Mehra Pre-Primary School, Aya Nagar, Delhi. The children were over-joyed to receive the school bags. Adding to the celebrations, the children observed World Environment Day by planting saplings in the school premises. Through this meaningful activity the children learned the importance of caring for the environment and contributing to a greener future. It was a joyful day filled with happiness, learning and a shared commitment towards environmental sustainability.

SKILL DEVELOPMENT TRAININGS

PHD Family Welfare Foundation is making a significant impact on communities by running 34 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, Chandiok 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.



COOKING



HAND - WEAVING



COMPUTER EDUCATION



MOBILE REPAIRING



TAILORING



BEAUTY CULTURE



ELECTICIAN COURSE



MAKEUP



HAIRSTYLE

EDUCATION

NL Mehara Pre-Primary School run by PHDFWF is dedicated to building strong educational foundations for underprivileged children through joyful, child-centred learning. The school offers free early childhood education using interactive teaching methods that promote basic literacy, numeracy, creativity and social skills. In addition, PHDFWF provides free tutorial classes in Mathematics and Science for needy students with support from its funding ensuring a safe, caring, and stimulating learning environment.

SUMMER CAMP AT N.L. MEHRA PRE-PRIMARY SCHOOL



NL Mehara Pre-Primary School



REMEDIAL EDUCATION

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



EYE MOBILE MEDICAL VAN



DENTAL MOBILE MEDICAL VAN



RAJASTHAN



BHACHAU & KHAROI- GUJARAT

THANK YOU TO OUR SUPPORTERS & PARTNERS

