

Second Quarterly Newsletter



July 2026 ✦



Quarterly Update: April to June 2026

This second quarterly newsletter reflects Anurvana's inspiring journey through April, May, and June 2026—a season of learning, creativity, wellness, and meaningful community engagement. From celebrating important awareness days to empowering children through arts, music, sports, and life skills, every initiative strengthened our commitment to creating safe, joyful, and inclusive spaces where every child can grow with confidence and dignity.

This quarter was filled with moments that encouraged curiosity, teamwork, and self-expression. Our Summer Camp brought children together through movie screenings, art and craft, dance, food-making, talent circles, and engaging activities that nurtured creativity and confidence. We also observed World Menstrual Hygiene Day through awareness sessions and pad distribution, promoted physical and mental well-being through yoga, and continued to inspire young minds with music and stage performances. Each experience reminded us that small, consistent efforts create lasting impact in the lives of children and their families.

As we move forward, we remain committed to building opportunities that empower every child to learn, dream, and thrive. Thank you for believing in our mission and standing beside us. Your encouragement, trust, and support continue to transform hope into action and possibilities into reality.

With gratitude and optimism,
Aanand & Sara

In this newsletter you can explore

- 1. Focusing on adolescents to develop self awareness** - Developing self-awareness among adolescents for a brighter, stronger, and more resilient future.
- 2. Tanja and Andrea visited Anurvana from kandhari foundation Switzerland** 0 Tanja and Andrea visited Anurvana from kanthari foundation Switzerland- Restoring comfort and clarity
- 3. World menstrual Hygiene Day (pad distribution)**- We observed this important day by spreading awareness about menstrual health, hygiene and dignity. Sanitary pads were distributed to support and empower adolescent girls.
- 4. Sikho Showcases Stage Performance** -Sikho participants took the stage with confidence, celebrating their learning journey through vibrant performances.
- 5. 1 Week Summer Camp** - A week filled with art, dance, movies, cooking, and talent-building created unforgettable learning experiences for every child.
- 6. Yoga Day Celebration** - Through Yoga Day, children experienced the importance of wellness, focus, and inner harmony.
- 7. Acting Workshop** - Our Acting Workshop helped young participants develop self-expression, teamwork, and stage confidence.
- 8. Music Bus Visit**- The Music Bus Visit inspired children to learn, perform, and enjoy music in a unique and interactive way.

Together, we are creating a world where every child is seen, every dream is valued, and every opportunity leads to a brighter future."



Self-Awareness for Adolescents: When a Child Begins to Know Themselves

For 24 adolescents in our centre, April became the month when they started asking a new question: "Who am I?"

Through guided self-awareness sessions, these young participants explored their strengths, their fears, and their dreams. One girl, 14 years old, shared during a session quietly: "I never thought I was good at anything. But today I realised I can speak in front of people."

Developing self-awareness is not just about feeling better. It is about becoming stronger. Resilient. Clear. For these 24 adolescents, the journey toward self-awareness became the first step toward a brighter, more confident future.



Tanja and Andrea from Switzerland: When Care Travels Across Borders

Tanja and Andrea from Kanthari Foundation, Switzerland, had come more than 6,000 kilometres to meet our children. They visited Anurvana and spent meaningful time with them. Their presence felt close, kind, and full of care. The students welcomed them with handmade cards and a clay model of the Anurvana logo, which they gifted with love and pride. Tanja and Andrea also brought Swiss chocolates for the children, making the day even more joyful and memorable. They sat with 15 students, listened carefully to their stories, and heard about their learning in music, dance, and life at the new centre in Harkesh Nagar Gaon. For our children, this was not just a visit—it was a beautiful moment of connection, encouragement, and feeling truly seen, valued, and celebrated.



World Menstrual Hygiene Day: Dignity for 80 Girls in One Day

On World Menstrual Hygiene Day, Anurvana organised a menstrual health awareness and pad distribution drive to promote dignity, health, and informed choices. The programme reached nearly 90–100 participants, creating a safe space to discuss menstrual hygiene, break myths, and encourage open conversations around a topic often surrounded by stigma. 168 sanitary pad packets were distributed to 80 girls and women from underserved communities. For many adolescent girls, walking to school during their period had been a source of fear. Some missed classes. Some stayed home. This was not just about pads—it was about dignity. Spreading awareness is a gift. And for 80 girls, this gift changed how they feel about themselves and reinforced menstrual health as essential to empowerment.

Sikho Showcases: When 10 Children Took the Stage.

Anurvana proudly showcased two group performances at the Sikho Showcase, a Manzil Mystics program where children from different organisations came together to perform. The event attracted an audience of 200+, providing a valuable platform for 10 students to express their creativity, develop stage presence, and celebrate their talents.

Months of dedicated practice and collaboration were reflected in their performances, making the experience memorable. Beyond the applause, the event built self-confidence, communication skills, and a sense of belonging.

The 10 students walked onto the stage with confidence, performing, singing, and dancing among peers from other organisations. For them, the stage was not just a place to perform—it was proof they had grown, learned, and were ready to shine. Through such opportunities, Anurvana continues to nurture young talent and encourage children to dream bigger.



1-Week Summer Camp: 30+ Children, 7 Days, and Memories That Stayed

Anurvana organised a vibrant one-week Summer Camp for 30 children, filled with creativity, learning, and joy. Each day featured a unique theme: movie screening, art and craft, animal acts, food-making, dance workshop, and talent circle. Children painted faces, learned dance steps, watched films, cooked recipes, and discovered their strengths. The camp offered a safe environment where they explored interests, built friendships, and developed confidence through fun activities. It concluded with smiles, cherished memories, and renewed confidence. For these 30 children, it became the most memorable week of their year. The summer camp was not just about learning—it was about joy, friendship, and memories that will stay with them long after the week ended, inspiring them to continue growing.



Yoga Day: When 35 Children Found Peace in a Simple Breath

On the occasion of International Yoga Day, Anurvana organised a special yoga session with the participation of 35 children and community members. The session aimed to promote physical health, mental well-being, and the importance of adopting healthy habits through the practice of yoga.

Guided by simple yoga postures and breathing exercises, participants experienced the benefits of mindfulness, flexibility, and relaxation. The celebration encouraged everyone to embrace yoga as a part of their daily routine, helping them build strength, reduce stress, and improve overall well-being. The event reflected Anurvana's commitment to nurturing not only the education of children and youth but also their holistic health and wellness.



Music Bus Visit: When Children Heard Songs That Made Them Sing

Over two days, the Music Bus brought joy to two centres of Anurvana, engaging two different batches with a total of 48 children.

The bus carried music education and creative expression directly to the children in a fun, interactive way. They sang, danced, explored instruments, discovered rhythms, and performed together. For one vibrant hour at each centre, laughter transformed into music.

The sessions introduced children to songs, instruments, rhythms, and creative activities, encouraging them to learn through play and collaboration. For many, it was their first experience of learning music outside the classroom. The workshops sparked curiosity, boosted confidence, and encouraged teamwork, listening skills, and imagination.

The Music Bus was not just a visit—it was inspiration. Across two centres and two batches, it became a memorable experience where music turned into joy, confidence, and growth, reinforcing Anurvana's belief that music is a powerful tool for learning and self-expression.



Acting Workshop: 15 Young Voices Learning to Speak with Confidence

Anurvana organised an Acting Workshop with 15 enthusiastic students. The session introduced theatre basics through role-play, improvisation, storytelling, voice modulation, and expressive movements. In a safe environment, children stepped out of their comfort zones and discovered the joy of performing.

Students engaged in interactive games and group activities that built teamwork, empathy, and confidence. One 13-year-old girl, who had never performed before, said: "I can talk in front of people now."

Building on this, the group has launched a Production-oriented Acting Workshop, preparing to stage the classic play *Andher Nagri Chaupat Raja*—but with a modern twist. This performance will blend tradition with contemporary themes, giving students a platform to showcase creativity, teamwork, and stage confidence.

For these 15 participants, acting became more than performance—it was about identity, courage, and self-expression, offering a space to grow, speak, and shine.

Upcoming project - Anurvana SOD (Saturday Open Discussion)

Anurvana's Saturday Open Discussion (SOD) provided a safe and inclusive space where children and adolescents came together to share their thoughts, experiences, and ideas without fear of judgment. Through open conversations, group discussions, and interactive activities, participants explored important topics such as education, mental well-being, relationships, personal growth, and everyday challenges.

The sessions encouraged active listening, respectful dialogue, and critical thinking while helping participants build confidence in expressing their opinions. By creating an environment of trust and mutual respect, SOD strengthened communication skills, emotional awareness, and a sense of belonging among the children and youth. These meaningful conversations continue to empower young people to make informed decisions, support one another, and grow into confident and responsible members of their community.

The second quarter of 2026 has been a season of creativity, learning, and community engagement. From observing World Menstrual Hygiene Day and celebrating International Yoga Day to empowering adolescents through self-awareness sessions, organising a week-long Summer Camp, hosting acting workshops, welcoming the Music Bus, and celebrating children's talents through stage performances, each initiative strengthened our commitment to nurturing confident, healthy, and creative young minds.

Anurvana remains deeply grateful to every child, family, volunteer, partner, supporter, and donor who continues to walk this journey with us. Together, we are creating safe spaces where children and adolescents can learn, express themselves, discover their potential, and build brighter futures. With continued trust, collaboration, and shared purpose, we look forward to reaching many more lives in the months ahead.



"Thank you for taking the time to read our newsletter. Your continued support and encouragement inspire us to keep moving forward. Together, we can create lasting change."

-Aanand & Sara

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Thank You

