Mera Parivar
Institute of Community Transforming (Education, Health & Hope)
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IMPACT REPORT MAY 2026

Transforming Communities, One Life at a Time.

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A MESSAGE FROM US

A Word Before the Numbers

May was not a quiet month.

It was loud in the way that matters — with sessions running past schedule, with girls asking questions nobody had ever answered before, with women walking out of training centres carrying something new in how they held themselves.

We reached communities across Delhi and Gurgaon. We sat with mothers, daughters, students, and survivors. We distributed, we counselled, we taught, we listened.
This report is not just a record of activities. It is a record of people — real people, in real places — whose lives moved forward, even if just a little, in May 2026.
That movement is everything.

1500+	50	80	35	100%
Women & Girls Reached	**TB Children Adopted**	**Families Protected**	**Students Counselled**	**Board Pass Rate**

MENSTRUAL HYGIENE DAY

There was a girl — maybe 13 — who sat quietly through most of the session. Near the end, she raised her hand and asked something so simple, so honest, that the room went still.

She had never been told. Nobody had ever explained it to her.
On 28 May, our teams reached five communities simultaneously — conducting open, honest sessions on menstrual health, hygiene, and the shame that has no business being attached to something so natural.

Every woman and girl received a sanitary towel before she left. More importantly — she left with information, and the quiet dignity that comes from finally being seen.

LOCATIONS COVERED:

- Inderlok, Delhi
- Mayur Vihar, Delhi (near Yamuna)
- Rajiv Nagar, Gurgaon
- Sheetla Colony, Gurgaon
- Surat Nagar, Gurgaon





HEALTH & PROTECTION

A NET ABOVE A SLEEPING CHILD

Dengue Awareness & Mosquito Net Distribution — 16 May 2026

Dengue does not send a warning. One evening a child is fine — the next morning there is a fever that will not come down.

This May, we sat with 80 families and talked honestly about prevention — stagnant water, early symptoms, what to do before it becomes dangerous. Every family went home with a mosquito net.

It is not a hospital. But it is a net between a child and a fever, doing its quiet job through the night.



PM TB MUKT BHARAT ABHIYAN — PARTNERSHIP | 19 MAY 2026

Tuberculosis finds the ones whose bodies are already fighting too many battles. It finds the ones who cannot afford to be sick.
This month, Mera Parivar formally partnered under the Pradhan Mantri TB Mukt Bharat Abhiyan. We have adopted 50 children diagnosed with TB — and committed to one promise:
You will not go through this hungry.
Nutritional diet support will be provided to every one of these children through their recovery.
Because medicine alone is not enough. A healing body needs food — consistent, nourishing, given with care.

50 Children Adopted | Nutritional Support Committed | Gurgaon



💊 HER BODY. HER RIGHT TO KNOW.

Women's Health Guidance Sessions — All Centres
Health guidance sessions were held across all locations — Rajiv Nagar, Inderlok, and Gurgaon centres — giving women access to basic health information and a space to ask questions they have never been able to ask elsewhere.
For many women who attended, it was simply the first time someone sat with them and answered honestly.



SKILLS, EDUCATION & LIVELIHOODS

✂️ The First Time She Called It Her Money
Silai & Beauty Parlour Centres — Income Generation

Ask a woman when she first felt truly free — and many will tell you about the first time they earned money of their own. The first time they did not have to ask. The first time they could decide something without waiting for permission.

Our silai centres and newly opened beauty parlour centres across Delhi and Gurgaon — including Surat Nagar — are building that moment, one skill at a time.

This month, over 80 women came for counselling and training. Some are just beginning. Some are already taking clients, building regulars, tucking away their own income at the end of the week.

Their hands know something now. And nobody can take that away.





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THE DAY A FUTURE BECAME REAL

Forvia Corporate Field Visit & Career Counselling — 21 May 2026

For most of these 35 students, it was the first time walking through the doors of a real corporate office. The glass doors, the structured spaces, people moving with purpose.
Career counselling followed. But honestly — just standing there, in that space, thinking I could belong here one day — that did something no classroom ever could.
35 Students | Forvia Office Visit | Career Counselling | 21 May

35 Students | Forvia Office Visit | Career Counselling | 21 May



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EVERY. SINGLE. ONE.

Board Results — Class 10th & 12th | 100% Pass
When the message came, someone on our team read it twice. Then again. Because results like this feel almost too good to be true.
Every student. 100%. Class 10th and 12th — all passed.
These are children with no safety nets, no backup plans. Just hard work — and a programme that refused to stop believing in them.
We are not just proud. We are in awe.

MERA PARIVAR NGO

Board Exam Achievers 2026

CONGRATULATIONS TO ALL OUR STUDENTS

Class X

ADITYA YADAV 73.4%	SURAJ 85%
SACHIN 86.6%	DHRUV 73.4%
NEELAM 62%	PALAK 70%
PRANITA 62.4%	DEEPAK 88.7%
KANHAIYA 85.4%	ANKIT 71.6%
RAJENDRA 63.4%	SAHIL 65.4%
PRIYANKA 82.6%	KUSUM 79.6%
KHUSHI 58.2%	

Class XII

ARJUN 77%	ABHISHEK 75%
ABHAY 73%	ANJALI 65%
ABHISHEK 74%	ANKIT 74%
SHIVAM 61%	KHUSHI 60%
PIYUSH 61%	AAYUSH 60%
NANDNI 67%	MOHINI 65%
KAJAL 65%	ANKIT 68%
ADITYA 57%	ANUJ 65%
ARYAN 67.6%	

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COMMUNITY CARE & SDGS

Small Things. Big Dignity.

Mayur Vihar, Near Yamuna — Delhi | 60+ Students

Near the Yamuna in Mayur Vihar, our team distributed toothbrushes and food items to 60+ students.

It is easy to overlook this next to bigger numbers. But there is dignity in a child having a toothbrush of their own. There is nourishment — literal nourishment — in food reaching a child who needed it that day.

Small things. Done consistently. With care. That is also the work.

60+ Students | Toothbrush & Food Distribution | Mayur Vihar, Delhi

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SDG ALIGNMENT

— MAY 2026 —

Everything we do on the ground connects to a larger global commitment —

SDG 2
Zero Hunger

Nutritional diet support for 50 TB-affected children

SDG 3
Good Health & Well-Being

Menstrual health, dengue prevention, TB partnership, women's health sessions

SDG 4
Quality Education

100% board pass rate, Forvia career counselling for 35 students

SDG 5
Gender Equality

1,500 women & girls reached, skill centres, health access for all

SDG 8
Decent Work & Economic Growth

Silai & beauty parlour livelihood centres across Delhi & Gurgaon

SDG 17
Partnerships for the Goals

Forvia corporate partnership, PM TB Mukt Bharat Abhiyan

SUSTAINABLE DEVELOPMENT GOALS

Local Impact. Global Change.

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CLOSING PAGE

- Before You Turn This Page —
- This report will take you ten minutes to read.
- The work inside it took hundreds of hours. Dozens of field visits. Facilitators who travelled in the heat. Volunteers who stayed late. Staff who lose sleep over the families they work with.
- None of it happens without people who believe in this — partners, donors, volunteers, community members who open their doors to us every single time.
- If May moved something in you — even quietly — do something with that feeling.

GET INVOLVED

📧 Email us: meraparivar@gmail.com

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