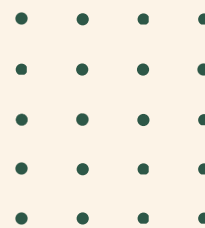




IMPACT REPORT JULY 2026

Transforming Communities, One Life at a Time.



A MESSAGE FROM US

A Word Before the Numbers

July was the month our world got a little bigger.

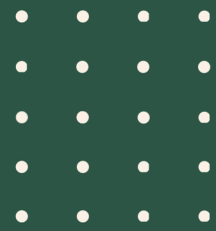
It was the month students from Spain walked into our centres not knowing a word of Hindi, and left having sat with mothers on basti floors, played with children by the Yamuna, and understood — in a way no lecture could teach them — what it means to show up for a community that isn't your own. It was the month our own interns, from Delhi's own colleges, became the bridge between two languages and two worlds, without anyone asking them to.

It was the month a girl in a school corridor heard, maybe for the first time, that there was nothing shameful about her own body. The month a boy in a classroom learned that naming what he feels is not a weakness. The month a psychology student swapped a community session for a hospital ward, and came back with a fuller picture of the field she's choosing to spend her life in.

We worked across Delhi, Gurugram, and Sultanpur this month. We welcomed, we taught, we listened, we said goodbye — and in between all of it, the daily work continued exactly as it always does: meals served, families reached, mornings kept.

This report is not just July's record. It is proof of everyone who chose to show up.

GLOBAL INTERNS, LOCAL GROUND



When the World Comes to Learn from a Basti
1 July 2026 | Mera Parivar Centres, Delhi NCR
They flew in from Spain — 21 students from the University of Navarra, one of the world's leading universities, landing in India not as tourists, but as learners.

For 10 days, they traded lecture halls for learning centres, and textbooks for real conversations — stepping into the everyday work of Mera Parivar to understand what community transformation actually looks like, up close.

It was the start of a journey that would take them from classrooms to riverbanks, from city bastis to school corridors — and change, in ways they didn't expect, what "impact" means to each of them.

21 students. 10 days. One shared purpose.

NEW FACES ON THE GROUND

Two Worlds, One Ground

July 2026 | Mera Parivar Centres, Delhi NCR

Alongside the Spanish cohort from the University of Navarra, this month brought 6 new Indian interns onto the ground — joining the ones already working alongside Mera Parivar — from Aryabhata College, Shaheed Bhagat Singh College (University of Delhi), Kamla Nehru College, and Deenbandhu Chhotu Ram University of Science and Technology, each bringing their own perspective to the same ground.

For them, this wasn't a journey across continents — but it was still a journey across distance of a different kind. From lecture halls in Delhi to bastis along the Yamuna, from campus life to conversations with women who'd never had the chance to speak to a college student before.

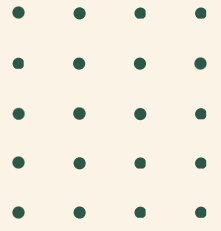
Together with the Spanish interns, they became translators — of language, of culture, of context — helping bridge two very different worlds so that neither visit nor conversation lost its meaning.

Whether it was Mayur Vihar, Rajiv Nagar, or Inderlok, the new interns weren't just participants. They were the thread that held the exchange together.

6 new interns, four universities, one shared understanding of what community work actually takes.



DAILY NUTRITION PROGRAMME



A Promise That Doesn't Take a Day Off

900 Families | 6 Locations Across Delhi NCR | 7:30 AM Daily

Some things at Mera Parivar don't make headlines every month — because they are not meant to be an event. They are meant to be a habit.

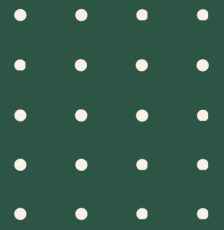
Every morning, before most of the city has had its first cup of tea, our teams are already on the ground — milk, eggs, and vegetables in hand, reaching 900 families across six locations in Delhi NCR.

July was no different. The mornings changed, the faces in the queue sometimes changed, but the commitment didn't move an inch. That is the quiet strength of this programme — it isn't loud, but it is relentless.

6 Locations | 900 Daily Beneficiaries | Delhi NCR



RAJIV NAGAR — CONVERSATIONS ON WOMEN'S EMPOWERMENT



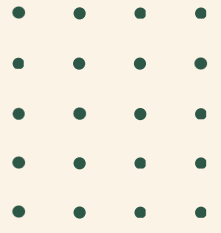
Sitting Down, Not Looking In
8 July 2026 | Rajiv Nagar Centre

At Rajiv Nagar, the Spanish interns sat down with Indian women from the community — not as observers, but as listeners.

The conversation centred on women's empowerment — what it means, what stands in its way, and what change actually looks like on the ground. The women spoke openly about their daily lives and the challenges they navigate, while the interns shared perspectives from their own cultures, creating a genuine exchange rather than a one-sided visit.

By the end of the session, both sides walked away with something they didn't have that morning — a clearer, more honest understanding of what empowerment requires, beyond the word itself.

A conversation, not a consultation — and that made all the difference.

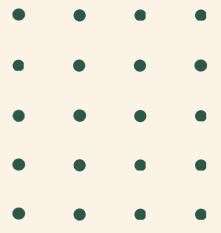


INTO THE CENTRES — INTERNS MEET THE COMMUNITY

Before the Field, the Familiarity
Early July 2026 | Mera Parivar Learning Centres
Before the Spanish and Indian interns headed out into the field, they spent time where the work actually begins — inside the centres, with the children. They sat in on classroom sessions, joined the children in games and activities, and slowly began to understand what a normal day at Mera Parivar looks like — the rhythm of the mid-day meal, the energy of a digital learning class, the quiet focus of a remedial session.

It wasn't just orientation. It was the first real handshake between two very different worlds — one that would set the tone for everything that followed.





FIELD VISIT — MAYUR VIHAR

PHASE 1, YAMUNA RIVERBANK

Where the River Meets a Community the City Forgets
6 July 2026 | Mayur Vihar Phase 1, Yamuna Riverbank, Delhi

On the banks of the Yamuna, where a rural community lives quietly on the edge of Delhi, Spanish interns and their Indian counterparts spent the day immersed in a world far removed from university campuses.

They sat with 60+ children, playing, teaching, and simply listening — and then turned to the women of the community, learning about their daily lives, their routines, and the quiet resilience it takes to raise a family here. Conversations moved between English, Hindi, and Spanish, but understanding needed no translation.

The team ran interactive sessions and activities with the children, spoke with local residents about their customs and everyday challenges, and left with something no classroom could have taught them — a real, unfiltered picture of life along the riverbank.

60+ students engaged | Women and local residents interacted with | One community, many conversations



MORNING FRUITS & VEGETABLES DISTRIBUTION

300+ Families. Every Single Day.

7:00 – 7:30 AM | Daily Distribution

Before most of the city is awake, we are already there.

300+ families receive fresh fruits, vegetables, and nutrition products every morning – because showing up consistently is how you build trust in a community. Not with one big gesture. With hundreds of small ones.

Daily. 7:00 to 7:30 AM. Because that is what it takes.



EXPLORING DELHI, ONE PLATE AT A TIME

A City Introduces Itself

4 July 2026 | Delhi

Between field visits, the Spanish interns took a day to explore Delhi itself — not as a checklist of monuments, but as a city to be tasted, understood, and felt.

They walked through its streets, learned the stories behind its landmarks, and dove into its food — trying different regional dishes, understanding the culture behind each recipe, and discovering that in India, food is rarely just food. It's history, hospitality, and identity, all served on one plate.

It was a day of cultural immersion — the kind that turns visitors into people who actually understand the place they're in.

KELLOGG'S DISTRIBUTION

- The Right to Eat — And the Joy of It
- Children | Mera Parivar Centres
- Many of these children have seen Kellogg's on television. Colourful packets. Happy faces. Something that always seemed to belong to someone else's life.
- This month, it belonged to them.
- The look on a child's face when something they only ever saw on a screen is placed in their hands — that is not something you forget easily.
- Because the right to eat is not just about nutrition. Sometimes, it is about joy. And every child deserves a little of that too.



COMPUTER SKILL TRAINING

- Give a Young Person a Skill. Give Them a Future.
- Skill Centres | Delhi & Gurgaon
- The world is changing fast. And the youth who will lead it are not just degree holders — they are builders, coders, creators, and doers.
- This month, computer skill training continued across our centres — creating a direct bridge between ambition and employment for young people who have the drive but not always the access.
- Because a skill is not just a certificate. It is a door that stays open.



FIELD VISIT — INDERLOK, DELHI

Into the Basti, Once Again

9 July 2026 | Inderlok, Delhi

A team of Spanish and Indian interns spent the day in a low-income basti community in Inderlok — walking through narrow lanes, meeting families, and understanding, first-hand, the realities that data points and reports can never fully capture.

They interacted with children in the community, understood the physical and social layout of the area, and spoke at length with the women — listening to the everyday difficulties they face, from access to basic resources to the challenges of raising children in constrained spaces.

It was another reminder of what field work at Mera Parivar is really about: not observing a problem from a distance, but sitting inside it long enough to understand it properly.





CERTIFICATE DISTRIBUTION — UNIVERSITY OF NAVARRA COHORT

Ten Days, One Certificate, A Hundred Lessons

10 July 2026 | Sultanpur, Delhi

As their internship drew to a close, the University of Navarra students gathered in Sultanpur, Delhi, to receive their certificates of completion — a formal close to what had been anything but a formal experience.

In ten days, they had gone from classrooms in Spain to riverbanks and bastis in Delhi NCR — from theory to lived understanding. The certificate was a small piece of paper. What they carried back with them was considerably heavier.





SESSION 1 — MENTAL HEALTH AWARENESS

Making Space for the Conversations We Usually Skip

Date: 11 July 2026 | **Venue:** AVR Public School | **Students Reached:** 80+

The Mera Parivar team visited AVR Public School to conduct an interactive Mental Health Awareness session — opening up a conversation that school children rarely get the space to have.

Objectives:

- Help students understand what mental health means and why it matters
- Build awareness of common signs of stress, anxiety, and emotional struggle
- Encourage healthy coping habits and open communication about feelings

Rather than a one-way lecture, the session was built around discussion and dialogue — students were guided on identifying their emotions, managing academic and peer pressure, and recognising when and how to reach out for support.

80+ students engaged, and — for many — a first real conversation about how they actually feel.





SESSION 2 — MENSTRUAL HYGIENE AWARENESS

Breaking the Silence, One School at a Time

Date: 18 July 2026 | Venue: Green Dales Public School | Students Reached: 90+ girls

The Mera Parivar team visited Green Dales Public School for a Menstrual Hygiene session held exclusively for girl students — created to give them accurate information in a space free of judgment and silence.

Objectives:

- Educate girl students on menstrual health and correct hygiene practices
- Break the myths, taboos, and stigma that still surround menstruation
- Build the confidence to speak openly about menstrual health, without hesitation
- Provide practical support through the distribution of sanitary pads

The session covered the biological basics of menstruation and safe hygiene practices, while actively addressing the misconceptions many girls grow up hearing at home. To back the conversation with action, the team distributed sanitary pads to every student present.

90+ girls attended — and left with facts, confidence, and the products to act on both.





UDAAN — THE FAREWELL

From Interns to Family

20 July 2026 | Nemesia Hotels, Sector 29, Gurugram, Haryana

Twenty-one students who had arrived as strangers left as family.

UDAAN — the farewell celebration for the University of Navarra cohort — brought together interns, mentors, and the Mera Parivar team for one last evening together, marking the end of a journey that had taken them through riverbanks, bastis, classrooms, and conversations that will likely stay with them far longer than their degrees will.

Ten days. Six field visits. Countless conversations. One farewell that felt more like a "see you again" than a goodbye.

21 students. One unforgettable chapter in Mera Parivar's story.



FIELD VISIT — CITIZEN HOSPITAL DE-ADDICTION CENTRE

Understanding Addiction, One Lecture at a Time

Citizen Hospital, De-Addiction Centre

The Mera Parivar team had the privilege of visiting the Citizen Hospital De-Addiction Centre for an insightful clinical and psychological lecture session.

An esteemed doctor at the centre walked the team through the realities of addiction — its psychological impact, and the evidence-based approaches used in recovery and rehabilitation. It was a session that went beyond textbook definitions, offering a clinical, ground-level understanding of what recovery actually demands, both from patients and from the people supporting them.

Sessions like this one deepen the team's understanding of mental health as a whole, and reaffirm what Mera Parivar continues to work toward — a community that understands wellness in all its forms, including the ones that are hardest to talk about.

Our sincere thanks to Citizen Hospital for their continued support in advancing awareness and education in this critical area.

One session. One doctor's expertise. A deeper commitment to community wellness.





FIELD VISIT — MANIPAL HOSPITAL

Where Psychology Meets Practice

11 July 2026 | Manipal Hospital

Six psychology interns, currently interning with Mera Parivar, spent the day at Manipal Hospital — stepping outside the community-facing side of their internship to see mental health and psychological care from a clinical lens.

For students who spend their days at Mera Parivar listening to communities, running sessions, and understanding emotional wellbeing on the ground, this visit offered the other half of the picture — how psychological care is practised and delivered within a formal hospital setting.

It was a chance to connect theory with two very different kinds of practice — the structured, clinical environment of a hospital, and the informal, trust-built environment of the communities they work with every day. Two settings, one field, one growing understanding of what psychological care can look like across contexts.

6 psychology interns | Manipal Hospital | One field, two perspectives

