



KARM MARG

Quarterly Newsletter

October To December 2025



A Season of Engagement, Expression & Growth

The October–December quarter was a vibrant period of learning, resilience, and growth at Karm Marg. During these months, children stepped beyond conventional classrooms into spaces that nurtured confidence, creativity, teamwork, leadership, and responsibility.

Through thoughtfully designed activities in sports, theatre, festivals, community engagement, life-skills education, and vocational exposure, children experienced learning as dynamic, joyful, and deeply connected to real life. Alongside these developmental initiatives, Karm Marg also continued to support children facing medical and emotional challenges—ensuring care, dignity, and stability.



Challenges: When Healing Takes Time

Behind every milestone lies a journey of strength. This quarter, Karm Marg continued to support children navigating serious medical conditions.



Ravi (Name Changed) – Long-Term Treatment

Ravi, 15, has been living at Karm Marg since 2018 along with his elder brother after losing both parents. Both were diagnosed with tuberculosis during their stay. While his brother recovered through timely treatment, Ravi required prolonged medical intervention and close monitoring.

His treatment began in 2024 and is still ongoing. Beyond medication, Ravi requires sustained nutritional support and counselling to manage weakness and emotional strain. Karm Marg continues to ensure treatment adherence, hospital coordination, academic continuity, and a structured daily routine. He is gradually improving.

His elder brother has now completed Class 12 and is undergoing job-linked training, working toward financial stability so that he can support Ravi in the future.

Soni (Name Changed) – Surgery, Rehabilitation

Soni, 13, joined Karm Marg in 2023 and quickly adjusted to school life. In August 2025, she began experiencing severe leg pain. After multiple consultations and detailed investigations, she was diagnosed with a nerve blockage and tumour below her spine. Doctors advised spinal surgery to prevent further deterioration.

Her surgery was successfully conducted in December 2025. During this period, Soni was unable to walk and required continuous care and monitoring.

Karm Marg supported her through hospital coordination, emotional care, daily assistance, and mobilisation of resources for surgery and post-operative rehabilitation. She continues to receive follow-up care and physiotherapy as part of her recovery journey.



These stories reflect Karm Marg's commitment to holistic care — where health, education, and dignity go hand in hand.

Sports: Building Strength, Discipline & Equal Opportunity



Sports remained a strong platform for character building and physical well-being. Through Y-Ultimate Frisbee, children participated in tournaments across Delhi, including at Jamia Millia Islamia University. Nisha (name changed) represented Karm Marg at the Frisbee National Competition in Bangalore.

Participation in girls-only and mixed teams strengthened teamwork, communication, and emotional regulation.

Success Story of the Quarter: Girls' Empowerment through Frisbee



For Nidhi and Ritu (names changed), Frisbee became more than a sport—it became a turning point. Initially hesitant to compete outside familiar environments, both girls gradually developed confidence through regular practice and tournament exposure.

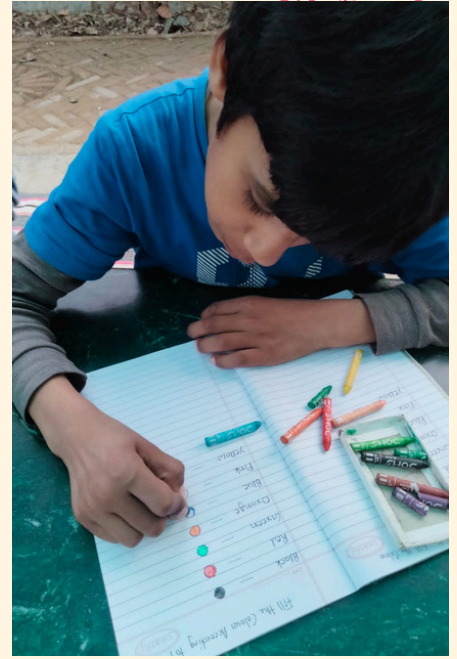
On the field, they learned quick decision-making, teamwork, and leadership. More importantly, they began to see themselves differently — capable, confident, and equal.

Nidhi started taking leadership during practice sessions, while Ritu became more vocal and assertive in group settings.

Their journey reflects the power of equal opportunity. When girls are given space, mentorship, and exposure, they rise.



Learning Through Play, Art & Community Engagement



Learning moved beyond classrooms through play-based and creative initiatives.

Children, along with Sweta didi, led a Math Mela at a government school, making mathematics engaging through interactive games.

Outings to Sadar Bazar, theatre visits in Delhi and Faridabad, and exposure trips expanded children’s understanding of public spaces.

Art and theatre nurtured self-expression and discipline. Through month-long rehearsals for Sanjhi Khushi performances, children developed confidence and pride—finding their voices both on and off the stage.

Children’s Carnival – November 2025



In November, children from Karm Marg participated in a joyful Children’s Carnival hosted by Tanushree Singh. The event brought together games, creative stalls, performances, and celebration, offering children an opportunity to engage in a vibrant and inclusive environment beyond their regular routine.



Beyond the excitement and fun, the carnival helped strengthen children’s social skills, teamwork, and self-confidence. Participating in such community-led events allowed them to interact with new people, explore creative expression, and feel seen, valued, and celebrated

Program Activities – Quarter Highlights

Throughout the quarter, structured programs continued:

Homeschooling: Individualised academic support was provided to children requiring bridge education or reinforcement. The program focused on strengthening foundational literacy and numeracy, building study habits, and preparing children for mainstream school integration.

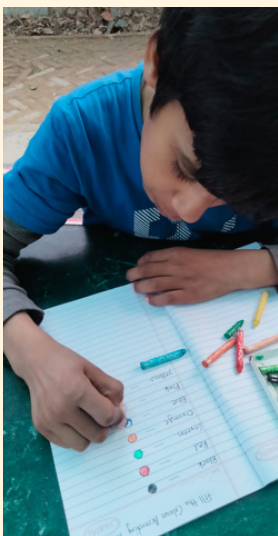
Digital Literacy: Children received foundational computer exposure, including basic typing, digital navigation, and safe use of technology. Sessions aimed to build confidence in using digital tools responsibly and prepare children for a technology-driven world.

Life Skills: Structured sessions focused on communication, empathy, self-awareness, emotional regulation, and decision-making. Through discussions and activities, children developed confidence in expressing themselves and navigating everyday challenges.

ArtReach & Creative Learning: Art-based activities provided a safe space for emotional expression and creativity. Children explored drawing, painting, and craft as tools to process experiences, build self-esteem, and enhance concentration.

Theatre: Theatre rehearsals and exposure visits encouraged public speaking, teamwork, discipline, and storytelling skills. Performing in front of audiences helped children overcome hesitation and build stage confidence.

Community Outreach: Through peer-led initiatives such as the Math Mela and school sessions, children stepped into leadership roles. These engagements strengthened academic confidence while fostering responsibility and civic awareness.



Child Reflection:

"I didn't know I could teach others. Now I feel confident."

Skill Training: Integrating Learning with Livelihood

Education at Karm Marg is complemented by skill-building. Children and youth engaged in:

Bakery: Through hands-on baking sessions, children learn measurement, hygiene practices, teamwork, and time management. Preparing baked products builds responsibility, patience, and introduces basic entrepreneurial thinking.

Screen Printing: Youth are introduced to design concepts, colour application, fabric handling, and production techniques. This skill nurtures creativity while offering exposure to small-scale enterprise models and income-generation pathways.

Stitching: Basic tailoring and stitching sessions develop precision, concentration, and craftsmanship. Participants create usable products, strengthening their confidence while building a practical livelihood skill.

These activities build discipline, patience, problem-solving skills, and lay foundations for future employability.

Trainee Reflection:

"When I make something with my own hands and see others use it, I feel proud. It makes me believe I can earn and stand on my own one day."



Care Leavers & Aftercare Support

Karm Marg continues to support young adults transitioning toward independence. This quarter, several care leavers progressed toward employment and independent living through:



Jugaad: Turning Waste into Livelihood & Dignity

Jugaad continues to engage young adults by giving them space to bring out their hidden creativity, natural imagination, and innovation by turning waste materials into useful products.

It also helps them learn teamwork, business skills, and financial literacy in a simple and practical way.



Gratitude

We extend heartfelt gratitude to our donors, partners, volunteers, and well-wishers. Your continued trust enables Karm Marg to create safe, dignified, and empowering spaces for children.

Together, we are shaping confident, capable, and hopeful futures.