

ANNUAL REPORT

2023-24

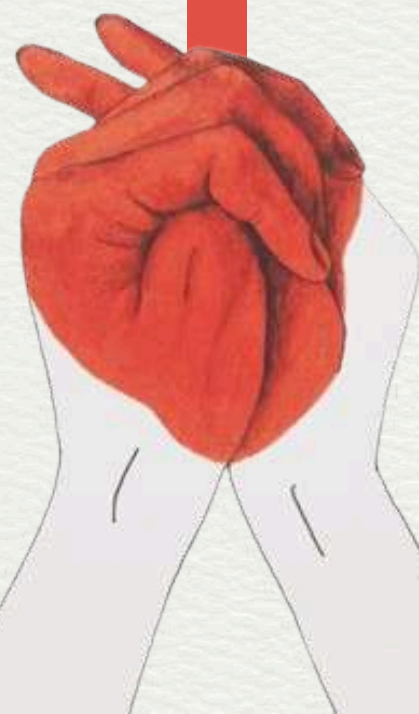
Empowering Youth, Breaking Stereotypes, Normalizing Periods
Through Knowledge & Mass Awareness



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Fighting Taboos Breaking Stigma

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Note from the Founder

ABOUT THE YEAR 2023-2024



Dear Friends,

The year 2023-24 brimmed with excitement and enthusiasm, proving to be notably impactful for Sachhi Saheli. During this period, we positively influenced the lives of over 34,000 children and adults, broadening our outreach to 3.2 Lakh since our establishment. Our mission to educate adolescents and adults about menstruation, reproductive health, and hygiene continued with fervor.

We conducted multiple awareness programs in 8 states and 20 cities, expanding our knowledge and impact. Notably, after seven years of meeting our compliance goals, we are now among the few non-profit organizations authorized to collaborate with government, PSU, private, and other entities, marking a major milestone.

Our online presence grew substantially, with over 32 million views on Instagram. This year, our renowned mass awareness event, "Period Fest & Pad Yatra," expanded to four states, including our first event in Sikkim.

We also expanded our programs to include boys' schools, adding male mentors to address sensitive topics like menstruation. We intensified efforts to promote the PoSH Act and sustainable menstruation practices, distributing reusable cloth pads, menstrual cups, and incinerator machines. Additionally, we introduced new educational tools like "Period Calendars" and engaging games such as "Snakes and Ladders" to debunk myths about menstruation.

This year has been impactful and progressive, thanks to our dedicated team and supportive partners who have helped us break down stigmas and dispel myths in the realm of Menstrual Health and Hygiene Management (MHHM).

This Annual Report provides a comprehensive overview of our remarkable year, highlighting our impactful endeavors and transformative journey. While we have achieved many milestones, the road ahead holds many more waiting to be conquered.

Dr. Surbhi Singh (President & Founder Sachhi Saheli)

KNOWING



OUR VISION:

SACHHI SAHELI envisions a safe & equal world where all genders are inclusive. We conceptualize a world free of taboos and stigmas to make it safe for all women and girls to achieve their fullest potential.

We aspire to create a society where women & other genders are empowered with self-worth. We want to raise the status of womxn through appropriate education, awareness, and training. We aim to stop the evil right where it is conceived in society. We primarily focus on breaking the myths and misconceptions about menstruation by providing the right education and bringing sustainability in menstrual management.

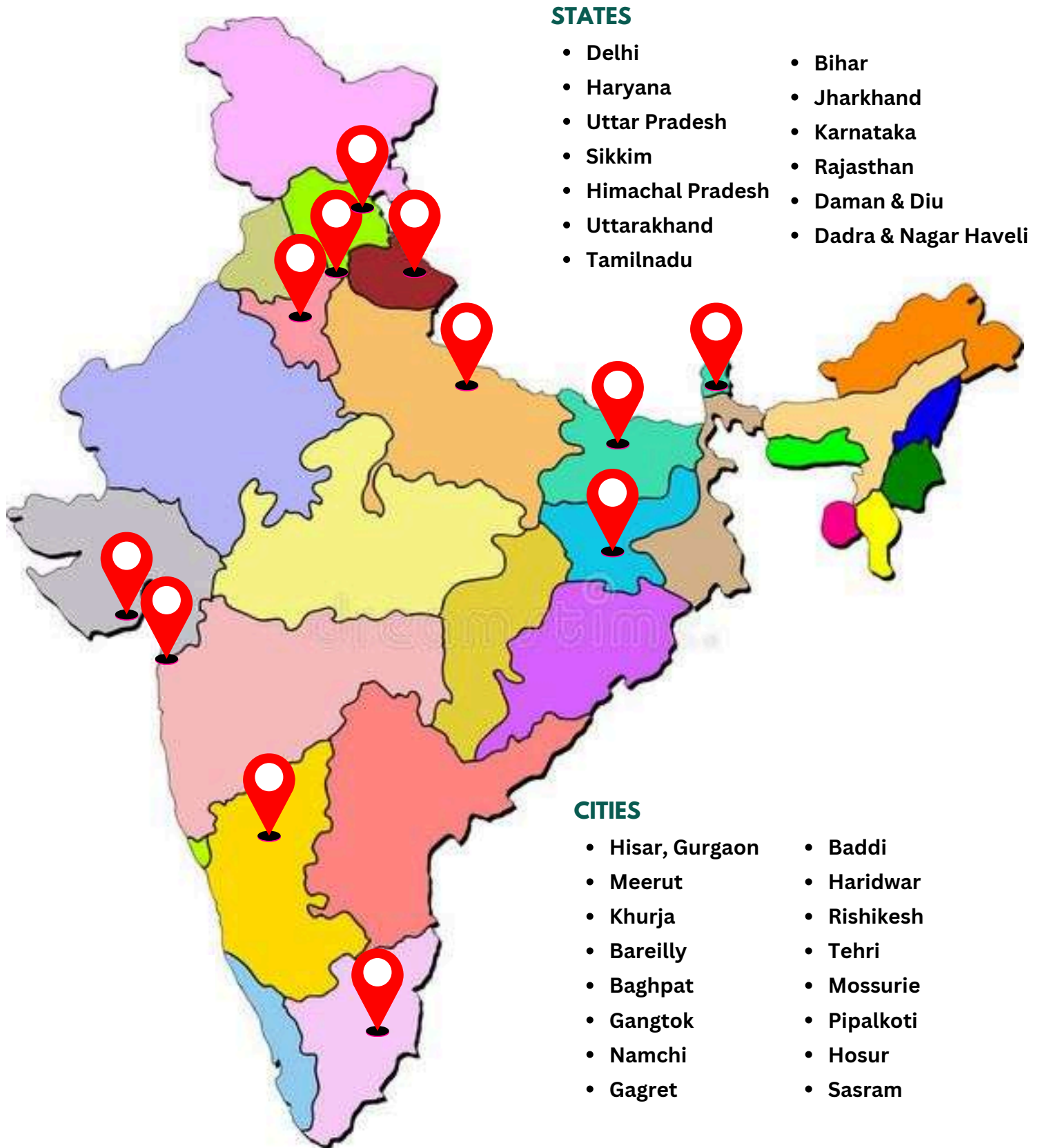
OUR MISSION:

To achieve our vision of a stigma-free world, we aim at destabilizing prevailing taboos and secrecy that surround the natural process of menstruation and one's sexual & reproductive health through the power of appropriate and accurate knowledge. We aim to fight social taboos, break through stigmas to give voice to women, and talk about everything that society hesitates to discuss.

SDG GOALS WE ALIGN WITH:



Geographical Coverage



THE JOURNEY



Started from Delhi-NCR

← 2016

- Establishment of Sachhi Saheli
- Collaboration with Government of N.C.T Delhi.
- Celebration of International Girl Child Day
- Sensitized more than 4K+ Students
- Over 2K gathering at "first Pad Yatra" in Delhi

Expansion to Bihar and Jharkhand.

← 2018

- Organized first Period Fest in Daman & Diu
- Teamed up with SDMC, launched Pink Toilets
- Inclusion of Underprivileged Jail Inmates as beneficiaries
- Collaborated with Delhi State Legal Services Authority.
- Period Fest & Pad Yatra in Delhi.

Expansion to Daman & Diu Dadra and Nagar Haveli

2017 →

- Collaboration with Delhi Commission for Protection of Child Rights
- Collaboration with Directorate of Health, DNH
- Launch of "Mahwwari ki Kahani" booklet and "5 P Pouch"
- 5000+ individuals sensitised at Period Fest.

2019 →

Expansion to Haryana

- Collaboration with MHRD/SSA.
- Workshops in 78 schools in Delhi with MHRD/SSA.
- Collaboration with Haryana School Shiksha Pariyojna Parishad.
- Govt. teacher's Sensitization via Project Disha in Delhi
- Shattered stereotypes by Hosting "Mahwari Bhoj" event.
- Collaboration with SCERT
- Trained Govt. EVGC Counsellors.

& It Continues...

- Over 60k school students educated.
- Sensitized over 1.5 lakh individuals.
- Provided training to government EVG counselors.
- Distributed more than 1.5 lakh sanitary napkins during the Covid crisis.
- Launched "Menstrual Cafe" online platform for college students'.
- Expanded outreach to marginalized community (sex workers).
- Over 15K community coverage.
- Hosted Navyug Ka Kanya Pujan ceremony to honor menstruating females during Navratri.

← 2020

2021 →

Expansion to Uttar Pradesh

- Continued sensitization efforts in Delhi.
- Educational and Vocational Guidance Counsellor training.
- 11K people sensitized under the #AbPataChalneDo campaign.
- Sensitized frontline sanitation workers through WASH United.
- 5K + people benefitted via multiple CSR initiatives supported by BHEL, Euronics India Pvt. Ltd, and SBI Bank.
- Awareness workshops in Delhi based Colleges.
- First PoSH workshop in Khurja (UP) with THDCIL.

Expansion to Tamil Nadu, Himachal Pradesh, Uttarakhand and Rajasthan .

← 2022

- Collaboration with Depart. of Education, Sikkim.
- Joined hands with Rajasthan Gramin Aajeevika Vikas Parishad (Rajeevika)
- Certified for FCRA
- Sensitized SHG Members in Rajasthan.
- 20K + people benefitted via multiple CSR initiatives supported by Jindal Stainless foundation, Luminous, HDFC, IndusInd Bank, and SBI Banks.

2023 →

Expansion to Sikkim.

- Government Teachers Training in Sikkim;
- Period Fests & Pad-yatras in Sikkim, Delhi, Meerut, and Gurgaon;
- Sensitized of over 23k individuals.
- Reached 32 million online beneficiaries on Instagram.

Highlights & Outreach

Year 2023-24



#Red Spot Campaign

#Ab Pata Chalne do

1300+

WORKSHOPS

34000+

INDIVIDUALS
SENSITIZED

23000+

ADOLESCENT
STUDENTS

1600+

TEACHERS
SENSITIZED

10000 +

MHM BOOKLETS
DISTRIBUTED

80+

SCHOOLS
REACHED



Sachhi Saheli

FIGHTING TABOOS BREAKING STIGMA

Reaching New Heights

10.4K

SOCIAL MEDIA
OUTREACH

7000+

5 P POUCH
DISTRIBUTED

48

MENTORS

800+

COMMUNITY
OUTREACHED

2000+

REUSABLE CLOTH
PADS DISTRIBUTED

8000+

MASS SENSITIZATION
COVERAGE

MENSTRUAL HYGIENE & ADOLESCENT HEALTH AWARENESS PROGRAMS

Acknowledging adolescents as the invaluable human assets of a society, Sachhi Saheli is steadfast in its mission to offer education, support, and mentorship throughout their transformative and intricate teenage odyssey. The challenges of physical and psychological metamorphoses, the negotiation of societal taboos, and the profound quest for self-discovery and uniqueness are obvious and inevitable.

How We Do It

- Imparting Menstrual health education through “Orientation workshops” for students
- Conduction of Capacity building workshops/trainings for School HoS and teachers
- Training of School Mentors.
- Distribution of Resource Materials.
- Module Based Monthly Activities with Students through the Mentors

Therefore, addressing the necessity of education, this year, Sachhi Saheli has sensitized over 17,000 children through its various Menstrual & Adolescent Health Programs.



UDAYA



PROJECT UDAYA 2.0 CULMINATION



In a fruitful collaboration with the Jindal Stainless foundation, Sachhi Saheli proudly executed Project Udaya 2.0 in the Hisar district of Haryana. This transformative initiative reached and empowered 4000 students, encompassing a diverse mix of both boys and girls, alongside approximately 140 dedicated teachers on the crucial topic of Menstrual health & hygiene Management.

Addressing Key Issues & Innovative Strategies:



The project was designed to enhance understanding and instigate positive transformations by dispelling prevalent myths and misconceptions surrounding menstruation and adolescent health. Through engaging module-based activity workshops, accurate information was disseminated, empowering participants with knowledge and resources. Furthermore, teachers were skillfully trained to facilitate meaningful discussions on these vital subjects using tailored language and effective techniques.



The impact of the project has been profound:



89.5%

girls now exhibit a heightened sense of responsibility towards their menstrual health, equipped with the knowledge to maintain hygiene during their periods.

74%

male students have embraced a new perspective, recognizing that "Periods are as normal and essential as breathing" upon encountering the term "period."

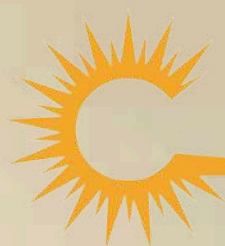


PROJECT UDAYA 3.0



Building on the triumphant success of Project Udaya 2.0, the ambitious Udaya 3.0 has been launched, impacting 3,000 students—both boys and girls—across five new government schools. Through engaging orientation workshops, monthly Balika Manch activities, and robust capacity-building training sessions for teachers, this initiative is empowering a fresh cohort of students in Hisar. Moreover, a new dimension has been introduced: community sensitization, further extending the project's transformative reach.





Naya Savera



PROJECT NAYA SAVERA CULMINATION

The Naya Savera Project, supported by the esteemed SBI Bank in the vibrant district of Meerut, Uttar Pradesh, drew to a close in December amidst resounding acclaim and favorable responses from its beneficiaries. With a grand total of over 768 meticulously orchestrated workshops and the distribution of menstrual hygiene products and resource materials to 5000 students, the initiative excelled in sensitizing and empowering young minds, cultivating a period-friendly environment in schools. This comprehensive approach aimed at instilling sustainable knowledge to drive lasting changes in attitudes and behaviors.



Project

Naya Savera 2.0

This year, our ongoing Menstrual Health awareness program for adolescent students in Meerut, has commenced as Naya Savera 2.0 and is already demonstrating significant progress by expanding to 24 government schools. The program's growth has sparked a change in viewpoints among numerous teachers and students. The orientation workshops for teachers have received substantial support and appreciation, further amplifying our influence on menstrual health education within the school communities.





PROJECT GARIMA

***Trashing Stereotypes with
Right Knowledge & Resources***

PROJECT GARIMA

Project Garima, An Initiative of Sachhi Saheli supported by HDFC-Parivartan also culminated in December, leaving an indelible mark and profound impact.

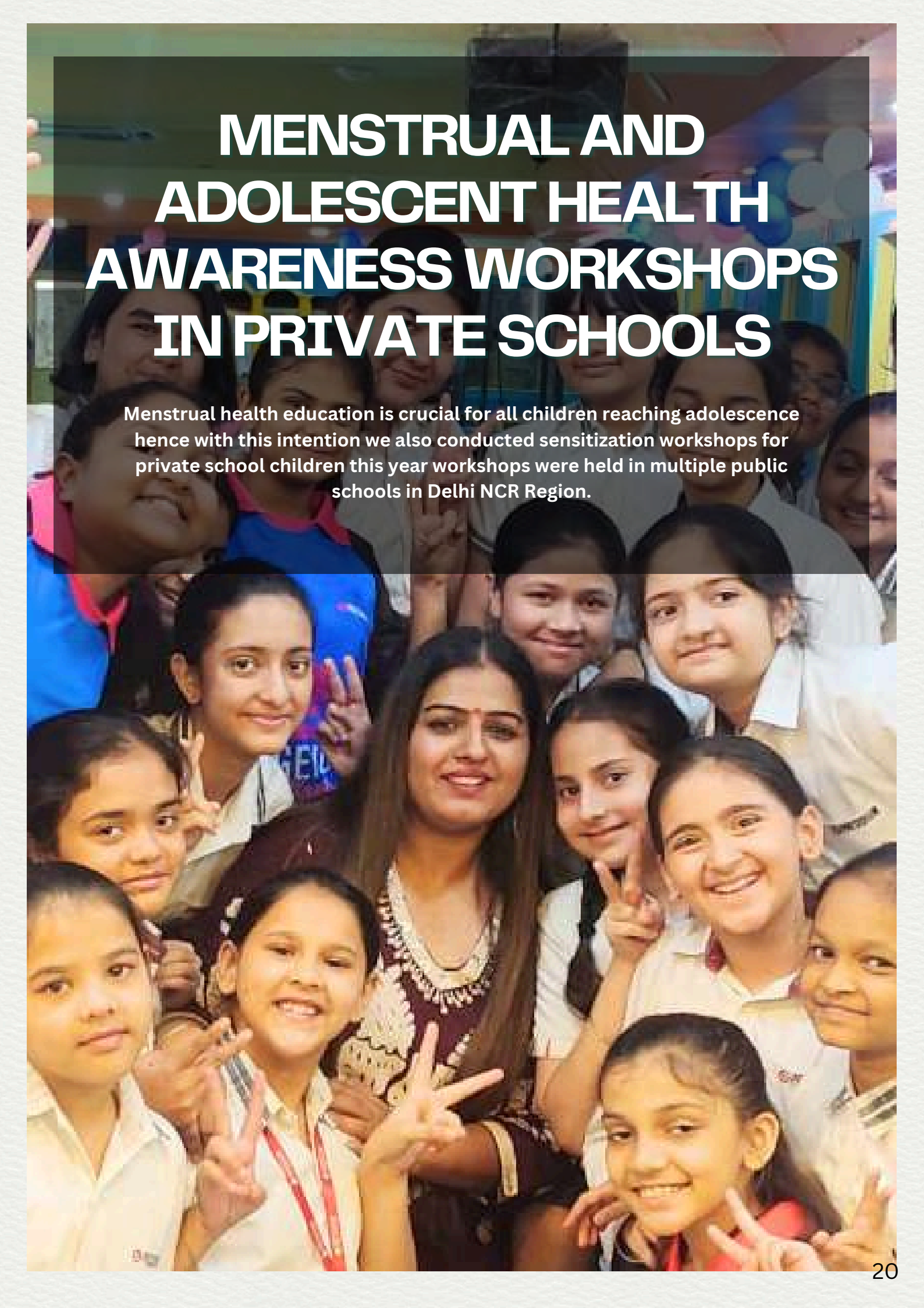
This initiative, held in Govt. schools in Delhi, aimed to empower 500 adolescent students to boldly confront societal conventions and adopt rational practices. It facilitated enhanced understanding and practical application of menstrual health practices, encompassing period tracking and product selection. It also ensured seamless period readiness for uninterrupted school attendance and utilized engaging tools like "MHM Books, 5 P pouches, Period calendar" and the "Snakes and Ladders" game for continuous education.

The impact of Project Garima is vividly evident in the confidence displayed by the girls who showcased their talents during school's annual functions and sensitized their peers about menstrual health.

The transformative journey witnessed by these students under the project's tutelage was nothing short of extraordinary. Notable instances included dispelling taboos by visiting temples during menstruation and savoring pickles on the first day, marked a significant shift in menstrual health education and cultural perspectives.

Project Garima transcends the confines of physical classrooms, resonating with over 3.2 million internet users through impactful social media campaigns. It is driving forward the noble causes of menstrual health education and societal transformation.





MENSTRUAL AND ADOLESCENT HEALTH AWARENESS WORKSHOPS IN PRIVATE SCHOOLS

Menstrual health education is crucial for all children reaching adolescence hence with this intention we also conducted sensitization workshops for private school children this year workshops were held in multiple public schools in Delhi NCR Region.



INITIATIVE FOR MENSTRUAL HYGIENE MANAGEMENT & DEVELOPMENT OF LIFE SKILL AMONG ADOLESCENTS





PROJECT NAYI SAHAR

Adolescent girls often face a substantial deficit in essential life skills and reproductive health knowledge, particularly regarding menstruation. This gap is largely due to socio-cultural barriers deeply rooted in their upbringing, impeding their ability to effectively manage their health. In response to this critical need, "Sachhi Saheli" launched "Project NAYI-SAHAR" as a CSR initiative, supported by Indusind Bank Ltd. The project aimed to tackle these challenges by promoting menstrual and adolescent health awareness among 1,500 female students and sensitizing 400 teachers in the Delhi-NCR region. This Delhi-based initiative had been a highlight of the year, offering comprehensive education to 1500 school going girls on menstruation, period tracking, and menstrual hygiene management and conducting exclusive situation-based analysis to improve their life skills. As a result, students have experienced enhanced confidence, dignity, problem-solving skills, communication abilities, and a positive shift in attitude and behavior. The Initiative was instrumental in destigmatizing menstruation, breaking down internal barriers and shame, fostering open dialogue, and raising awareness about menstrual health among participants.





MASS AWARENESS THROUGH PERIOD FEST & PAD YATRA



This year, Sachhi Saheli's mission to destigmatize menstruation and promote open dialogue gained significant momentum through its prestigious and symbolic mass awareness events known as **"The Period Fest & Pad-Yatra."** These events, integral to the organization's unique initiatives, were held four times in four states: commemorating Menstrual Health and Awareness Day 2024 in February in Delhi and Sikkim, and celebrating World Menstrual Hygiene Day in May in Haryana (Gurgaon) and Uttar Pradesh (Meerut), with the support of Indusind Bank, the Government of Sikkim, Luminous Power Technologies, and SBI Bank respectively. The festivals effectively captivated over 4000 participants, including students, educators, volunteer, and local dignitaries, along with representatives from the pertinent education departments.



KNOWLEDGE

- Session on Menstrual Hygiene Management.
- Educational Stall for debunking myths.

EXPOSURE

- Period Products demonstration
- Period Wheel Game

EMPOWERMENT

- Pad Yatra
- Red Spot Campaign
- Wish Tree





GURGAON





SIKKIM





MEERUT





DELHI



EMPOWERING UNDERPRIVILEGED YOUTH OUTSIDE THE SCHOOLS



Project ROSHNI



Project Roshni, a visionary initiative by Sachhi Saheli in partnership with Luminous Power Technologies since 2021, is illuminating the path towards empowerment. This program caters to 650 adolescent students from lower and middle-class backgrounds outside the schools, educating them on the intricacies of their bodies and menstrual hygiene management. In this progressive year, we have unveiled an enhanced version, introducing few new topics including sanitation, personal hygiene, basic introduction to reproductive health, and gender awareness. Students hailing from locales like Haridwar, Gagret, gurgoan, hosur and Baddi, where awareness on menstrual issues is scarce, actively engage in our sessions. Their eagerness to these discussions underscores their anticipation for fresh knowledge and stimulating conversations brought forth by our dedicated team.



TRAINING OF TEACHERS (TOT)

Recognizing the significant impact School teachers have on shaping the culture of educational institutions, their training is crucial in addressing the issues like menstruation and reproductive health tactfully and in creating a supportive environment for young people in both educational and societal contexts. Teachers who are well-informed and equipped to address menstrual hygiene concerns can play a key role in breaking taboos, reducing stigma, and promoting a positive atmosphere for students navigating menstruation. They can effectively educate students, endorse proper hygiene habits, and facilitate open dialogues about this fundamental aspect of reproductive health. In June 2023, **Sachhi Saheli led a training initiative in Sikkim, supported by the esteemed Education Department of Sikkim.** Through this collaborative effort, we trained 120 school teachers on sustainable menstrual practices, advocated for hygienic protocols, and offered valuable insights on adolescent well-being.



SIKKIM (NAMCHI)



MENSTRUAL & REPRODUCTIVE HEALTH AWARENESS PROGRAM FOR RURAL WOMEN





PROJECT UJJWAL

Menstruating women and girls stand as the primary beneficiaries of Sachhi Saheli, as our organization's inception was rooted in the recognition that females, particularly those hailing from rural and underprivileged urban settings, often overlook their health and well-being due to a dearth of knowledge, self-awareness, and limited resources. Their inclination to prioritize their family's needs above their own further compounds this issue, particularly concerning menstrual health. Hence, with the generous support of HDFC Parivartan, we have embarked on a transformative endeavor named Ujjwal, aimed at uplifting and empowering 500 women and girls across multiple villages in Gurgaon, Haryana.

Location of the project



Hailey Mandi



Noorgarh



Jasat



Godhana

We empowered these women on

- Behavioral Change
- Normal and Abnormal Period Cycles
- menstrual products
- Reproductive health



How we Did it

We provided beneficiaries with knowledge and resources, cultivated a mindset that values personal well-being and environmental sustainability. Our interactive workshops informed participants about hygienic menstrual practices and encouraged them to opt for eco-friendly menstrual products. Our mentors used visual aids such as an informative flip book, menstrual products and uterus model, etc to provide clear guidance on the correct usage of the menstrual products.



The impact of the project was profound:

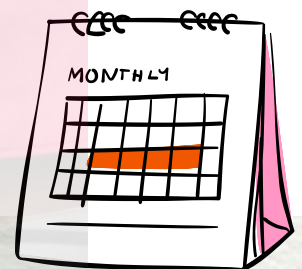
80-90%

of participants can now confidently address periods by their proper name.



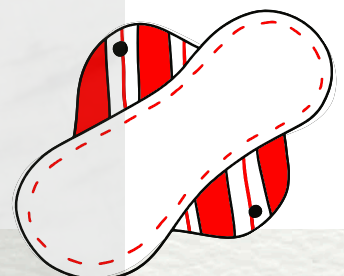
85-90%

gained clarity on Menstruation, management of period cycles, related misconceptions and practices.



85%

expressed interest in reusable and sustainable options like cloth pads, indicating a shift in preferences.





Training of Field Educators



Haily Mandi



Jasat



Gudhana



Noorgarh



Pataudi (Tehsil)



**SACHHI SAHELI PAVING THE WAY FOR
THE SEXUAL HARASSMENT-FREE WORK-
ENVIRONMENT
AWARENESS PROGRAM ON
PREVENTION, PROHIBITION AND
REDRESSAL OF
SEXUAL HARASSMENT AT WORKPLACE
(POSH) ACT**



How we Did it

POSH training stands as a bedrock in cultivating a workplace ethos steeped in reverence and integrity. This year, we conducted five enlightening programs with the primary aim of heightening consciousness surrounding sexual harassment, senssitiing employees on its diverse manifestations, and emboldening them to effectively combat such misconduct.



The methodologies woven into our POSH training initiatives were intricate, blending in-person sessions, illuminating case studies, and candid discussions that captivated participants, enabling them to delve deep into the nuances of sexual harassment. These refined techniques not only imparted a profound understanding of the subject but also underscored the significance of nurturing a workplace free from harassment. Armed with newfound knowledge and adept skills, employees emerged from our POSH training programs equipped to deftly navigate delicate scenarios with unwavering confidence.



KHURJA





PIPAL KOTI



RISHIKESH



TEHRI



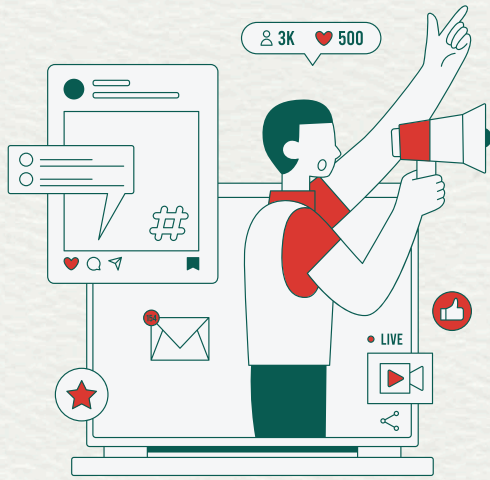
INTERNATIONAL GIRL CHILD DAY CELEBRATION

HaqSeOnline

CAMPAIGN TO SPREAD AWARENESS ON
ONLINE SEXUAL HARASSMENT & CYBER SECURITY



On the 11th of October each year, the world observes the International Day of the Girl Child, celebrating girls worldwide and raising awareness about the obstacles they encounter and the hurdles they bravely surmount. This occasion underscores the need to come together to build a society where girls are safe and liberated from discrimination. Hence, Sachhi Saheli organizes annual events and programs centered around various themes. This year, we held multiple workshops in the Delhi Govt. Schools with a spotlight on "Online Sexual Harassment and Cyber Security," aim to educate and empower girls to address these important issues and respond effectively when necessary.



Highlights:-

- Discussion on frauds, scams, Sextortion, safe-surfing & seeking assistance.
- Sensitized 300+ schoolgirls.
- Experts from Delhi Legal Authority Services.
- Event's theme # HaqSeOnline.



Project

Navnirmita

Empowering Women Through Livelihood Initiatives

We also started a pilot program, "Navnirmita," inspired by the suggestion to empower underprivileged women. This initiative aims to uplift these women by teaching them various arts, such as crochet, macramé, and other decorative crafts.

Our mission is to equip these women with valuable skills that will enable them to create and sell handmade items, thereby establishing a sustainable livelihood for themselves. By mastering these crafts, participants not only enhance their artistic abilities but also gain the means to achieve financial independence. Through this program, Sachhi Saheli is dedicated to supporting these women on their journey toward self-sufficiency, empowerment, and economic stability.



Project Aghaaz

Initiative to Promote Sustainable Menstruation

Menstrual Health Alliance India reports that a single sanitary pad can take anywhere from 500 to 800 years to decompose due to containing over 90% plastic, equivalent to about four plastic bags per pad. Recognizing the environmental impact of disposable menstrual products and the prevalence of their use among menstruating individuals, we have launched the exclusive initiative Project Aghhaz. Under this initiative, we engage with school and college students as well as communities to raise awareness on sustainable menstrual products like reusable cloth pads and menstrual cups. Additionally, we install incinerators to reduce the waste generated by non-sustainable menstrual products. This year, with the support of SBI bank under Project Aghhaz we have successfully sensitized and provided reusable cloth pads to 1000 girls, making a significant impact in promoting sustainable menstrual hygiene practices.



MEDIA PRESENCE



सेंट्रल पार्क में सेलिब्रेट होगा पीरियड फेस्ट

■ **सान्ध्य टाइम्स ब्यूरो।** कर्नाट प्लेस के सेंट्रल पार्क में गुरुवार को 'सच्ची सहेली' मेन्सचुअल हेल्थ एंड अवेयरनेस डे मनाया जा रही है। प्रोग्राम सुबह 9 बजे से शुरू होगा। 'सच्ची सहेली' की संस्थापक डॉ. सुरभि सिंह ने बताया कि मेन्सचुअल हेल्थ एंड अवेयरनेस को 'पीरियड फेस्ट' और 'पैड यात्रा' के तौर पर सेलिब्रेट करेंगे। दिल्ली सरकार के शिक्षा विभाग और इंडसइड बैंक की ओर से आयोजित कार्यक्रम में 'माहवारी/पीरियड्स' पर खुलकर चर्चा होगी। (प्रस)

TRANSFORMATIVE SPECTACLE IN GANGTOK: PERIOD FEST AND PAD YATRA REVOLUTIONIZE MENSTRUAL HEALTH AWARENESS



them, then there is a perspective they will be watching my work with I satisfy that perspective, then

Periods: Beyond myths and taboos

OUR CORRESPONDENT

In a nation where discussions about menstruation are often shrouded in hushed tones, Sachhi Saheli, an organisation committed to dismantling the silence and stigma surrounding periods in India, is gearing up for a significant initiative.

With eight years of dedicated efforts in untangling societal knots surrounding menstrual and adolescent health, Sachhi Saheli is poised to unleash a vibrant wave of mass awareness through its annual 'Period Fest' and 'Pad Yatra'.

Set to take place this year on February 1, from 8 am to 1 pm at Central Park in Connaught Place, Delhi, the event aims to promote period positivity and eradicate the culture of silence surrounding menstruation.

Supported by IndusInd Bank and the Delhi Education



With eight years of dedicated efforts in untangling societal knots surrounding menstrual and adolescent health, 'Sachhi Saheli' is poised to unleash a vibrant wave of mass awareness through its annual 'Period Fest' and 'Pad Yatra'.

Department, the festival will feature diverse zones, including the 'Pad Zone' for open discussions on women's health, adolescent well-being and menstrual needs. The Art Zone will showcase powerful social messages through the eyes of talented artists. At the same

time, the 'Entertainment Zone' will infuse a dose of fun into the learning mix with lively activities. Students, educators and professional artists will collectively contribute to transforming their voices into a pulsating symphony of period positivity.

With the Delhi government's and NDMC schools' support, the event will culminate in the 'Pad Yatra', a vibrant march entering Connaught Place's Inner Circle, symbolising unity against perpetuating whispers and societal taboos. 'Sachhi Saheli' envisions a future where menstruation is not cloaked in unspoken shadows, inviting everyone to join this revolutionary movement, dance away the shame and embrace periods as the natural and healthy aspect of life that they truly are.

This isn't just a one-day event. It's a movement. Sachhi Saheli aspires to leave an indelible mark, breaking the chains of menstrual stigma.

The NGO envisions a world where periods are discussed openly and honestly and where every girl and woman has access to the knowledge and resources she needs to manage her menstrual health with dignity.

In an unprecedented alliance, Menstrual Health and Awareness Day on February 5 witnessed a groundbreaking spectacle in Gangtok. The Government of Sikkim's Education Department partnered with the Delhi-based organization Sachhi Saheli, a strong advocate for menstrual health since 2016. Dedicated to empowering adolescents with knowledge on Menstrual Health & Hygiene and

breaking the silence and stigma around periods, they co-lead a transformative event – "Period Fest" and "Pad Yatra." The Education Department of Sikkim has long prioritized menstrual health, exemplified by initiatives like the "Bahini Scheme," providing free sanitary pads to girls from class 9th to 12th. This progressive step not only opens up the conversation around

...turn Pg2

CapitalTIMES

SummitTIMES | 2 February 2024

3

Embarking on a Historic Journey: Sikkim Gears Up for Its First-Ever "Period Fest" and "Pad Yatra"

Prepare yourself to witness history unfold as Sikkim embarks on a transformative journey with the inception of a one-of-a-kind event and Sikkim's very first "Period Fest" coupled with the "Pad Yatra" on 05 February, 2024.

Supported by the Education Department, and spearheaded by the visionary initiative of Sachhi Saheli, this groundbreaking event heralds the dawn of a new era. With a dedicated mission to break the silence and dismantle the stigma surrounding menstruation, "Period Fest" strives to illuminate minds about menstrual health and hygiene. The Pad Yatra, a collective foot march by students,

teachers, and health ambassadors, symbolizes a powerful advocacy for the normalization of periods.

Get ready to be captivated as the Period Fest steals the spotlight, promising a magnificent celebration enriched by the spirited participation of students from 11 government schools in the heart of Gangtok. This vibrant extravaganza is meticulously curated to engage and sensitive people en masse, featuring specialized zones adorned with educational games, interactive stalls championing sustainability, and challenging taboos surrounding menstruation.

The event will be attended by officials from various government departments of Sikkim, extending

their support for the cause, adding an aura of importance to it. Attendees can look forward to a spectrum of performances prepared by government school students, highlighting the rich cultural heritage of Sikkim, as well as educational talks on menstrual and adolescent health by experts such as doctors and educationists.

The Red-Spot Campaign will promote period positivity and a special performance will add an element of fun and entertainment for all participants. This carefully organized event promises not only celebration but also enlighten-

ment, breaking barriers and fostering a positive change in the perception of menstruation in the region.

The grandeur will kick off with the unique "Pad Yatra," a vibrant march from Denzong Cinema to Manan Kendra. The Pad yatra will be flagged off by the chief guest, Sumita Pradhan, Secretary, Education Department. Sikkim is here to

shift our perception on periods, creating a positive and uplifting environment. Participants coming together for a shared cause will march joyfully, chanting period positive slogans, dancing, and cel-

ebrating to break down the walls of silence and stigma surrounding menstruation.

Save the date 05 February, from 9:30 AM to 1 PM near Denzong Cinema (for Pad Yatra foot march) and subsequently at Manan Kendra in Gangtok, as this historic event aims to transform whispers into a resounding symphony of period positivity, breaking the chains of silence that have enveloped menstruation for far too long.

With Sachhi Saheli's unique approach and the steadfast backing of the Education Department of the Government of Sikkim, this fest promises to be an extraordinary affair. Let's collectively dance

away the shame and embrace periods as the natural and healthy aspect of life they truly are. This isn't merely a one-day event; it marks the commencement of a movement. Through this, the education department of Sikkim along with Sachhi Saheli aspires to leave an indelible mark, breaking the chains of menstrual stigma.

Join hands in envisioning a world free of period stigma and shame, where every menstruator has the resources and knowledge needed to manage menstrual health and hygiene with dignity. Get ready to witness history unfold as Sikkim prepares to embark on this extraordinary journey for the first time.

PARTNERS & COLLABORATORS

Thank you for your support in bringing about a difference



BODYCARE

CARMESI

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NEW DELHI MUNICIPAL COUNCIL
PALIKA KENDRA, SANSAD MARG, NEW DELHI - 110001



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LUMINOUS



#Together for a Period Friendly World

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MOVING FORWARD TO 2024-25

Reflecting on the achievements and impact of Sachhi Saheli in promoting menstrual health and hygiene management throughout 2023-24, we look ahead with renewed commitment and enthusiasm for the year 2024-25. Our focus for the upcoming year is to further expand our reach, deepen our impact, and innovate our approach to empower more individuals with knowledge and resources for better health and well-being.

We aim to continue our collaborative efforts, drive meaningful change, and work towards a future where menstruation is viewed as a natural phenomenon rather than a taboo.

We strive to ensure that every individual is informed and empowered with the necessary knowledge, attitude, and resources to effectively manage and uphold menstrual health. With the support of our dedicated team, partners, and stakeholders, we are determined to make a lasting difference in the lives of those we serve. Together, we move forward with a shared vision of a healthier and more equitable future for all. Furthermore, we are committed in our commitment to inclusivity, extending our focus to underprivileged communities, boys, and men, and intensifying our efforts in sustainability and skill development initiatives, while maintaining a steadfast dedication to our ongoing initiatives for menstrual hygiene management."