



ANNUAL REPORT  
2021- 2022

BREAK THE SILENCE  
WHEN YOU SEE  
VIOLENCE

*Don't sit back  
let's act!*

- ATTENTION PLEASE





## DIRECTOR'S FOREWORD

The world is still suffering the outcomes of the Covid -19 but life has started crawling back again to fill the gap of the lockdown. The pandemic has been a testing time for all of us - emotionally and economically. The loss of Jobs and /or income, the constant threat of falling prey to the corona virus, the experience of losing loved ones and neighbours and the uncertainty hovering over all of us has made us doubt even the power of God.



We, at SAKHYA, have been together in this pandemic for more than a year. As an organization whose vitality comes from a sense of togetherness and community, this pandemic could not stop us from reaching the vulnerable in times of need, as building a community is at the core of what we are. With our faith and commitment, our responses have brought solace to many.

Though the Covid relief response continues by Nirmala Institute and its partners, the development programmes are also marching on. It gives me immense joy to present these programmes in this annual report for the year 2021 - 22.

Challenging times offer new opportunities for collaboration, networking and support. What hasn't changed is our commitment to support the community and to implement effective strategies and programs that maximize our ability to help and accomplish our mission. The organization has completed 35 years of active engagement in promoting the dignity of women and providing justice to women affected by violence. We are also contributing to the growth and well-being of the community through our social outreach. We will continue to help the development of the community through our humanitarian and sustainable development programs.

Gender discrimination and domestic violence against women are common in India. Reports state one in every 3 has experienced emotional, physical or sexual violence. Compared to last year the number of domestic violence cases has increased. Sakhya has been able to reach out to many, either online, or, by actual contact.

During the year we have strengthened our ties of collaboration, partnership and linkages with multiple stakeholders. I specially want to thank Vasai-Virar Municipal Corporation for giving us permission to open a counselling centre at Vasai-Virar Mahanagar Palika Hospital, Nalasopara East, where a large migrant population is being centered to by our awareness programs, and counselling for the victims of domestic violence.

We are grateful for the constant support, guidance and motivation from our President, Dr. Maggy Allesu and the trustees. Our advisors are our great supporters; our committed donors are a pillar of strength.

My sincere thanks go to all our organizational staff for their dedication, involvement and participation as a team, enabling the organization to reach new heights in various spheres of our development activities. I feel extremely proud of the committed and dedicated team whose hard work is visible in this report.

Once again I express my gratitude to all our co-travellers: our donors, collaborators, board members, students, volunteers and well-wishers who have accompanied us with an unwavering hope for a better tomorrow.

Sr. Shaila Crasto  
Director, Sakhya



# **ABBREVIATIONS AND ACRONYMS**

**NGO – Non-Governmental Organization**

**DV – Domestic Violence**

**POCSO Act – The Protection of Children from Sexual Offences Act**

**VAW – Violence against Women**

**FLE – Family Life Education**

**SHW – Sexual Harassment of Women at Workplace Act, 2013**

**IC – Internal Committee**

**ICDS – Integrated Child Development  
Services**

**TOT – Training of Trainers**

**EDP – Economic Development Program**

**UN – The United Nations**

**OPD – Out Patient Department**

**WCD – Women and Child Development**

**PO – Protection Officer**

**OSC – One Stop Centre**

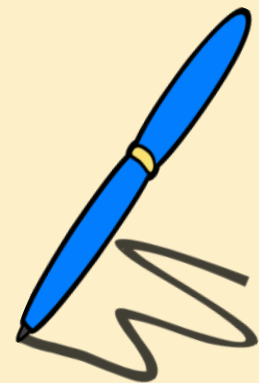




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## **Sakhya completes 35 years**



Sakhya – Women’s Guidance Cell turns 35. It is a proud moment for us. ...a moment to cherish and celebrate, pause and reflect and moves into the future with new learnings and a greater commitment. Our journey of the last 35 years has been that of learning, experimentation, difficulties, anxiety, but also of joy and gratification. It has been being true to our vision and mission:

**Vision:** “A society where gender justice and gender equality will contribute to enable women to live with human dignity.”

**Mission:** Enabling society to cultivate a sense of social responsibility to bring about a gender just society

We have been fortunate to reach out to so many through our direct work and partnerships. These 35 years have not been merely about numbers, they have been about touching lives and being enriched with insightful learnings. On this milestone of completing 35 years we want to share the message of Mother Teresa: “Not all of us can do great things, But we can do small things with great love”

We also share with you, our key learnings:

1. Every client is not just “an” individual but “the” individual.
2. Every client has freedom to make his/her own choices and decisions.
3. Every individual has within him/ her, the potential for growth and achievement.
4. Openness to the ideas and insights of others
5. Support and mutual trust of one another are essential

## **Our Intervention Strategies**

Organisational strategy to achieve our objectives and goals:





## Values at Sakhya - WGC

**Respect:** To respect one another's views and feelings within the organisation and with people one works with; to express oneself, one's opinions, suggestions and feelings in a respectful manner while regarding the dignity and self-worth of other individuals and valuing the other person's reality.

**Trust:** To have faith in oneself as well as a firm belief in the goodness of all people. It is also to rely on the ability and strength of our internal and external stakeholders.

**Passion:** To demonstrate eagerness and dedication in the causes that Sakhya stands for and believes in.

**Transparency:** To be transparent in our work and openly share information, ideas, opinions as well our errors and limitations with our stakeholders.

**Determination:** To have a definite purpose and will to work towards set goals in spite of any hurdles and



challenges faced. Conviction in what we do enables us to see challenges more as learning opportunities rather than setbacks.

**Empathy:** To have an unconditional positive regard towards our beneficiaries and stakeholders, understanding their perspectives and emotions even though they be different from ours.

**Listening:** To make attempts to create common ground between internal stakeholders, to allow each other to be truly heard by welcoming diverse perspectives and being open to collaborative solutions.





## Highlights of the Year: 2021 -22

Sakhya reaches out to the people in the districts of Palghar, Thane and Mumbai irrespective of the socio - economic or religious background of the people.

**Total Number of Beneficiaries: Activities done**

**25,325**

### Work with Individuals & Families

Cases Counselling 256; Case Follow ups 537; Hospital Cases 15; School Counselling 147  
Sakhya started new centre at Vasai Virar Municipal Corporation Hospital

### Community & Group Work

Animator community visits / Meetings 142 & Participants 1584, Community Sessions 186 & Participants 3982

Session with community Kids 114 & participants 2409, Sessions with Schools and colleges 17 & participants 860

Training Programs 25 & participants 786, Trainings with Hospital staff – 7 & participants 202

2 - Youth group formation, TOT / PLV Trainings with 3 groups

8 Supervision / Monitoring visits by Program Coordinator for community work & Student intern's supervision

Sexual Harassment of women at workplace related 86 ICC meetings, workshops and follow ups with 599 participants from different organisation

Kitchen garden & farmers group meetings 28, English Literacy classes for 2 batches

### Awareness Campaign

Campaigning at different communities 139 times through knock the door, social media campaign, street play, Display posters on auto rickshaws etc and reach out to 7614 people

### Networking & Advocacy

Networking meetings 171 & participants 588

“We Action Group” NGO's network, “CHARI” Lawyersnetwork & Feminist Network  
Different Institutes: Police, One Stop Centre, ICDS, Protection Officer, NGO's

### Other Activities

Other Programs / celebrations - 39 for participants 2325

Volunteers - 22 / Students Internship from 10 colleges and 52 student

Staff Capacity Building Programs 31 and 164 participants

COVID Relief work through Ration distribution, Plastic Irala's distribution, Dignity kit distribution, Economic help to widows, Multivitamin tablets distribution, Soya popcorn distribution for kids and total reach out to 1185 people





## Outreach & Outcomes

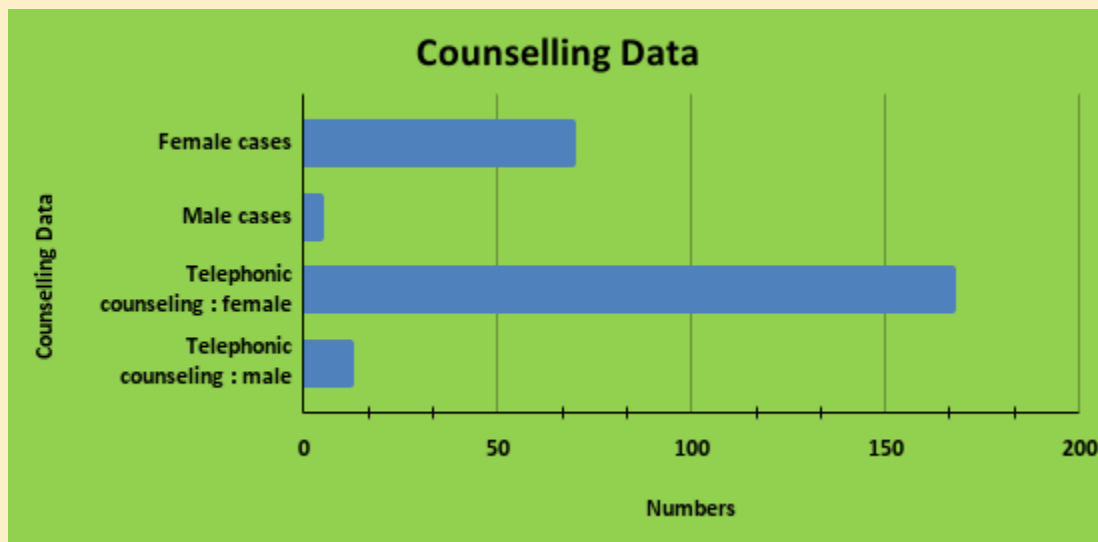
*"Be faithful in small things because it is in them that your strength lies".*

- Work with Individuals & Families

Counselling is one of the major activities in SAKHYA as it has a profound effect on the lives of individuals, families and communities. Sakhya provides aid to the marginalized by case works and counseling. This has helped the person to not only get their grievances solved but also to heal from their trauma.



Fig 1. The graph below depicts the Counselling data during the year.



Total Cases: 256. Females: 70 Males: 5. Telephonic Counselling due to the Covid situation: more than 168 females and 13 male cases. These Counselling cases were from Nallsopara and Thane.



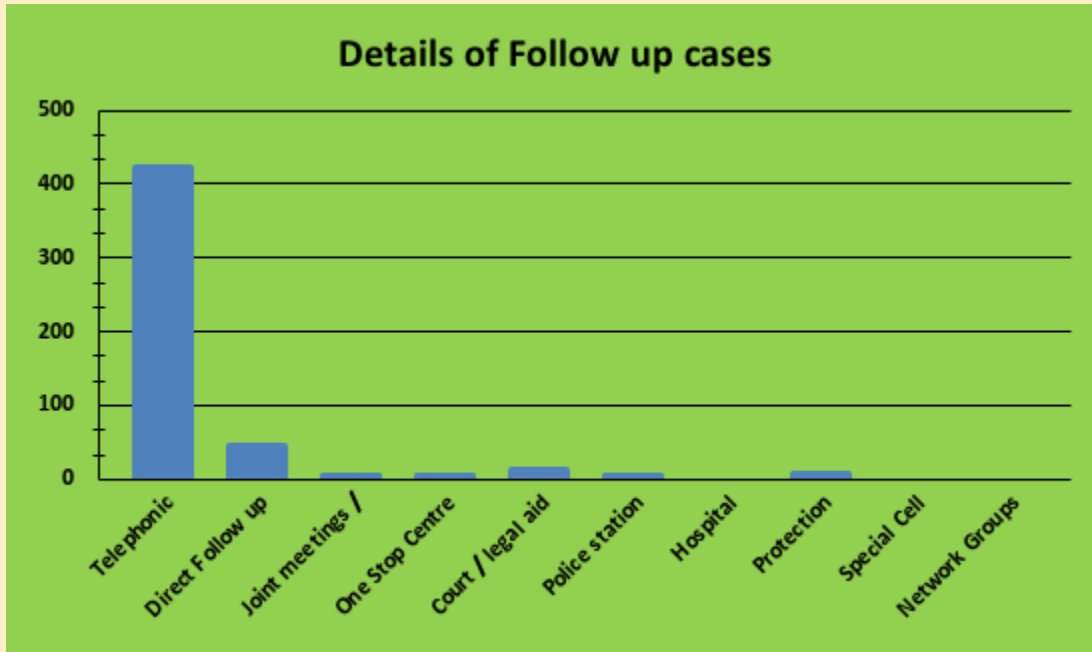
We conducted follow up of about 426 telephonic cases and about 50 by directly meeting the clients for counseling. Further follow ups were through Joint meetings and through visits to Protection officer's office, police station, one stop center, Court and Legal aid, etc for taking updates about case or client.







Fig 2. The graph below depicts the Follow up cases



Majority of the cases were referred to Protection officers and police station.

Fig 3. The diagram below depicts the Referral cases



Referring cases to the right place speeds up the process of justice and provides better help.

The list below shows the types of cases SAKHYA counseled. There are a number of gender based violence cases and therefore SAKHYA teams up with different institutions to get wider support.

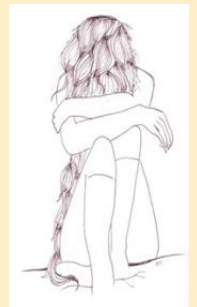


Fig 4. The table below depicts the types of cases

Types of Cases at Sakhya	Number of Cases
Domestic Violence	200
Domestic Violence by wife	6
Dispute with neighbor / Community, mental harassment by housing society	7
Cheating / false promise of marriage /desertion	4
Extra Marital / Adultery / Bigamy	19
Any other problem - DRUG ADDICTION OF WOMAN	5
Property matter	2
Divorce	3
Work / Job related problem	1
Cyber Crime	3
Restitution of conjugal rights	2
POCSO (Legal guidance cases above 18)	1
Marriage null and void	1
Dowry	1
Legal advice to lawyer	1

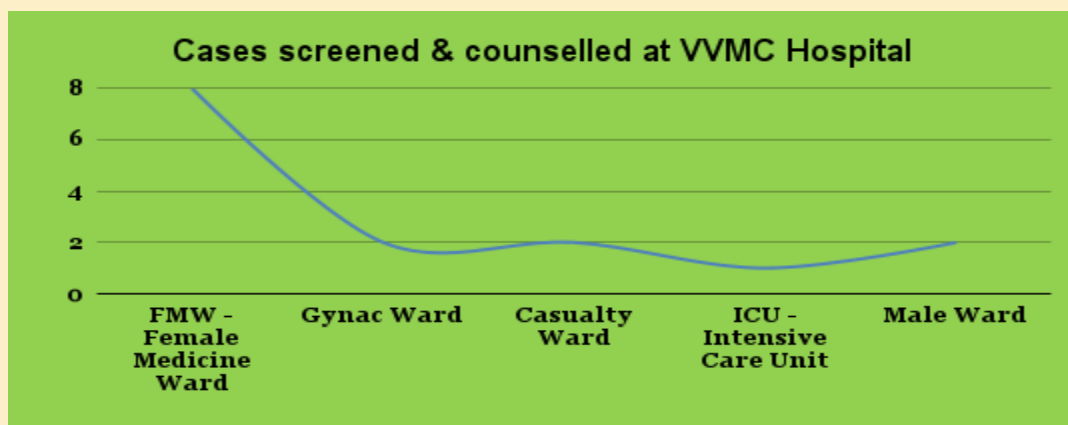
The majority of cases are of domestic violence. Hence the common referrals have been to the police station and Protection officers.

The majority of the cases that approached Sakhya for counselling came from the referrals by accessing the Internet & website of the organisation, through referrals of the Community animators, Ex-student interns, NGO networks, local communities and by their own accord to the Sakhya's centres at Nallasopara, VVMC Hospital & Thane Civil Hospital etc.



Sakhya has started a centre at Vasai – Virar Municipal Corporation Hospital – VVMC. This helps to provide services & help to the cases from the government hospital.

Fig 4. The graph below depicts the data of cases from VVMC Hospital





Below are narrated a few of the cases handled by Sakhya. It will give a better understanding of case intervention and counseling.

## **Case: 1**

### **CONFIDENCE AND SELF LOVE**

On 17<sup>th</sup> January 2022 was my first contact with Sakhya Women's Guidance Cell, I had mailed a complaint against the behavior and attitude of the investigating officer who was handling my case. This step was taken even after my first complaint was not accepted. The DCP refused to accept this written complaint but called up the investigating officer and asked him to change his behaviour.

I had spent the last six months in making fruitless trips to the Police Station. I had been cheated in marriage. I came to know this in the first six months itself. I tried to commit suicide. Being a medical doctor by profession I knew of different ways of doing it. But God had different plans. I regained consciousness after being in coma for 48 hours. And now I had to fight a big battle. My husband is an influential man with lots of contacts with politicians and his sister is a deputy collector. I had to face the arrogance of power and money with the shield of truth.

Just when I was struggling to stand on my own, I met with an accident. Then I was detected to be Covid positive and to make matters worse, my foot got fractured just 5 days after being discharged from the COVID hospital. As if all this was not enough, I was thrown out from my house. All this took place in span of three months from June 2021 to August 2021. I was both mentally and physically tired and broken. But God is always there by our side. He protected and blessed me by sending the right people at the right time.

I sent my emails of complaint on the 17<sup>th</sup> of January to 'Sakhya'. The Director immediately called me to the Sakhya office. She introduced me to their advocate checked all my documents, made an enquiry about the situation and accordingly guided me about the next course of action.

This is the story of my legal battle. But beyond this the real help I got from the Director and Advocate was that they gave me hope and the confidence to stand on my own. Through their interactions

they made me aware of my abilities and my strength. They made me participate in their programmes. Through Sakhya I conducted a medical camp at Gass dongri of raising awareness about diabetes and also to get a free check-up of diabetes. All this gave me a big boost and helped me to understand that my journey in the coming days would get better.





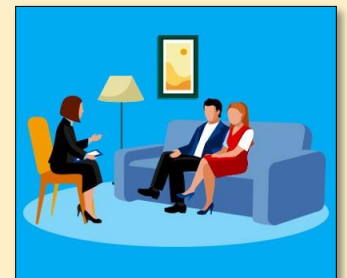
Sakhya invited me to be a speaker at their Annual Women's day programme. I spoke about the 'Inequalities in Men and Women'. It was a golden opportunity to guide the women from my personal experience and talk to them about gender bias and how to handle this in their own homes. This was a great opportunity for my revival as it came at a time when I was facing so many difficulties. I was able to rediscover my lost self. In fact, my case hearing was scheduled for the very next day of this programme but I felt no pressure or disturbance. I really feel indebted to Sakhya. It has prepared me for the challenging journey that lies ahead.

BIG THANK YOU to all at Sakhya.

## **Case: 2**

### **SAKHYA- TOWER OF STRENGTH**

A 23-year-old woman called Sakhya helpline with the help of internet. She informed the counsellor that she needed help and advice for herself. The client does not want to marry so early. She wanted to complete her education first but her parents were not in agreement. The client was engaged with the boy her parents had chosen. The client endured physical, verbal, mental violence and educational deprivation. The girl even tried to run away from the house a few times. This made her parents very angry. The client's parents had spent a lot of money for the engagement, and also dowry. The client did not like it. The counsellor informed the client to file a case if the parents again torture her physically. The client had visited the police station to file her case but the police did not file her case instead they just called her father. The counsellor called the client's father to understand his side. The parents and the client visited at Sakhya office to have a joint meeting with counselor and Sakhya lawyer. They asked the counsellor if they could visit the office and discuss and make a final decision. Accordingly the counselor planned a visit for mutual understanding and also informed about the legal aspect of the girl's decision. The client was firm in her decision and was even willing to stay in the shelter home. In the end the parents unhappily agreed with the client's decision with some conditions for the client which is acceptable to the client. The counsellor has contacted some shelter homes and given an idea about the client. The client called counsellor a few times to inform that still her parents are unhappy and ask the client about the marriage and scold her. Meanwhile, the client has found a job and is managing her studies by doing the job as per the instructions of the parents.





- Communities & Groups

***It's not what we are or have that makes the difference, but what we do with what we are or how that actually does it."***



The community work process of SAKHYA is creating opportunities for growth and transforming people in communities. It focuses on participation and fosters empowerment and change through collective action. It is closely related with human rights. The following story will depict the community intervention.

### **CASE: 3**

#### **THE PILLARS OF WOMEN EMPOWERMENT**

I understood the real meaning of the above phrase during my association with Sakhya. I was privileged to listen to many women leaders who have really made a difference to their society. These women shared with us their inspiring journey of how they managed to overcome a plethora of obstacles in their life to become a living example of women's empowerment and the source of inspiration to other fellow women.

This might be the age of feminism in the urban or western world. But in the internal parts of India, there is considerable division of women who are still deprived from primary education and empowerment. Women are capable of handling multiple roles effortlessly. They are actually the backbone of every society. But in these rural parts of India, what they really need is awareness, motivation, and optimistic support. The stories below of some of these women are real examples of such optimism and demonstrations of true leadership.

**Anuradha Sashikant Nagne** is a struggling housewife who used to walk many miles to get her ration card, just to save on auto-rickshaw fare she couldn't afford. This is where an idea clicked in her mind to empower herself by becoming an auto-rickshaw driver. She applied for a loan in a public bank through the help of a Social Worker and took a brave step forward in a male dominated field to become a lady auto rickshaw driver. She had to face a lot of difficulties. She was opposed by many male auto-rickshaw drivers and also had to go through many gender discrimination experiences. But her perseverance and do-not-give-up attitude paid-off. She now has not only empowered herself, but is also taking initiative in mentoring and convincing other under privileged women to stand on their feet and empower themselves.





**Maya More**, is working as a health worker in a small hospital. While doing her job, she understood one of the main reasons why migrant women get stuck in their household work. Managing huge families and multiple children was the major task in these women's lives. She realised the importance of making them aware about planning methods like male sterilization, etc. In rural India, this is indeed a courageous step to go door to door and boldly talk to men on the subject



There are many such stories and experiences of women who have become agents of change. I truly admire their courage. Even though the society did not accept their work initially, they continued doing it showing their perseverance and leadership to create a better society.

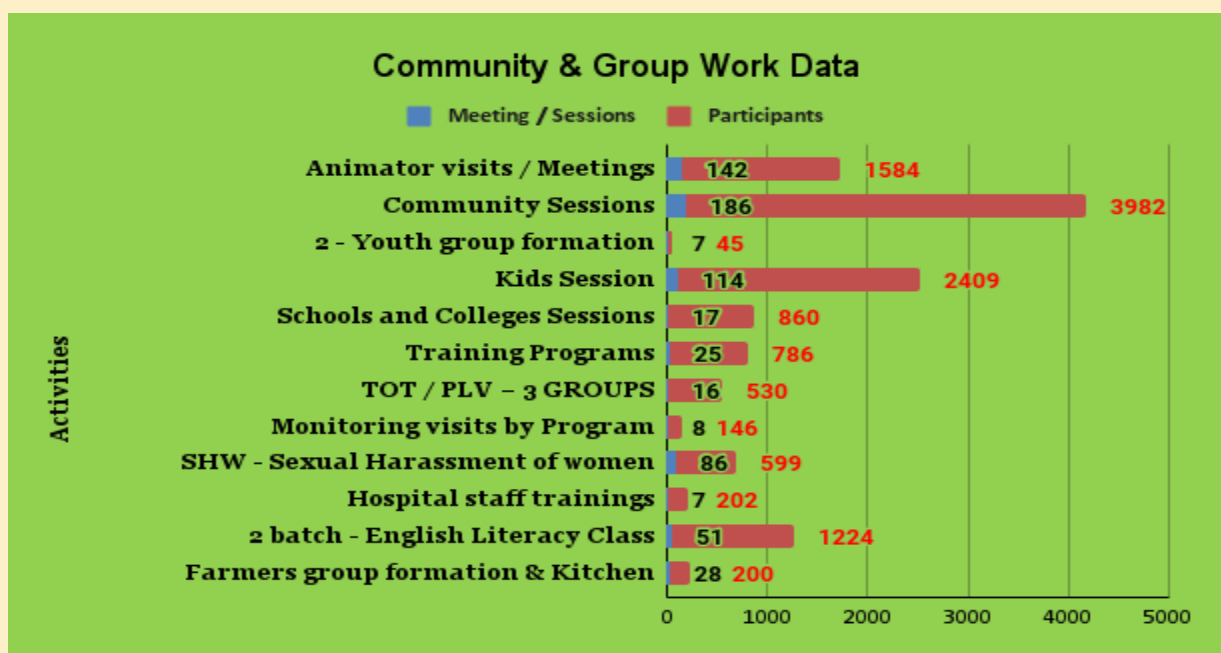
I salute all these brave women and I also salute NGOs like Sakhya who are striving to bring positive change in the society. They are indeed a true inspiration for young girl students like me to make a positive difference to society wherever I go and whatever I do.

– By Hallice Falcao

Regular meetings, home visits, training sessions, workshops and special programmes held in communities with women, youths & adolescents from tribal small padas and socio-economically backward communities have resulted in developing leadership qualities among them. The women who are financially independent have begun to take decisions by themselves.

We depict below the various activities that were conducted at the Community level.

Fig 4. The graph below depicts the data of Community & Group work





The groups are playing a major role to strengthen such efforts. The groups comprised of the youth in schools and institutions, corporate groups, NGO staff, hospital staff, nursing students, police, Balpanchayat groups of kids in the communities and ICDS / Anganwadi personnel.

**Training of Trainers (ToT) & Para legal volunteers (PLV):** PLV is a program of SAKHYA for the development of delivery skills and law related knowledge of those women who wish to become trainers and legal volunteers to help community women to get justice. PLVs are expected to act as intermediaries bridging the gap between the common people and the Legal Services. The process aims at Legal Services Institutions reaching out to the people at their doorsteps and help in removing the barriers of access to justice.



**Impact of learning together**

It taught us that the nature of group work promotes collective action and the group is a place where members learn to plan, understand and initiate collective actions.

**English Literacy Class:** Two Batches of the Virtual / Online English Literacy Class was held for adolescent girls and women from the local communities and tribal padas. Ms. Ayushi Jha, Sakhya's volunteer, was the trainer of this course.



**Combination of Voluntary work and dedication**

The second batch was started in network with Prabhatara Hostel, New Delhi and Ms. Ahsanat Chaudhari, Sakhya's Volunteer was course trainer for this batch. She runs a Writing firm in Mumbai and decided to spend her free time by associating with Sakhya to help people to learn together and mainly to empower women by educating them.

**Farmers group & Kitchen Garden Initiative:** This year we focused to network with existing farmers groups in Vasai – Virar area through organizing and participating in their meeting.



The Kitchen Garden Project was to help the women to overcome their fears, build their confidence and empower them. The kitchen garden model was meant to improve nutrition security and supplement household income.

**Learning from others**

Sakhya's Women farmers group visited Krushi Vidyan Kendra, Kosbad- Dahanu on 16<sup>th</sup> February 2022. Shivansai, Patilpada, Wagholi, Gass Dongri were a part of the exposure visit cum training program.





**Training Sessions:** Sessions were conducted during the year on different topics such as Cybercrime, Balpanchayat formation, Health & Hygiene, Gender Equality, Self-defence, Child Rights, Good touch Bad touch, Personality development and Healthy living etc. These helped to raise awareness among participants about gender issues, gender discrimination leading to sexual harassment. Participants learned to respect the opposite gender. The sessions were focused to encourage and motivate women to stand against gender based violence and thus increase their confidence.



**IC Meetings & Workshop on Sexual Harassment:** Sakhya sensitized the IC members and employees of the companies / institution with legal education related to sexual harassment. These meetings and workshops have helped participants to understand their workplace related gender based policy, their equal rights at workplace & need to promote gender equality.



**Workshop for health care professionals:** The workshop resulted in an increase in the awareness level among the health care professionals and nursing students. It gave them a better clarity on their role in dealing with the victims of domestic violence.

**Visitors:** Nirmala Institute President Ms. Magy Allesu and Vice-President Ms. Philomena Sequeira had the annual meeting with Sakhya team. During this meeting staff shared their work challenges faced in their respective areas. Ms. Magy & Ms. Philomena guided the staff in view of future direction towards sustainability of the organization. The visit was to understand and put forth strategies and challenges towards Gender Just Society.







## • Awareness Campaigns

SAKHYA organised campaigns to raise awareness about gender based violence and services provided by Sakhya. It helped to promote the organisation’s visibility. It also helped raise public awareness.

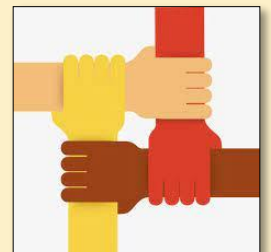


Campaigns are an important part of achieving social change. 25th November is marked as the International Day for the Elimination of Violence against Women. Social media campaign were organised with the help of volunteers, staff and student interns to spread awareness about gender based violence. Distribution of leaflets, talks, sessions, putting up posters on local auto-rickshaws and Street play performances at public places etc in Vasai Taluka and Thane district was undertaken.



## • Networking & Advocacy

Networking and Advocacy forms an integral part of our activities. Building, maintaining, and leveraging professional contacts in the field is one of the most important aspects of networking for SAKHYA. We network with partners at the district level, state level and the national level. This gives us a platform to work together to effect changes at the policy level. Currently Sakhya networks with *We Action Group*, *CHARI Networks*, *Feminist group network* and *NGO networks with Oasis India*. We believe that change and transformation is achieved by working in solidarity.



**Sakhya’s achievement towards getting benefits of Government Schemes**  
*Khawti Schemes for 158 tribals, Pension schemes for 4 widows, Gharghanti & shewing machines for 4 women and under Right to Education 15 children were admitted in school.*





## **Enhanced visibility of Sakhya's Image:**

Throughout the year we have the privilege of being invited as guest for programs and as speakers to conduct workshops by different institutions. This platform helps us to make known the services of Sakhya to a larger audience.

- Invitation to our lawyer for the Review meeting of Nirmal Mahila Credit society, and for the Training of Members, held on 18th August 2021 at Chuim Comunity Center Khardanda Khar (west)
- Participation in the employment seminar organised by the Tribal Development Department on 2<sup>nd</sup> September 2021
- Program Coordinator was invited to conduct session on Understanding Gender and Domestic Violence with team of centre in charge / PO's of Mumbai Mobile Crèches NGO at Andheri on 9th December 2021. Sakhya representatives distributed the pamphlets at the end of the session and did a VAW campaign with the participants. Special thanks to Mrs. Sunita and team of MMC- Mumbai Mobile Creches NGO to make this network and session possible.
- Sakhya was invited to conduct an awareness session on Violence against women and interact with women at Karanjon village near Vajreshwari on 3rd February 2022. It was organised by Chaittanya NGO on the occasion of Makarsankranti celebration. Special thanks to Mrs. Pradnya Patil for the invite.
- On the occasion of International women's day Asst. Director of Sakhya was invited as speaker at YMCA AND Women's Sodality group of Manickpur Church, Manickpur and at another programme by Kalamb grampanchayat as chief guest.





## 5.1 Staff Development Trainings



Staff development trainings are form an important part of Sakhya. Throughout the year, opportunities are given to the staff to equip themselves with the knowledge and the necessary skills to work effectively on gender issues. There were 31 staff development trainings held to impart the knowledge on different topics such as Micro Finance, *MatruSamiti*, *Balpanchayat*, Webinar on Love Jihaad, Child Rights, Counselling skills, Self Awareness and Rethinking gender roles etc.



## 5.2 Voluntary Work & Student Placement for Internship

Sakhya's Voluntary & Internship Programme offers eligible students & volunteers the opportunity to acquire direct practical experience. It is a leadership development model for young enthusiasts who have a keen interest in working in the development sector, and are dedicated to build a Gender Just society.



This year at Sakhya there were 52 student interns from 10 renowned colleges and 22 volunteers from all over world contributed by online communication and on the field. Below they are depicted making their contribution at Sakhya:

### Story of Volunteer contribution at Sakhya

Sakhya Women's Guidance Cell appreciates the efforts, hard work and dedication of volunteer Anjali for conducting the virtual sessions during the year on the topic of "self-defence" with adolescent girls and children groups from communities. Anjali was an employee of an IT company and she has started the campaign "Let's Fight Back!" Local community volunteers networked with SAKHYA to reach to a large audience. We thank Anjali for conducting online sessions and spreading the awareness and building confidence among participants.





BHUMI YOUNG CHANGEMAKERS PROGRAM

### FEEDBACK FROM ASHOKLEYLAND SCHOOL STUDENTS- Sakhya NGO

**Nithila**  
 Firstly i would thank my teachers and NGO for giving this wonderful opportunity. The sessions were very effective and informative. From these session i could see gender equality in different aspect

**Divya S**  
 The sessions are very useful and promoted us to make awareness among our family and friends about gender equality and I show my gratitude for this opportunity to the NGO and my teacher.

**Snehal Parek**  
 The cause is great and was really impressed by the fact it target all the genders unlike only targeting women. Overall a nice experience

**Shukirthan**  
 It feels great to be a part of a good cause (my first time), the activities were interesting and I learnt important life values and lessons. Only the timings for the sessions could have been better.

**Sahana R**  
 the sessions are joyfully and I had a great experience. the activities are really interesting and I learnt a lot of new things.

**Gangeswar**  
 The sessions are very useful and we have learned manything from this and the sessions are very informative and effective



BHUMI YOUNG CHANGEMAKERS PROGRAM

### FEEDBACK FROM ASHOKLEYLAND SCHOOL STUDENTS- Sakhya NGO

**Genitarin**  
 Volunteer work was enthusiastic,were I was eager to participate in it. Loved to learn about vision,mission and awarness,sympothy, empathy etc.

**Monolisha G.N**  
 I really enjoyed the sessions and it was very informative , so just looking forward for more

**Shreya VV**  
 I really enjoyed with this session, it was interesting and its boosting us and making us active . I take this gratitude to thank NGO's for supporting us



### 5.3 COVID Relief work

Mentioned below are the COVID Relief works of Sakhya.

- Ration distribution,
- Plastic Iralas distribution,
- Dignity kit distribution,
- Economic help to widows,
- Multivitamin tablets distribution,
- Soya popcorn distribution for kids etc



#### Humanitarian approach of Sakhya team

Sakhya staff too decided to contribute for the COVID relief work. The staff contacted Bhuigaon, Vasai taskforce member Mr. Mackenzi Dabre and donated 2 Oxy meters to the Bhuigaon Corona Care Center.

### 5.4 Celebrations & Programs



- With the theme of 7th **International Yoga Day 2021** as "Yoga for well-being" a Yoga session was organised for the team on 21st June 2021 at Sakhya's office.



- **Makarsankranti celebration, International Tribal Day Celebration and Sports Day** was held for community women at Nallasopara and Thane communities.



- **Children's Day celebrations, Republic day celebration** by Balpanchayat kids at community level. **World Environment Day celebration** at Bhadanepada and Gassdongri on 5th June 2021.



- **Free Eye Check-up Camp** was organised in association with Mumbai Eye Care Centre at Bhimdongri, Nalasopara and Neharu Nagar, Thane. A free **General Health Checkup camp** was held at Bhimnagar, Nallasopara East on 19th February 2022 in collaboration with Cardinal Gracias Memorial Hospital. More than 150 women from the community benefitted.





- **Christmas** was celebrated at Sakhya office with lots of fun, mashti, happiness, games, dance, team lunch and surprise gifts.



- **Women's Day celebration** was held at Patil pada, Shivansai - Vajreshwari road, Shantivan pada - Sandor, Hanuman nagar - Nirmal, Bhimdongri - Nallasopara and Thane community in the month of March 2022. 'Hunkar' quarterly magazine of Sakhya Women's Guidance Cell was distributed

- Glimpse of **Annual Day** cum Women's day 2022 celebrations were done with stakeholders, friends, well wishers and partners who joined with us on the theme "Break the Bias" at Jeevan Vikas Mandal Hall, Nirmal, Nallasopara on 12th March 2022. Our Chief Guest Mrs. Sunita Miranda, teacher at St. Aloysius girls school, Papdi gave valuable insights on "importance of girls education and the need to promote and support girls to take and complete the higher education". Mrs. Usha Marathe, member of Mahila Dakshata Samiti, Vasai police station shared her experience about "Handling the cases of Domestic violence as an active member of Mahila Dakshata Samiti". Fr. Joe D'mello gave insights on



"Religion promotes gender equality from its origin". We would like to thank Chief guests for delivering such an inspiring speech, and for giving motivation to our participants. Sakhya was proud to release the quarterly magazine "Hunkar" with the theme of "Tod hi Chakori asamante chi" at the event. The cultural program and Spotgames added color and ambience to the celebration with the participation of one and all.



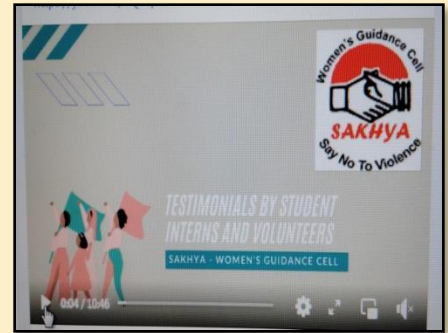
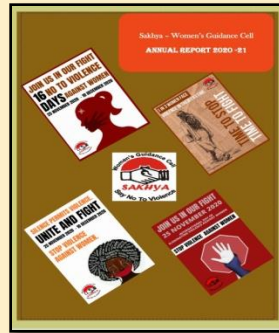


### 5.5 Media Coverage & Publications



### Documentation Work by Volunteers and Students and staff:

written articles, training modules, video making, session plans, pamphlets, Annual Report etc.



### Media Coverage by publishing in the local newspapers and news Channels.



**Publications:** Three Hunkar magazines and One calendar with different themes. We reached out to a total of 900 people. The calendar for the year 2022 had the theme of Ecology.





## 6 Looking Forward to: 2022 - 23



1. To sustain the issue and address it we have adopted the community development models and built capacities of women and girls over several years. Hence we have been able to move out of some of the empowered communities. We intend to scale up the program to newer areas around Vasai - Virar and mainly close to the VVMC Hospital at Nalasopara. At Thane we plan to network with SAHSEE Ngo to extend our outreach.
2. To bring about effective transformation, we will continue to encourage involvement of men, youth and the opinion makers, who can contribute to this change towards a violence free society.
3. Working with systems: Health, judiciary, legal, bureaucracy, Police, administration, community, cultural mind-set are some of the challenges, which we have overcome time and again through negotiation, bargaining and partnerships. We try to work closely with the systems to ensure speedy justice for the victims of violence and to create a mechanism for a single window system for redressal of cases. It will also help to ensure the Govt. schemes, services and benefits to the needy.
4. Motivate volunteers and engage students from different colleges through the internship programs. We also plan to absorb human and other resources from the local community to engage actively in the programs of Sakhya. From year 2020 Sakhya has decided to initiate and give more focus on livelihood and skills building programs to ensure the sustainability.
5. Financial stability is another herculean task. However in the past few years we have been raising resources through event management, trainings and garnering support through local donors and well-wishers. We intend to explore more partnerships with the corporate sector through CSR resources and also government funding.







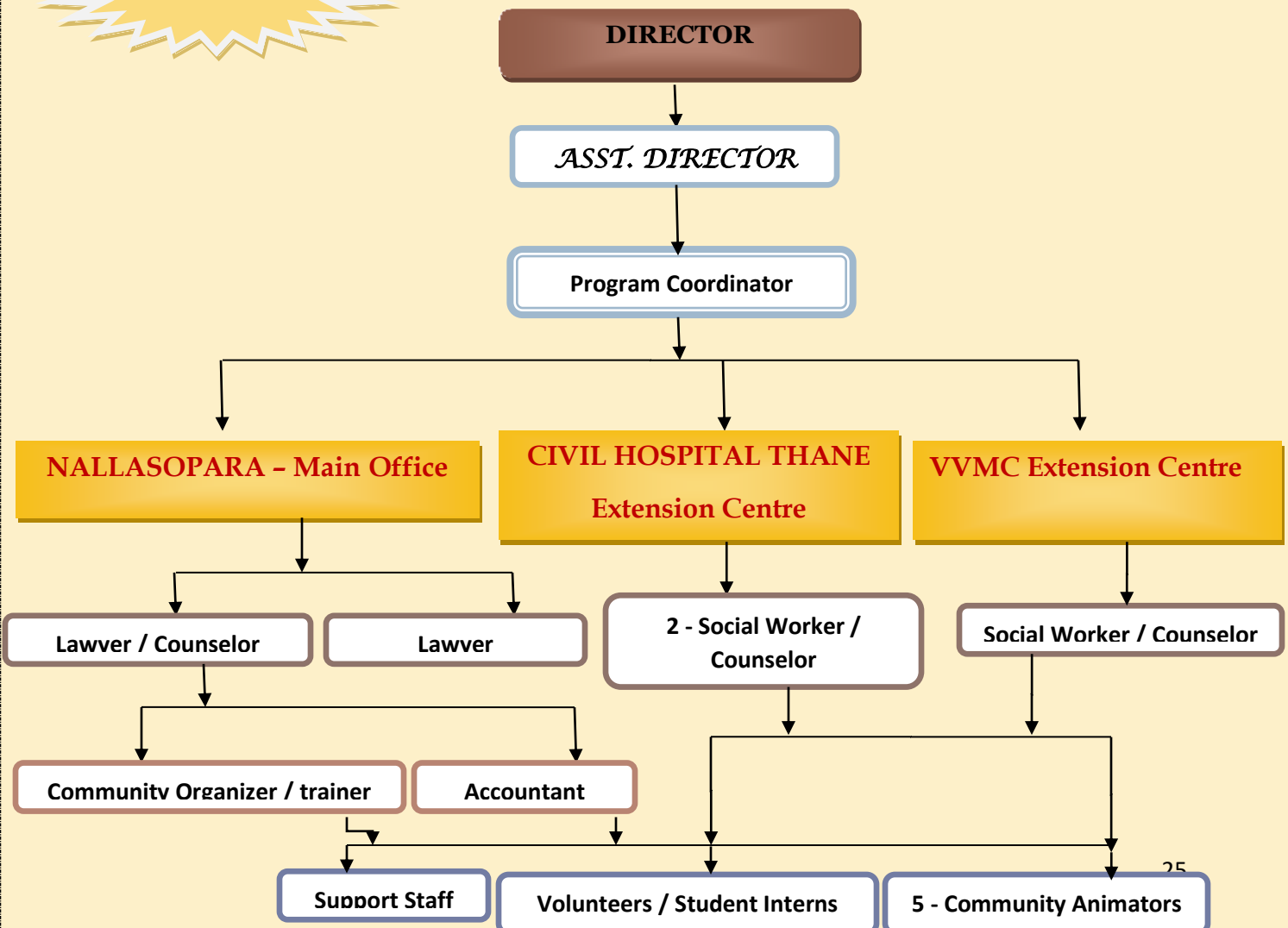
## 7 Organisational Structure



### Board of Trustees

<b>Dr (Ms) Magy Allesu</b>	President
<b>(Ms.) Philomena Sequeira</b>	Vice - President
<b>Ms. Erica Lobo</b>	Secretary/Treasurer
<b>Ms. Antoinette Araujo</b>	Committee Member
<b>Ms. Greta Lopes</b>	Committee Member
<b>Ms Evelyn Menezes</b>	Committee Member
<b>Ms. Shaila Crasto</b>	Committee Member
<b>Ms. Noella Dias</b>	Committee Member
<b>Ms. Nancy Rodrigs</b>	Committee Member

### STAFF





## 8 Our Allies



Our strength really lies in the faith that our stakeholders bestowed on us. **We thank our partners for their support.**

Financial Assistance
Manos Unidas
UPS Project
Partners in Germany
RBL Bank
Local Donors & benefactors
PANKHI Project

Sakhya on the board of IC - Internal Committee to address Workplace Sexual Harassment of women:





## Individuals and organisations that supported us in our journey

Silver Innings	Protection Officer
Mumbai Mobile Crèche	Child Welfare Committee
SHARE Ngo	Legal Aid center
Child Line	One stop Centre
Jeevan Adhar	ICDS Department
YMCA	Police station
Government Hospitals	Churches – Gass, Nirmal, Mardes, Bhuigaon
Chaitanya NGO	N.N. College of Social Work and Home Science
Umed Viklang Kendra	Kanta Foundation
CYDA	Prabhatara Hostel, New Delhi
Chuim Community Center	Youth Forum
Gyanjyoti Community College, Karasgaon	Health Department, Vasai Panchayat Samiti
OACIS Ngo	Vidya Niketan Social & Welfare Education Trust
Gram Panchayat – Shivansai, Kalamb, Arnala	Holy Cross School, Nirmal
Z.P. School, Medhe	Infant Jesus School, Nallasopara
T.B. College, Papdi	BHUMI Volunteering NGO



*We are grateful to the staff, donors, corporates, all our network partners and well-wishers for the support and guidance extended to us. It is your trust and belief in us that carried us through the year 2021 - 22.*





## *A Huge Thank You to all our Donors*

*thank you*

### **You can continue to help by Talking about the issue**

- Talk to your friends and family about Gender Based Violence. Learn more about Gender Based Violence on [www.sakhyawgc.org](http://www.sakhyawgc.org)
- If you have experienced Domestic Violence or know of someone who has, contact us on [sakhya\\_87@rediffmail.com](mailto:sakhya_87@rediffmail.com) or 9890312402 for Palghar & 9224642560 for Thane

### **Volunteering**

- We need individuals with varied skills and resources to help our work grow.
- Tell people about Sakhya and the work we do.
- Help us get access to networks like schools, Colleges, women's groups, youth groups, parents group, institutions, NGOs, any platform to talk about Gender based violence and create awareness.

### **Ways to donate:**

- You could send a cheque in the name of 'Nirmala Institute' to our office.
- For bank transfer details contact us on [sakhya\\_87@rediffmail.com](mailto:sakhya_87@rediffmail.com)

You will be sent a receipt and 80G tax exemption certificate. We can receive donations from foreign individuals and organisations as well.

### **Do visit us!**



#### **Main Office**

The Silvester Smruti, 1<sup>st</sup> Floor,  
Kalamb Road, Opp. Police Chowki,  
Nirmal, Nallasopara (w), Tal. Vasai,  
Dist. Palghar-401304  
Mobile: 9890312402

#### **1. Extension Centre**

Thane Civil Hospital,  
New Building, Gr. Floor,  
Tembi Naka, Agyari Lane  
Thane  
Mobile: 9136090564

#### **2. Extension Centre**

Vasai-Virar Municipal Corp.  
VVMC Hospital  
Tulinj  
Nallasopara - East  
Mobile: 9890312402

**Email:** [Sakhya\\_87@rediffmail.com](mailto:Sakhya_87@rediffmail.com)

**Website:** [www.sakhyawgc.org](http://www.sakhyawgc.org)



