

ANNUAL REPORT

2021 - 2022



RANGEEN
KHIDKI

KEY ACHIEVEMENTS



- Selected as fellows with Knowledge Hub Program by The YP Foundation in their KYBK YR Program.

- We got selected as the top 25 finalists in India's one of a kind philanthropy pitch fest called The Dolphin Tank 2021 during Daan Utsav 2021.

- We got selected and recognized for the Changemaker Fellowship offered by Asia Pacific Resource and Research Centre for Women

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ABOUT US

An organisation dedicated towards effective ways of capacity building and life skill development (capacity building: education/ vocational courses/ poverty alleviation) in the communities with gender justice in its core. Rangeen Khidki is a group of young professionals working together with the aim to build innovative ways to educate and empower communities on human rights perspective.

Rangeen Khidki works with urban as well as rural youth and women on Gender & Sexuality, Sexual Reproductive Health Rights, mental health, education and life skills.



VISION

Rangeen Khidki envisions a world where all adolescent and young persons across all gender and diversities can access education, information, services and support related to their physical and mental well-being and can grow to their fullest potential as leaders.

MISSION

Rangeen Khidki works towards gender justice and empowerment with a rights based approach to enhance leadership, build networks in advocacy and work towards entitlements, dissemination of knowledge in community.



PERIOD ADDA



Rangeen Khidki Foundation's Period Adda Program is a Holistic Menstrual Health Education Program which supports communities and organizations in developing menstrual health and advocacy based interventions, so that young adults are able to make informed choices that concern their own bodies.

WE SUPPORT ORGANIZATIONS AND COLLECTIVES TO:

- Design community intervention programs
- Conduct training of trainers on how to hold a safe space and roll out menstrual education programs
- Conduct menstrual education programs directly with your communities/schools or other target areas
- Design tools, modules and training materials for menstrual education and advocacy program
- Conduct field research on menstruation and other sexual and reproductive health and rights based indicators

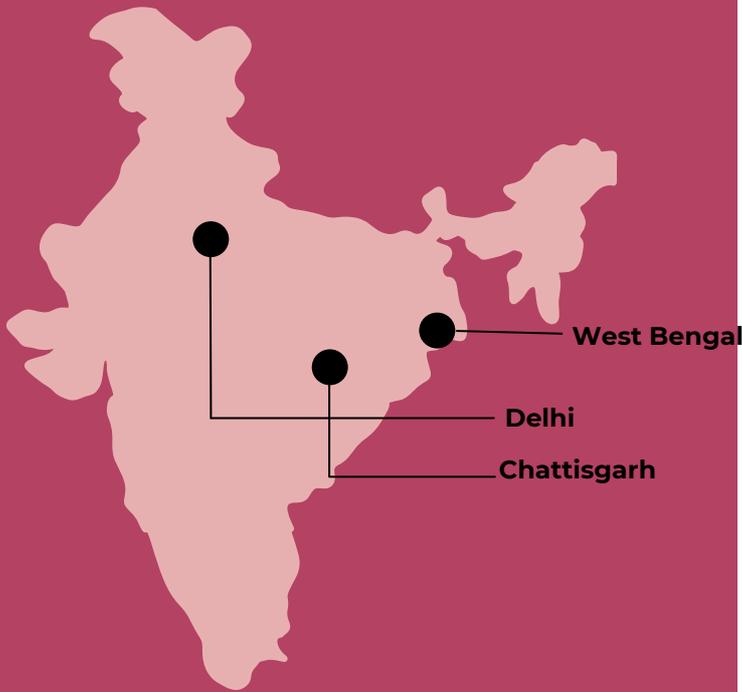
According to Unicef, 71% adolescent girls in India remain unaware of menstruation till menarche. Inadequate information about their bodies and difficulty in accessibility to menstrual products and services contributes directly to gender disparity and poor health. Thus, creating awareness and openness is one of the most effective ways to help teach girls how to properly manage their menstrual health.

While most conversations on menstruation end with how to use a particular product, our vision is to deliver menstrual health education where the menstruator is able to access information on their body, will be able to make informed choices, value the power of nutrition, challenge the stigma and will be grow up with a radical shift in their mindset when it comes to menstruation.



I have learnt so many new things in the session today. The use of pictures and other resources, has made the session more fun and interesting.





Rangeen Khidki is proud to inform that **98%** girls, women and menstruators have gone ahead and made a choice to switch to better menstrual health products for better health and a better life.

Rangeen Khidki reached **2151** individuals directly through this program in the year 2021-2022 and have reached a total of **4500** individual with menstrual health programs since inception and made menstrual products accessible to over **28,000** individuals during the covid crisis.



I have learnt so much about periods which i did not know about before. I am going to share this information with my friends as well.



COLLABORATORS





DIRECTLY IMPACTED

2151

INDIRECTLY IMPACTED

8400



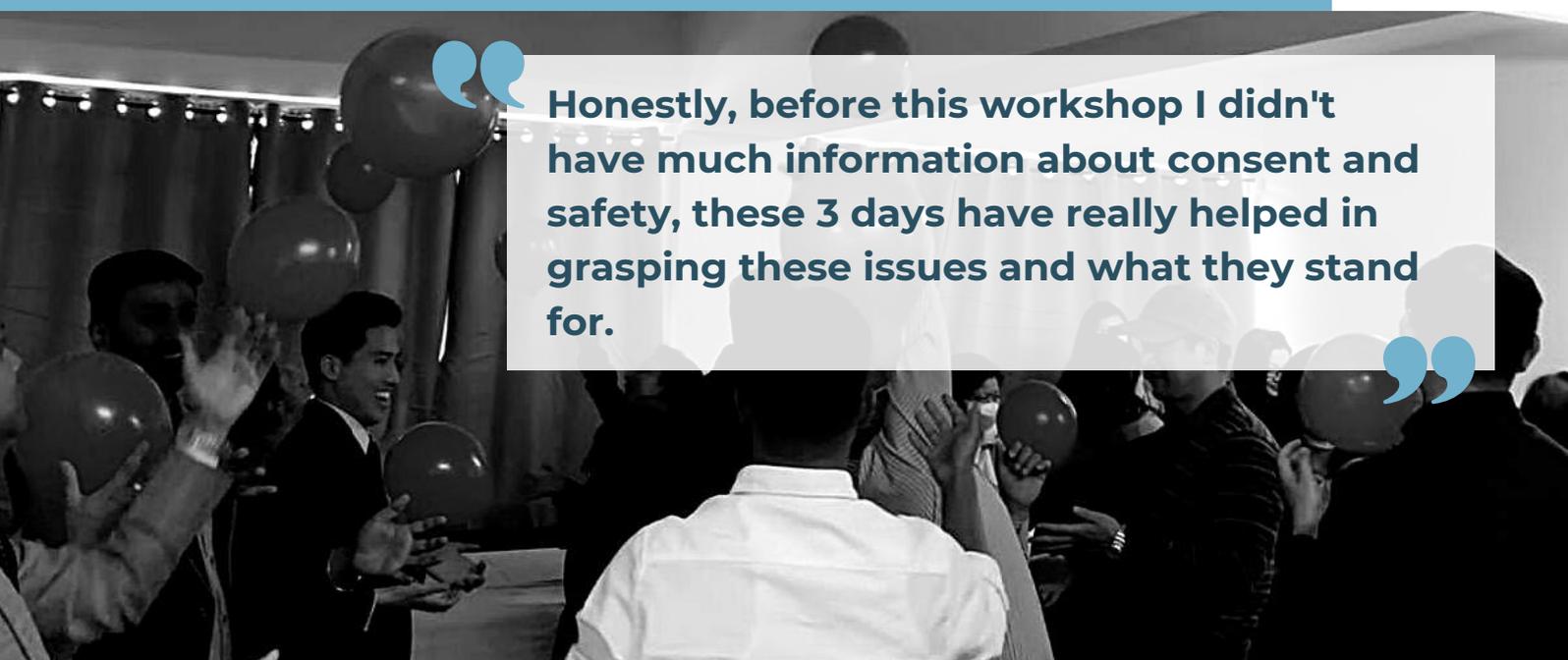
MY BODY MY RIGHTS

Rangeen Khidki's flagship program, My Body My Rights Training Program is an unbiased and scientific, curriculum based Comprehensive Gender and Sexuality Education Program which consists of a rigorous and exhaustive training curriculum with fun activities and deeply self reflective pauses which helps individuals unlearn, learn and relearn important and relevant concepts relating to gender and sexuality.

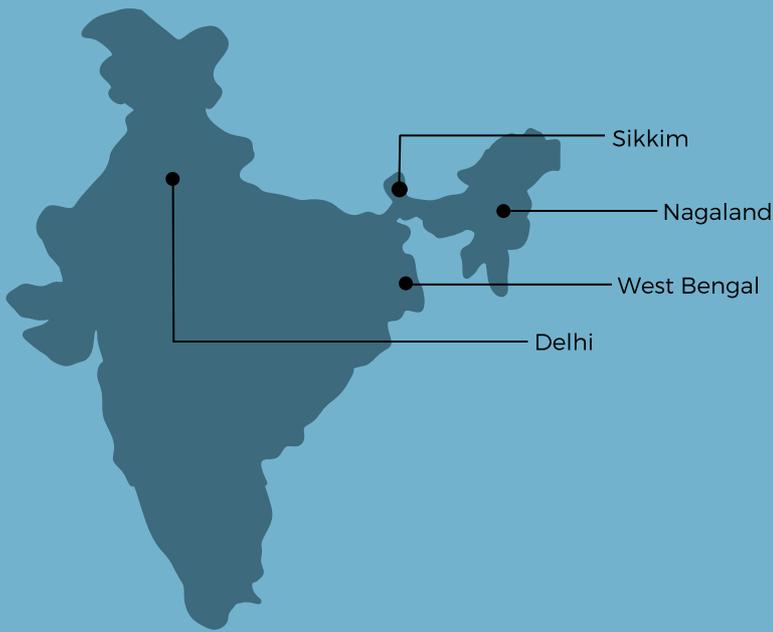
It is a 5 days workshop (25 hours in total) program which talks about all the important aspects of comprehensive gender and sexuality education. Our module is inclusive, respectful of diversity and pretty simple to follow through. It covers concepts of personal space, consent, bodily autonomy, gender, sexuality, gender roles/stereotypes, gender based violence, mental health, sexual and reproductive health and rights etc. It is based on the 7 essential components standardized and recognised by International Planned Parenthood Federation.

THROUGH OUR ROBUST MONITORING AND EVALUATION TOOLS, WE HAVE FOUND THAT:

- Participants' (including parents, teachers and professionals) understanding of concepts like consent, safety, and prevention of abuse had grown from **70.3%** to **83.5%** as a result of the program.
- Their comfort level in talking about these 'tabooed' topics of sex, sexuality, and pleasure had increased from **45%** to **72%**.
- The comfort and clarity in understanding and talking about various aspects of contraceptive rights, reproductive rights, and safe abortion rights with their peers and colleagues had increased from **56%** to **76%**.
- While at pre-assessment **60%** of the participants felt the need to talk to their child about CSE components, this number increased to **76%**.
- Knowledge about one's own body and autonomy increased from **65%** to **85%** for adolescents and young students as a result of the program.



Honestly, before this workshop I didn't have much information about consent and safety, these 3 days have really helped in grasping these issues and what they stand for.



Stakeholders and organisations have gone back to their communities after this program to impart these sessions and break the stigma. They have organized smaller workshops and training sessions with adolescents, youth, and stakeholders in their network and created safe spaces for rights-based conversations.

“Children have the right to learn about sex and sexual pleasures for them to be aware of and to be able to make right decisions.”

Rangeen Khidki reached **173** including adolescents, youth, organizational staff, parents and teachers individuals directly through this program.

Rangeen Khidki reached numerous cities and villages in 4 states and UTs across India.

COLLABORATORS

TEACHFORINDIA



CHOICE FOR YOUTH & SEXUALITY



DIRECTLY IMPACTED

173

INDIRECTLY IMPACTED

692

DOCUMENTARY

Rangeen Khidki's Period Adda Program has been working with a group of 14 adolescent girls from the Goalbati Village in South 24 Paraganas District, West Bengal for over 8 months. This program aims to capacitate young change makers who will go forward and lead changes within themselves and their communities. This documentary captures the story of such resilient girls who are committed to bring about change in the society and the way it perceives menstruation. This is the story of Brave Power Girls.

This project was supported by our partner organization Pravah and their Changelooms-Learning and Leadership Journeys Program .



PODCAST

Rangeen Khidki has worked at various levels with Sexual Reproductive Health and Rights and we have time and again looked at it from a holistic lens. As a part of extending our understanding, knowledge and making others aware of the barriers of accessing healthcare (especially sexual and reproductive health care services) faced by the LGBTQIA+ community, we came up with a Podcast Series, aimed at building conversations which showcased first-hand encounters of queer-trans people with healthcare through an intersectional lens.

The project started in December with contacting people, framing the relevant questions according to the specifics required for each individual to recording episodes throughout February and releasing it in March. We got 8 people from diverse backgrounds and sexual identities on board who were willing to share their experiences with health sector and it's intersectionality with education, mental health, legal institutions and personal anecdotes. For the last episode, we also got a trans healthcare professional on board to talk about Queerness and it's outlook from within the healthcare system.

The Podcast was one of a kind and it helped us reach close to **15,649** individuals.

SOCIAL MEDIA

Rangeen Khidki collaborated with Feminist Future India and Serendip Gardens in their Valentine's Day campaign on Self-love, bodily autonomy and consent. The campaign reached over **2500+** individuals.



'Drop the Shame' initiated conversations around menstruation, contraception and Abortion and documented narratives of over **185** women over 6 under resourced communities.

Our 'Story of IMPACT' told the story of Uma, an adolescent girl who challenges the stigma and shame existing around Menstruation and brings change in her community along with her peers through knowledge and understanding about the same.





Our 'Let's Talk Saturday' campaign which talked about anything and everything about contraception and safe sex reached over **46000** individuals.

'Understanding Pain and Pleasure' Campaign navigated the spectrum of sexual pleasure, intimacy and desire and how it interacts with gender, health and social expectations.



Our 'Haq Se Abortion' Campaign brought forth a deeper understanding of abortion stigma, services and obstacles to its access. The campaign highlighted real life experiences of individuals along with debunking myths surrounding abortion.

OUR TEAM

Outreach

Conceived, inspired and managed by Krubhakar, Sanjina and Ananya

Programs, implementation, monitoring and evaluation

Led by Sanjina and Ananya

Research

Led by Vipasha and Rishma

Social Media Communication and Management

Supported and Led by Saimita along with Manisha, Jaahnvi and Upasana

Accounts and Compliance

Led by Krubhakar

Website and IT

Ishan Mitra and Team

FEATURED AND PUBLICATIONS

LIVEWIRE



How Does One Talk About Periods in Conservative Spaces?

LIVEWIRE

F// x RANGEEN KHIDI

REPRODUCTIVE FREEDOM OR COERCION?

A look at 'family planning' and sexual and reproductive rights in India



Feminism in India

F//



16 Days Of Activism Against GBV: Navigating Abortion Stigma As Menstruators

BY PRIYANSHI PRASAD FOR RANGEEN KHIDI

Image: CRR

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Daan Utsav: Changing Mindsets About Sexual And Reproductive Health

BQ PRIME OPINION

Sanjina Gupta

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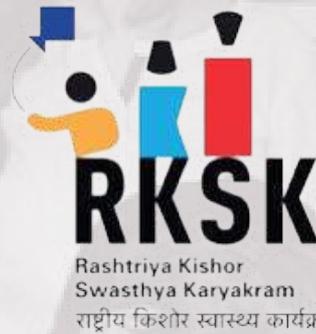
Bloomberg Quint

PARTNERS AND COLLABORATORS

eco femme



TEACHFORINDIA



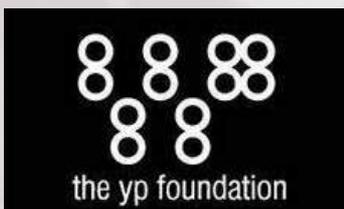
Ministry of Women and Child Development
Government of India



CHOICE FOR YOUTH & SEXUALITY



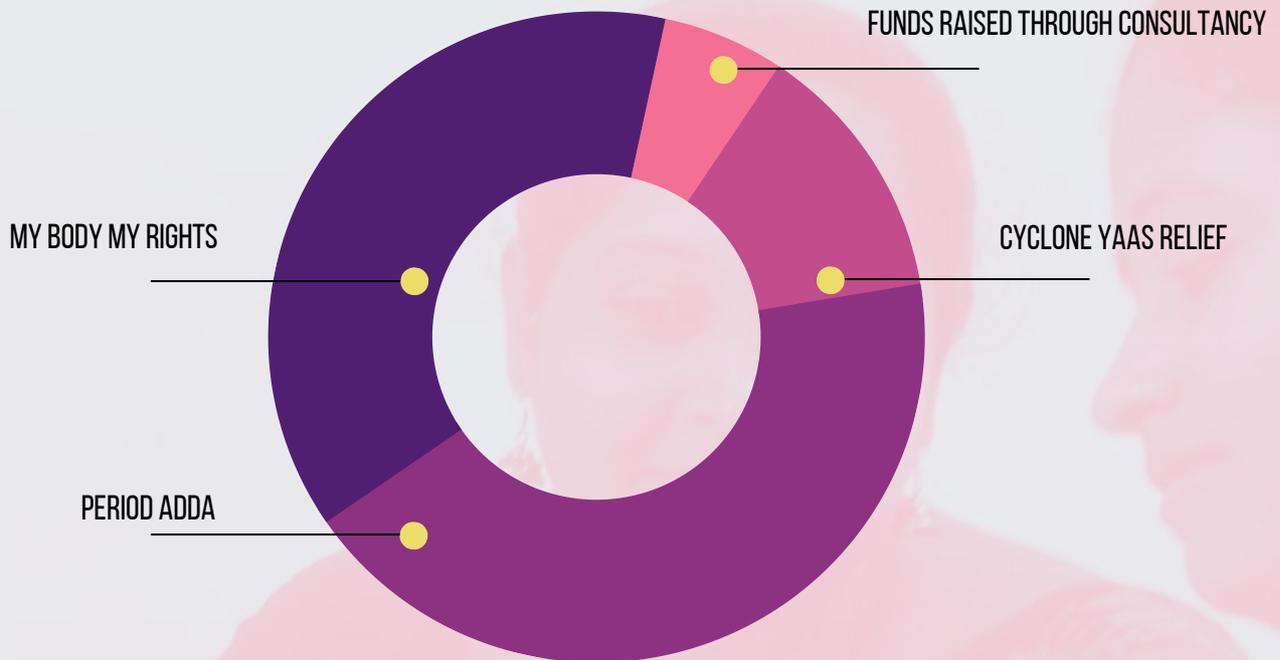
PARTNERS AND COLLABORATORS



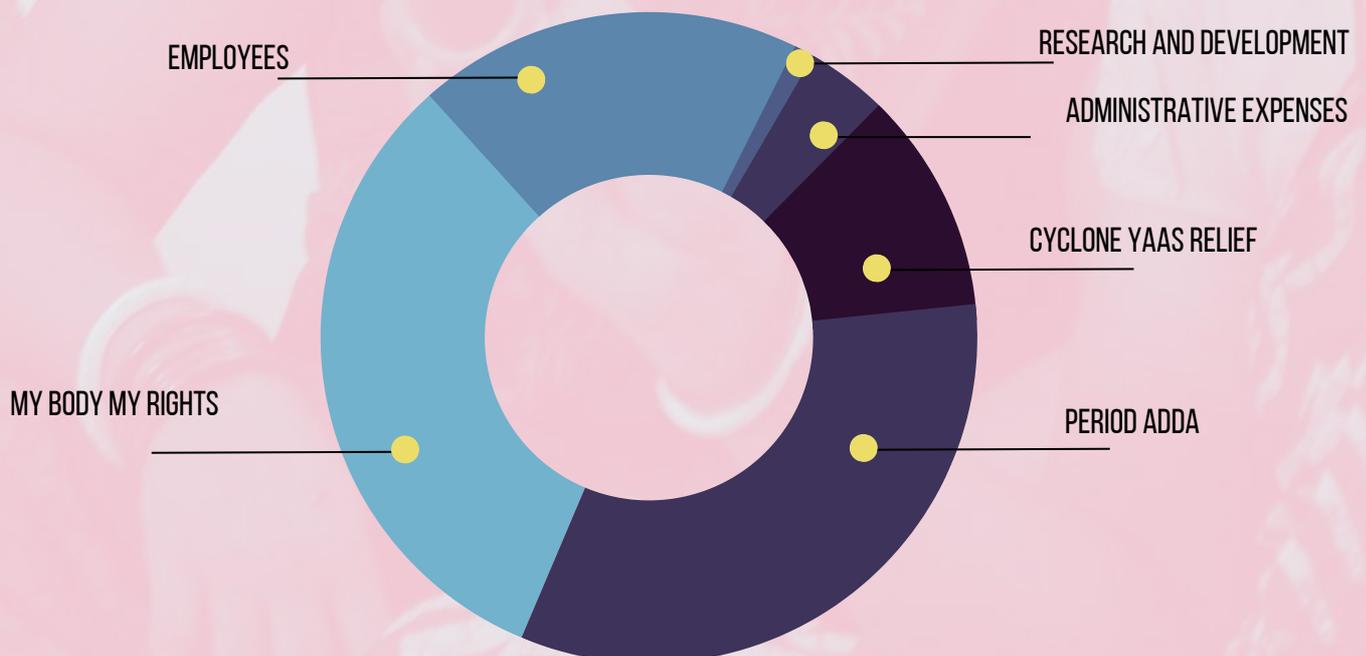
We would like to extend our heartfelt gratitude to all our partners for their unwavering support and believing in our work. Keep the support coming!

FINANCIALS

income



expenditure





WE HAVE DIRECTLY TOUCHED
THE LIVES OF

33,203

INDIVIDUALS SO FAR.

AND INDIRECTLY TOUCHED THE
LIVES OF

1,32,812

INDIVIDUALS SO FAR.



TESTIMONIALS

I have had the immense honour of walking along side Rangeen Khidki and its entire team from its early stages to where it is now. The passion, commitment, depth of work, desire to constantly learn and the ability to build relationships with different people is something that I see across every member of the rangeen khidki team starting from Sanjina. This is what makes their work on SRHR so powerful along with the constant inward glance to ensure that they are walking their talk. Especially when it come to ensuring that young people especially women and LGBTQIA+ community find an equal and empowering seat at the table. With strong roots like these the tree will naturally grow strong and full...and that roo is visible in the sheer amount of work that they have been able to do in limited resources and time. My hope would be for all of us to be able to support Rangeen Khidki and their work with a large volume of resources so their fantastic work can reach different communities across the country.

**Neha Buch,
Mentor**





I think Rangeen Khidki is doing wonderful work and as much as I've understood from the work I've done with Rangeen Khidki, that they're great at like creating resources and generating programs in SRHR practices in Bengal. I think there's a huge dearth and lack of regional interventions and multilinguistic interventions of SRHR and Rangeen Khidki is one of those organizations who're doing that kind of intensive work in local languages to enrich vocabulary, discourses around SRHR of marginalized people and I think, in the short time that Rangeen Khidki has been here, it has been wonderful, the amount of work they've done, the amount of impact they've been able to create.

**Riju Banerjee,
Project Coordinator,
The YP Foundation
(Funding Partner)**



Hello, I'm Sudeshna Haldar. I live in Kolarkhal. I have been a part of the Rangeen Khidki Period Adda since the past 1 year which helped me learn a lot of things for example - the misconception girls had about period being an illness. It's a physical process which every woman goes through. From here, we learnt a lot about the healthy and the unhealthy relationship, the torture, how to keep ourselves healthy, how our bodies are connected to our minds, how we should love ourselves, and so much more. We felt really good after coming here, not only did we learn about various things but we also received a lot of love from the two people who taught us, Sanjina di and Ananya di. We want to be able to teach many boys and girls in the future the same way we learnt from them.

**Sudeshna Haldar, 15years
Period Leader.**



First and foremost, let me start by saying that working with Rangeen Khidki especially Sanjina di and Ananya di has been a great experience for me. I find the work that Rangeen Khidki does with adolescent girls regarding their mental and menstrual health very unique. There are many organizations that work on different issues but to focus on women, their menstrual and mental well-being is actually different. Working on this with 120 girls, the transformation I've seen in these girls who used to feel that period is gross or scary has changed. We need to carry on with this work because if we find a healthy adolescent girl, in the future drop outs will be less and with that we'll get a healthy mother who would give birth to a healthy child. Apart from this, helpless young girls working in different spheres now has access to a free of cost sustainable period product which is really amazing. I want to work with Rangeen Khidki because the way I have succeeded in changing myself, I want to help make a persistent change in the society as well. Thank you Rangeen Khidki.

**Halima Khatun,
Community Mobiliser.**



RANGEEN KHIDKI



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