



Annual Report 2019 -2020

Rangeen Khidki Foundation



RANGEEN
KHIDKI



📍 783, Anandapur, Kolkata 107

✉ reachus@rangeenkhidki.in

Who are we?

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 (SRHR), mental health, education and life skills.

Rangeen Khidki Foundation has been founded by Sanjina Gupta, Adrika Sengupta and R K Krubhakar. After working informally in the space of SRHR for almost a year, Rangeen Khidki Foundation was registered as a Non-Profit Company under Sec 8 of Companies Act 2013 on 4th February 2020.

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.

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.

Values

We work to create a safe space based on trust, equity, transparency, inclusivity and sustainable systems.

Brief of our work from 2019

Menstrual Health Management session in a residential complex

Sanjina Gupta (Rangeen Khidki Foundation's Founder) conducted an awareness session in a residential complex in Kolkata in February 2019. The session discussed the need of understanding menstrual health better and bust myths around it. We had more than 20 participants bustling with questions about physiology and reproductive health. We introduced concepts on sustainable menstruation which is more environmentally friendly and free of chemicals- menstrual cups. This session was done in partnership with the Urbana Welfare Association.

Menstrual Health Management session with The Hope Foundation

We partnered with The Hope Foundation in March 2019 to conduct a workshop on the process of menstruation and how it impacts our health and society at large. This workshop was conducted with 24 primary staff of the organization who were responsible to share the information and learning in their communities and protection homes where they worked. We disseminated information using various modes of communication including pamphlets, power-point presentations, videos, info-graphics etc.



Menstrual Health Management session with The Hope Foundation

We once again partnered with The Hope Foundation in April 2019 and conducted a menstrual hygiene session with 22 girls living in shelter homes supported by this NGO. We shared information with young girls about puberty, body changes, how to take care of one self and introduced products like menstrual cups and cloth pads. Commercial sanitary napkins take upto 600-800 years to decompose and often have chemicals that are harmful for the environment and user's health, we discussed how switching to sustainable products would help their health and the environment. All the participants found the workshop interesting and interactive.

Collaboration with Mahila Panchayat in East Delhi

We collaborated with Mahila Panchayat in East Delhi (Trilokpuri) to observe International Menstrual Hygiene Day (28th May) and use this opportunity to impart menstrual health education to adolescent boys and girls both. Mahila Mandal is a flagship program of Delhi Commission of Women. We had young and enthusiastic girls, boys and middle aged women (total 30) from nearby areas joining us in the session where we busted myths and helped the participants understand menstruation as a normal process.



Menstrual Health Management session in collaboration with Innerwheel Club Joka



We partnered with Innerwheel Club Joka in May 2019 to conduct a women's health and hygiene workshop in Baruipur where we had 7 women from the local village join us with their questions on menstrual health and hygiene. We also supported the club in distributing sanitary pads and explaining to the participants the need to change pads frequently in order to maintain better health and hygiene. We found women who use dirty cloth pieces to manage menstruation and after hearing the ill effects of such practices, they promised to switch to better products.

Menstrual Health Awareness session with Tomorrow's Foundation

We partnered with Tomorrow's Foundation in May 2019 to train them on understanding puberty on menstruation and how to contextualize it for their communities. We discussed what kind of strategy to use for implementing impactful programs on the field and supporting communities. We had 23 staff members who joined us for this training. We did 2 follow up hand holding sessions with the staff in Sickline slum and Taratala area where we reached out to almost 110 girls in school and community

Training of Trainers on Menstrual Health Awareness of Vikramshila Society of Education

We partnered with Vikramshila Society of Education to conduct an in-depth day-long training of trainers (TOT) for the staff members on how to conduct menstrual health workshops across government schools and slums in a more inclusive and interactive way. The NGO management had reached out to us stating that their staff themselves suffer from inhibitions when it comes to discussing puberty and menstruation openly. This was hampering the impact of the work that had been done which is why this workshop was conducted. The staff were trained to understand the social and economic context of their beneficiaries and the need to be flexible as well as innovative in approaching such topics. This training was very fruitful and after training the first 21 sets of teachers, we again conducted a similar workshop for another 15 teachers in August 2019. As part of the training we also hand held the staff to conduct these sessions in their respective communities and ICDS centres reaching out to a total of 50 adolescents and lactating mothers (Watgunj and Hastings).



Session on Sustainable Menstruation with Capgemini

In May 2019, we collaborated with Capgemini, Kolkata on sustainable menstruation in their office. The idea was to sensitize women employees on the harmful impact of commercial sanitary pads on planet Earth and motivate them to switch to sustainable alternatives. Sustainable menstruation aligns with the Sustainable Development Goals 2030 declared by the UN to ensure equal and just societies and planet. We got a tremendous response from the 75 employees who came to hear us talk all about women's health and hygiene.

Menstrual Health Management Session with Rotary District 3240

As part of our services we have planned and delivered menstrual health sessions in 7 government schools in rural West Bengal adopted by Rotary District 3240 in August 2019. We were approached by our partner Bodhna to collaborate and deliver this project as part of Rotary's WinS project in district 3240. This program allowed us to reach approximately 710 school girls and equip them with more information on menstruation, puberty, and reproductive health. We also conducted handwashing sessions with primary kids in these 7 schools and Rotary supplied these schools with school hygiene kits and hand washing stations.



Menstrual Health Awareness session in partnership with Durbar Mahila Samanya

We had the opportunity to do a menstrual health education session with sex workers in partnership Durbar Mahila Samanya (an organization dedicated to work for the rights and welfare of sex workers in red-light areas of Kolkata) in November 2019. We had about 20 sex workers along with 5 Durbar Staff members who joined us for the session. It was an interesting session where we had tons of questions pertaining to usage of sustainable products like menstrual cups and cloth pads and we made sure we answered them all. We are planning to do another similar workshop in 2020 with more workers and staff members.



Menstrual Health Awareness in Sundia

We partnered with Nirdhan Trust and Paint It Red in December 2019 to conduct a series of workshops on issues around menstruation in a village named Sundia where we imparted menstrual health education with women and young girls. We reached a total of 60 participants including young girls, adolescent girls, young mothers and middle-aged women. It was a learning experience for all of them and we received positive feedback not only from the participants but also the organizers. Open sessions like these are a good space to understand how tabooed conversations around menstruation are. These taboos are a contributing factor to the rise of myths.



Menstrual Health Management Session with a Shelter Home

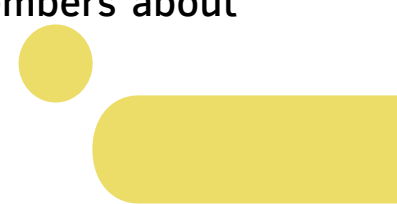
In December 2019, we conducted another interesting and interactive menstrual health session with another shelter home in Kolkata. This time we only had 25 young girls aged between 10-17 years and we included girls who are yet to reach menarche because it is important to prepare and share relevant information with young girls so they are not scared. Most young girls experience menstruation without knowing what happens in their bodies, this leads to increased shame, stigma and fear. Girls hesitate to ask questions and barely report disorders or any other problems related to menstrual health. But this workshop was an opportunity for girls to ask questions openly and know more about their bodies.






Menstrual Health Awareness session with CHIP

We did a similar session with an organization named Children In Need Of Protection (CHIP) based in Tangra which runs an education support system for children in the slum around it in December 2019. We had a bunch of 12 inquisitive young girls who had tons of questions and went back with a lot of knowledge. As a part of our workshops, we always ask the girls to pledge to share their learnings from the workshop with at least two more friends, that way our efforts get amplified, reaching many more indirectly. The girls were divided into teams to create a sense of competition after the workshop was over and the enthusiasm among them was infectious. Both teams not only played and learnt everything with flying colours but also pledged to talk to two other friends/family members about menstruation to normalise it.



Collaboration with Anahat For Change Foundation

We partnered with an organization working in the same space as we do, Anahat For Change Foundation to deliver a puberty and menstrual health session with only boys in Tiyas High School located at Kankura Masat near Amtala, Kolkata in December 2019. We had 45 adolescent boys who joined us and learnt about growing up. It is important to sensitize boys as well about the process, if we strive for wholesome equality and empowerment of women. The session was designed in a way to break gender stereotypes and encourage boys to not shame their classmates for menstruating and join them in talking openly about menstruation as a natural physiological phenomenon.



Gender Sensitisation session in partnership with Bhoruka Public Welfare Trust

We partnered with Bhoruka Public Welfare Trust and conducted an age appropriate sexuality education workshop with the residents of their shelter home named Snehaneer in February 2020. We spoke of everything around gender equality, challenging gender rights, learning all about growing up, changes in self, how to understand consent, safe/unsafe touch, safe sex practices among many other topics. We had about 25 young enthusiastic girls participating in this workshop aged between 11 to 17 years brimming with excitement and questions.

Gender and Sexuality Sensitization program with Keertika Behala

We collaborated with Keertika Behala in March 2020 to do a workshop with vulnerable young girls having a history of abandonment and trafficking. These girls have seen a lot of atrocities before they were rescued by the Child Welfare Committee and placed in this home for protection. We had 21 girls who joined us as participants and we discussed in length what gender stereotypes are and how we are all equal. We spoke about the importance of consent in all relationships, what sexuality education is and why it is important for our own safety.



Menstrual Health Awareness session with TruCup

We collaborated with an organization named TruCup for a pilot project supported by Jharkhand Government, Airport Authority of India and UNDP in ICDS centers and government schools in Ranchi, Jharkhand in March 2020. The project aims to provide necessary menstrual health education among school girls, adolescents and young mothers along with which cloth pad making training is also a vital part. Cloth pad is a menstrual fluid management product that can be made from cotton cloth and is reusable in nature.



Gender Sensitization with Global Shapers

We have partnered with Global Shapers (A youth wing of World Economic Forum) since December 2019, to observe the UN Women's Campaign called 16 days of activism against gender-based violence. The objective of this event is to create a safe space where women and people from other genders can come together and talk about their experiences and learn from each other, get inspired and work towards a solution. The whole event is co-hosted by Rangeen Khidki and Global Shapers and is moderated by professional clinical psychologists. We hosted the first circle in December 2019 and after its success, we hosted the second chapter in March 2020 on the eve of International Women's Day. We had close to 10 participants in December 2019 and 20 participants in March 2020.



Our Journey so far

Rangeen Khidki has worked with adolescent boys, girls and young people since inception to build knowledge bases and influence behavioral change through our workshops, events and programs. We have run campaigns and programs reaching more than:

- 1500+ adolescent girls in schools, villages, slums and residential complex through our Menstrual Hygiene Awareness workshops.
- 80+ professional have been trained to use the gender equity lens in their ongoing work and make their programs gender inclusive .
- 25+ adolescent boys in villages through our sexuality education and WASH workshops.
- 15+ partners with whom we have created a knowledge and support network to increase our outreach to young people.



Our Financials

RANGEEN KHIDKI FOUNDATION

(CIN: U85300WB2020NPL236259)

(A Private Company registered u/s 8 of the Companies Act, 2013 and Limited by Guarantee)

BL-T-7, 24TH -FR, FL-2405, 783 Anandapur, Madurdaha, Kolkata- 700107

Phone: +91 9830751536, Email: reachus@rangeenkhidki.in

BALANCE SHEET AS AT 31ST MARCH, 2020

Particulars	Notes	As at 31st March, 2020 ₹
(I) FUNDS & LIABILITIES		
(1) Fund Balances		
(a) Corpus Fund	2.1	70,120.97
(b) Reserve & Surplus	2.2	(27,322.73)
(2) Current Liabilities		
(a) Other current liabilities	2.3	27,322.73
Total		70,120.97
(II) ASSETS		
(1) Current assets		
(a) Cash and Cash Equivalents	2.4	70,120.97
Total		70,120.97
Significant Accounting Policies	1	
See accompanying notes to the financial statements	1-3	

Balance Sheet

As per our report of even date

For A Chaudhary & Co

Chartered Accountants

FRN: 327702E

Ankit Chaudhary

(CA. Ankit Chaudhary)

Partner

MRN: 301644

UDIN: 20301644AAAAA7228

Place : Kolkata

Date: 30.10.2020

For and on behalf of the Board

(Rajasekaran Kariappa Krubhakar)

Director

DIN: 08688857

RANGEEN KHIDKI FOUNDATION
Authorised Signatory / Director

(Adrika Sengupta)

Director

DIN: 08688858

RANGEEN KHIDKI FOUNDATION
Authorised Signatory / Director

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STATEMENT OF INCOME AND EXPENDITURE FOR THE PERIOD ENDED 31ST MARCH, 2020

Particulars	Notes	For the period ended 31st March, 2020 ₹
Income:		
Revenue from operations		-
Total Revenue		-
Expenditure:		
Other expenses	2.4	27,322.73
Total Expenses		27,322.73
Surplus/(deficit) for the period before tax		(27,322.73)
Less: Tax expense:		-
Current tax		-
Deferred tax		(27,322.73)
Surplus for the period after tax		
Significant Accounting Policies	1	
See accompanying notes to the financial statements	1-3	

Statement of Income and Expenditure

As per our report of even date

For A Chaudhary & Co

Chartered Accountants

FRN: 327702E

Ankit Chaudhary

(CA. Ankit Chaudhary)

Partner

MRN: 301644

UDIN: 20301644AAAAA7228

Place : Kolkata

Date: 30.10.2020

For and on behalf of the Board

(Rajasekaran Kariappa Krubhakar)

Director

DIN: 08688857

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(Adrika Sengupta)

Director

DIN: 08688858

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CASH FLOW STATEMENT FOR THE PERIOD ENDED 31ST MARCH, 2020

Particulars	For the period ended 31st March, 2020
	₹
CASH FLOW FROM OPERATING ACTIVITIES	
Surplus/(Deficit) as per Income & Expenditure A/c	(27,322.73)
Adjustment for Increase / (Decrease) in Working Capital	
Increase / (Decrease) in Other Current Liabilities	27,322.73
Increase / (Decrease) in Other Current Assets	-
Cash Generated from / (used) in operations	27,322.73
Taxes (Paid)/ Refund	-
Net cash flow from/ (used in) operating activities (A)	-
CASH FLOW FROM INVESTING ACTIVITIES	
Investments made during the year	-
Sale of Investments	-
Net cash flow from/ (used in) investing activities (B)	-
CASH FLOW FROM FINANCING ACTIVITIES	
Increase / (Decrease) in Loan taken	-
Receipts for Corpus Fund	70,120.97
Net cash flow from/ (used in) financing activities (C)	70,120.97
Net increase / (decrease) in cash and cash equivalents (A + B + C)	70,120.97
Cash and Cash Equivalent at the beginning of the period	-
Cash and Cash Equivalent at the end of the period	70,120.97
Notes	
Closing Balance of Cash & Cash Equivalents	
Cash and Cash Equivalents Includes:	
Cash on Hand	-
Balances with Banks - In Current Account	70,120.97
	70,120.97

Note:

i) The above cash flow has been prepared under "Indirect Method" as set out in Accounting Standard-3 on cash Flow Statement issued by Institute of Chartered Accounts of India.

ii) This is the Cash Flow referred to, in our report of even date

As per our report of even date

For A Chaudhary & Co

Chartered Accountants

FRN: 327702E

Ankit Chaudhary

(CA. Ankit Chaudhary)

Partner

MRN: 301644

UDIN: 20301644AAAADA7228

Place : Kolkata

Date: 30.10.2020

For and on behalf of the Board

(Rajasekaran Kariappa Krubhakar)

Director

DIN: 08688857

RANGEEN KHIDKI FOUNDATION
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(Adrika Sengupta)

Director

DIN: 08688858

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NOTE NO. 2 : NOTES TO FINANCIAL STATEMENTS

As at

31st March, 2020

₹

2.1 CORPUS FUND**General Fund**

Opening Balance

12,000.00

Add: Received during the period

12,000.00

Closing Balance

Special Fund

Opening Balance

58,120.97

Add: Received during the period

58,120.97

Closing Balance

70,120.97

Corpus Fund Closing Balance

2.2 RESERVE & SURPLUS**Surplus of Income over Expenditure**

Opening Balance

(27,322.73)

Add: Surplus/(deficit) for the period

(27,322.73)

Closing Balance

2.3 OTHER CURRENT LIABILITIES

Audit Fees Payable

8,260.00

MCA & IT Filing Fees Payable

3,540.00

Expenses Payable

15,522.73

27,322.73

2.4 CASH AND CASH EQUIVALENTS

Balances with Bank

70,120.97

In Current accounts

70,120.97

Notes to Financial Statements

RANGEEN KHIDKI FOUNDATION
Authorised Signatory / DirectorRANGEEN KHIDKI FOUNDATION
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Notes to Financial Statements

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NOTE NO. 2 : NOTES TO FINANCIAL STATEMENTS

For the period ended

31st March, 2020

₹

2.5 OTHER EXPENSES

Payments to Auditor as:

Auditor	8,260.00	
for Taxation Matters	1,770.00	
for Company Law Matters	<u>8,287.00</u>	18,317.00
Domain Expenses		1,523.73
MCA Govt. Fees		1,482.00
Logo Designing Charges		3,000.00
Website Development Expenses		<u>3,000.00</u>
		<u>27,322.73</u>




RANGEEN KHIDKI FOUNDATION
Authorised Signatory / Director


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NOTE NO. 3: NOTES FORMING PART OF FINANCIAL STATEMENTS

1. Related party Disclosure under AS – 18: Related parties are as certified by the management.

A) List of related parties :

Directors	Rajasekaran Kariappa Krubhakar Adrika Sengupta
Relative of Directors	Sanjina Gupta

B) Details of transactions during the period:

Corpus Fund Received	Amount (₹)
Rajasekaran Kariappa Krubhakar	4,000.00
Adrika Sengupta	4,000.00
Sanjina Gupta	4,000.00
TOTAL	12,000.00

2. Details of Deferred Tax Assets / Liabilities : NIL

3. There are no Micro, Small & Medium enterprises to which the company owes dues, which are outstanding for more than 45 days as at 31.03.2020. The above information regarding Micro, Small & Medium enterprises have been determined to the extent such parties have been identified on the basis of information available with the company. This has been relied upon the auditors.




RANGEEN KHIDKI FOUNDATION
Authorised Signatory / Director


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**RANGEEN
KHIDKI**