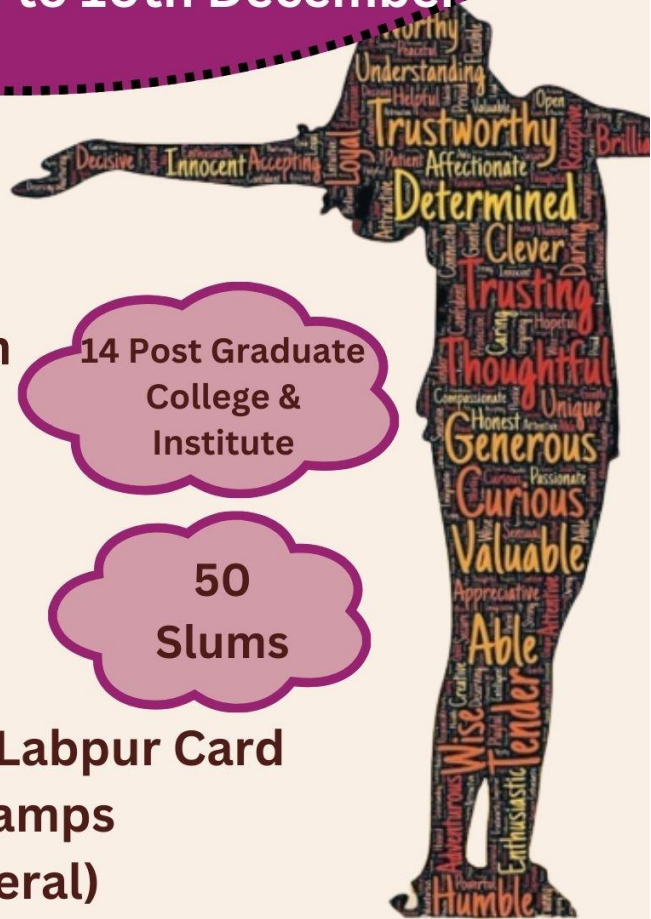
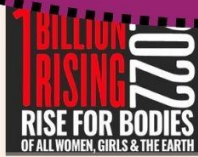
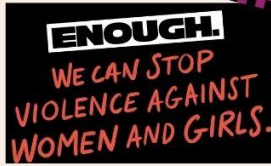


# Let's run a campaign

I too want to touch the sky  
(Mujhe bhi Aakash Choonna hai)

18th November to 10th December



- Essay Competition
- Speech Competition
- Awareness Program
- Seminar
- Complaint Camp
- Training
- Legal Advocacy
- Camp- Ayushman + Labpur Card
- Free Mega Health Camps (Eye, Mental & General)

14 Post Graduate  
College &  
Institute

50  
Slums

How to stop violence against women and girls happening everywhere and what is your contribution and role to stop it.

By-



Sakhi Kendra

*“Jahan tumhari sooch na pahunche*

*Mujhe wahan pahunchana hai”*

*Tum baithi raho dharti par paav pasare*

*Mujhe aasmaan ko chuna hai”*

*Umeja Tariq*

The campaign **“Mujhe Bhi Akash Chuna Hai” “I Want to Touch the Sky Too”** was conducted by Sakhi Kendra from **18<sup>th</sup> November 2022 to 10<sup>th</sup> December 2022** as part of 23 days of activism in colleges in and around Kanpur. Elocution and essay writing competitions were conducted for the students, who in turn participated with a lot of enthusiasm. The winners of these competitions were felicitated by the General Secretary of Sakhi Kendra, Neelam Chaturvedi. The principals of the various colleges and all those who made it possible for this campaign to be a grand success were felicitated by Neelam Chaturvedi. A memento was given to all of them as a token of appreciation by Neelamji. Apart from activities for the students, seminars were conducted for marginalized women from the various bastis to empower and share information, legal camps, complaints camp, and mental health camps were conducted to encourage them to fight injustice and to remove the stigma around mental health issues, Ayushman camps were where also held to help families which had a physically challenged member or those families which had no able bodied adult member and landless households which made a living by working as casual and manual labourers, to enable them to get Ayushmann cards so that they can avail the benefits which are given by the government. Women’s rights defenders were also empowered to take on bigger roles in combating violence and gender discrimination in our society.



The report sheds light on the various programmes that were conducted over this period and the valuable insight provided by the participants.

An **Ayushmann camp and Complaint camp** was held at Macrobertganj on **18<sup>th</sup> November 2022**, as part of the 23 days of activism.

Elocution and essay writing competition was held at **DG PG College, Kanpur, On 19<sup>th</sup> November 2022**. The students participated with a lot of enthusiasm. Many new ideas emerged from the discussions the General Secretary of Sakhi Kendra, Neelam Chaturvedi and Prachi Tripathi, the NAWO UP coordinator had with the students.

A **Seminar for Domestic Workers** was conducted at Rani Ka Bagicha on **21<sup>st</sup> November 2022**. There were 90 participants for the seminar. Prachi, the NAWO state coordinator started the proceedings by highlighting the importance of having a dream and striving to achieve that dream by choosing to stay determined and focused. A few stories were narrated, specifically the story of an egg turning into a beautiful butterfly. When the wings of the butterfly are torn, the other butterflies carry the butterfly when they realize it cannot fly. The moral being “unity is strength”.



Neelam Chaturvedi guided the participants on good and healthy eating habits. She brought out the uses of many medicinal plants and herbs which are easily available and cost effective to enhance their own health and the health of their families. She also advised them to use natural sunlight to dry their clothes and undergarments and healthy sanitary habits. The children performed a dance programme on “Mera Desh Rangila”.

On **November 22<sup>nd</sup>, 2022 Women’s Rights Defenders training** was conducted by Saki Kendra and the National Alliance of Women. The training for women’s rights defenders was held at Sakhi Kendra for one day, and 55 women from various bastis of Kanpur took part.



The program was coordinated by Archana Pandey. The general secretary Neelam Chaturvedi welcomed all and explained the importance of the campaign “Mujhe Bhi Aakash Chuna Hai”. She said that they as women right defenders should strive to make women

economically independent. Women should be economically independent and should be ready to any job however small it is in order to support their families. She said that vegetable waste from the kitchen could be converted into manure and that it could be used as a means of employment.

An exercise “body mapping” was conducted. the participants brought out many of the problems faced by women and also discussed various options and recommendations. The UP coordinator of the National Alliance of Women, Prachi spoke about the importance of mental health and said that those women who go through domestic and mental violence, impacts not only them but also their families, including their children too. Women who have mental health issues should seek clinical counselling as it is possible to get better by talking to a psychologist or those requiring medical intervention for mental health should go to a psychiatrist. She also apprised the participants of the safeguard policy and stated that their problems and complaints could be registered in the Sakhi Kendra app.

Mr. Vijay Bhakti informed the women about MSME employment and encourage them to look at small scale industries. He said women could Register themselves and also avail government funds for setting up small scale industries like gobar gas plants, Multani Mitti, beauticians course bakery and pickle making. They are also trained on marketing and packaging.



Kanchan apprised everybody of the activities of Shaki kendra. Pushpa apprised them about the Police Department and their willingness to counsel and support women. The field coordinators Maya brought out that the administration is willing to help them with many government schemes, Pension schemes, Ayushman card E-shram card, family pension, disability and how to avail them. All members of Sakhi Kendra were present.

The campaign “Mujhe Bhi Akash Chuna Hai” was conducted in **Mahila Degree College** on **23<sup>rd</sup> November 2022**. Neelam Chaturvedi said that we must not think of the problems, but solutions to these problems and ways and means to end violence against women. Many have tried to resolve this issue, but we have not been able to succeed due to the mindset of the people. We have to practise zero tolerance to any kind of violence and overcome this problem. Majority of the women tolerate violence and we need to explain it to them and their children that it is not okay. As the population of the country is very large, we need to take the issues outside our homes and to the community.



The NGO along with the citizens of the country and the government have to launch a combined operation to put an end to domestic violence in order for the country to progress economically, socially and culturally to ensure gender equality. The participants observed that if a woman decides, she can put an end to anything, we have to make ourselves capable, strong, and not suffer violence on ourselves or on others.

On **24<sup>th</sup> November 2022**, a **Health Camp** was conducted at Govind Nagar. And the Training of Trainers on **Health and Empowerment** was held on **25<sup>th</sup> November 2022** as part of the 23 days of activism in Kanpur by Sakhi Kendra and the National Alliance of Woman.

On **26<sup>th</sup> November 2022** **Legal Advocacy Workshop** was conducted. Senior officials and state officials of Kanpur took part and 55 legal issues were looked into and counselled.

Neelam Chaturvedi said that we all have been victims in our lives sometime or the other. We need to work and come out of it and access justice. She said, we have to stand for ourselves and help each other and together we will be able to achieve our aims.



Senior advocate Kareem Ahmed Siddiqui said that, Domestic Violence Act 2005 inadequate implementation has been a major concern over all these years. In 498 cases FIR have been registered. Speaking of mental and emotional violence, he said we are unable to include the same and access justice even when Domestic violence Act one such law which looks at all these important matters. He requested women not to be afraid of accessing justice and be willing to register cases and get legal recourse. Advocate Chandrakant Sharma said that if you come to Sakhi Kendra, we are certain that advocates who take up cases Pro bono will ensure that you get justice. Advocates Parvez Ahmed and Mohammad Sufyan gave legal advice to the people who needed counselling.

During this program. Domestic violence. Rape. Dowry, family disputes, Property disputes, Kidnapping, Marital discord, Senior citizen related issues were discussed. Participants from Shaki Kendra were Archana Pandey, Pushpa Tiwari, Mamta Gupta, Kanchan Sharma and Meena Pratap.,

On 28<sup>th</sup> November 2022, a **Complaint Camp and an Ayushman camp** was held at Kakori, by Sakhi Kendra and the National Alliance of Women.



Debate and elocution competitions were conducted in **SN Sen College** on 29<sup>th</sup> **November 2022**. The participants said that

women must fight for their rights and women must empower themselves and ensure victory over fear. Umeja Tariq narrated a poem she had penned.



They observed that women may be soft but should not be considered as weak and she should need not suffer violence of any kind in silence. They said parent often try to impede the progress of girls du to misconceptions they have. It is important that women and girls take up leadership and not be part of the crowd. They said parents need to treat their sons and daughters equally and let girls fly high to achieve their dreams.

Under the 16 Days of Activism, the campaign “Mujhe Bhi Akash Chuna Hai” was conducted in **SVDT college Unnao** on 30<sup>th</sup> **November 2022**. An introduction of Sakhi Kendra and the National Alliance of Woman and the work they do to extend help was shared with the participants. The helpline number of Sakhi Kendra was shared with the participants as well.

The participants opined that women and young girls should be encouraged a name for themselves and no restrictions should be placed on their education and mobility.

The principle of the college set that India is a country where women were treated with respect, but now it is not so. Women have been key architects of the society from the ancient times and hence it is important that women are treated with respect and allowed to thrive and flourish given their rightful dues.

Prachi pointed out that mother’s need to careful of what they tell children and need to be more nurturing and not become the first aggressor of the child. Neelam Chaturvedi presented the mementos. She said that VSS society needed to address violence against women and discrimination, and she was willing to answer any questions that were posted by the participants.

Students also spoke of the unequal structures at home and how families choose to ignore it. They also brought out that society sets so many limitations and restrictions on the mobility of a girl wherein such impediments do not exist for boys and there is no restriction on their mobility. It only hampers the progress of the girl. Hence every child must be allowed to think for themselves. Neelam Chaturvedi encouraged the youth to work towards gender equality.



Sakhi Kendra and the National Alliance of Women conducted the campaign at **Armapur PG College, Kanpur** on **1<sup>st</sup> December 2022**. The campaign was on how to end violence against women and girls and the role the youth can play. The Khakhacha Hall was filled with enthusiastic students out of which 35 students participated in the essay competition, and 19 students in the elocution competition.



The Principal Dr. Mukesh felicitated Neelam Chaturvedi and addressed the students. He said as students it was important that they are aware and they contribute positively in society.

Sakhi Kendra's General Secretary Neelam Chaturvedi expressed the need to end gender inequality. When questioned as to whose loss it was when violence is perpetrated against women. Most students were of the opinion that neither gained from it. They also opined that gender equality had to go hand in hand with development of the country.

Prachi Tripathi, State Coordinator of National Alliance of Women, encouraged students through a story of a butterfly and said *"we have to step forward for our rights and not tolerate any kind of violence against anyone"*.

On **2<sup>nd</sup> December 2022** Sakhi kendra and the National Alliance of Women conducted the "Mujhe Bhi Akash Chunaa Hai" campaign at **Brahmavart Post Graduate College, Kanpur**. About 195 students and students participated to discuss how to end violence against women and girls and what role the youth can play. 35 students participated in the essay competitions and 17 students participated in the elocution competition. Principal Prof. V. K K Katiyar welcomed everyone, and the program was conducted by Dr. Divya Bhadauriya.



Sakhi Kendra's General Secretary Neelam Chaturvedi informed the participants about the activities of the organization and the increasing number of cases of violence on women which exacerbated to 400 cases of violence during the lock down. She also explained how counselling was done online. Prachi Tripathi, State Coordinator of National Alliance of Women, said that the organization has been continuously trying to end violence against women and bring gender equality for 40 years. Also informed about how our institution is operating at the 4 levels. She also explained about the Sakhi Support Network app run by the organization and how the app functions.

Participants impressed the audience with their self-written poems during the elocution competitions. The winners were felicitated and 56 students were honoured with certificates.

**A Mental Health Camp** was organized by Ursula Hospital at Kachchi Basti Govind Nagar under the campaign "Mujhe Bhi Akash Chunaa Hai" on **3<sup>rd</sup> December 2022** at **Vishwa Bharti Shiksha Niketan Inter College Kanpur**. The program was organized by field coordinator Maya Kuriel. The mental health camp facilities were availed by 150 people who

registered and got their health check-ups, 25 mental health patients got health check-ups, 20 patients related to tobacco and other drugs addictions availed free medication, 80 BP and sugar patients got their test done. Dr. Mehroz Akhtar, Dr. Aarti, Dr. Sandeep, Manoj Kushwaha, Bandana Yadav, Arun Yadav and Reena Singh were present and provided their invaluable services for at the mental health camp. Maya Kuriel, Maya Singh and empowered leaders Sita, Runa, Deepmala, Manju, Rajpati were also present.

**5th December 2022**, Sakhi Kendra & National Alliance of Women conducted the campaign at **PPN PG College Kanpur**. Essay and elocution competitions were held for the students and everyone participated with a lot of enthusiasm. The topic was on “How to end violence against girls and women everywhere”. The program was organized by Professor Suman and Professor Abha. At the outset the Principal Dr. Anoop Kumar Singh applauded the General Secretary of Sakhi Kendra, Neelam Chaturvedi’s commitment and observed that her mission and vision was huge and crucial. Having empathy and understanding the pain and obstacles of others and alleviating the same and carrying on the work diligently for a better society will inspire us and the society further.



Sakhi Kendra General Secretary Neelam Chaturvedi said that violence is being perpetrated everywhere. The patriarchal mindset exists the entire world. We should have zero tolerance to Violence and oppose it at every level. We should fight for justice which is our right.

Dr. Mauli Seth said women are not enemies of women. It is always about power and position, and women need to assert themselves. The struggle of the woman and the girl from whom to tomb has to be removed.

State Coordinator of NAWO Prachi Tiwari observed that she was happy to see the enthusiasm among students. She said that they could raise awareness by joining the youth wing.

During the elocution competitions, the students brought forth many new ideas and also presented poems they had written keeping the program theme in mind. All students were presented with certificates and the winners were awarded prizes accordingly. The organizer Professor Abha thanked everyone present and the entire team of Sakhi Center for making this program a grand success.



On **6th December 2022** as part of the series of programmes conducted, Sakhi Kendra conducted different events in various settlements. The programs conducted were to raise awareness on violence against women, campus conducted for making Ayushman cards, raising awareness regarding their rights, and health camps were organised.

**7th December 2022** Sakhi Kendra and National Alliance of Women conducted the campaign at **Dr. Virendra Swaroop Institute Professional Studies Kidwai Nagar**. 175 students

participated in the program. Students organized an essay and elocution competition on how to end violence against girls and women everywhere. The program was spearheaded by Dr. Anita Sharma.

Neelam Chaturvedi said, she was happy to see the enthusiasm in everyone's eyes and that when one thinks of doing something, the entire universe helps you achieve it. She insisted that we should practice zero tolerance to violence and harassment. Working women who suffer in silence are often unable to produce the desired output at work. Hence it is important for us to raise our voice against violence and fight for justice. Prachi Tripathi informed the participants about the organization's strategies, activities, strong support network.



Students who participated in the elocution competition made very poignant suggestions among which were learning martial arts, raising our voice against violence and zero tolerance to violence.

Sakhi Kendra and the National Alliance of Women, organized an Elocution and essay writing competition on **8th December 2022** at **Guru Nanak Degree College**. Among 150 students who participated in this competition.



The program was conducted by Professor Sonia Khanna. The Principal Dr. Deepti Suneja, General Secretary of Sakhi Kendra, Neelam Chaturvedi and other members together lit the lamp and paid obeisance to Goddess Saraswati. Dr. Deepti Suneja and the chief coordinator Dr. Anubhav and program coordinator Dr. Sonia were felicitated by Neelam Chaturvedi.

Neelam Chaturvedi addressed the students attending the program and encouraged the students to contribute positively towards society. National Alliance of Women's State Coordinator Prachi Tripathi sang a song while welcoming children whose lyrics- *"The right to know my dreams, why are they breaking down, the life of my dreams say"*

She also motivated the students by sharing motivational stories and urging them to fight against violence and to move forward with determination. Archana Pandey from Sakhi Kendra Emergency Helpline said there was great power in among the youth and that they had to utilised it in the right manner. She informed the students about the activities of the organization and shared legal information as well.





On **9<sup>th</sup> December 2022**, A **Dalit Seminar** was held in Lal Kurti Cantt and an oath taking ceremony was also conducted. Prabhavati the coordinator of the programme apprised the participants about the campaign “Mujhe Bhi Aakash Chuna Hai” that was kickstarted on 18<sup>th</sup> November 2022 and that has been run in many colleges in Kanpur. She said right, independence and equality were inalienable. She said that till the time there is discrimination we cannot think that everything is fine. She observed that we needed to recognise dignity of labour, and that no job was too small, whether it was cleaning the house or cleaning the drains.

A woman who works at domestic help are illiterate and poorly paid for the work that they do. Speaking of the lobbying by Sakhi Kendra, she said that they were able to enforce the minimum wage of 9788/- for 7 hours of work by the government and are engaged with the government to increase it even further. She insisted on everyone having an Ayushman card and the Labour card and the need to keep their documents up to date to receive benefits. She said that we can all make and resolve issues at our home, community and society by scheduling regular meetings and by ensuring that we remain a collective. We need to think and break the chains that bind us, which are more ingrained in our minds; like the baby elephant which is tied to a chain but assumes that he can never break it even when its older.

Archana stressed the importance of time management as time is money. There is no doubt that Sakhi Kendra is working at 4 levels at the individual, group, government and societal level where they bring out issues of importance like loan employment, inflation, violence. She also apprised that the Commiserate has been divided into zones with the ACP at Shivala and the Commissioner at Lal Imli.

Maya Kuril spoke about violence against women and how they could use the Sakhi helpline in case they needed to. She highlighted the benefits of specific schemes like availing 5 kgs of rice on Ration cards and the Sukanya Yojana where the government commensurate the amount deposited by the individual.

On **December 10<sup>th</sup> 2022 World Human Rights Day**, an oath was taken *“to end violence against women and build a society of gender equality and truly establish human rights”* under the banner of Sakhi Kendra in Shiv Katra using placards and lighting candles



The campaign, run by Sakhi Kendra, concluded with 1250 people having participated and shared their photos with placards and candles. The campaign was led by Sakhi Kendra’s General Secretary and Founding Member Neelam Chaturvedi, Prachi, Pushpa Tiwari, Archana, Maya Kuriel, Nishant and other members of the organisation.

On **10<sup>th</sup> December 2022** Sakhi Kendra and NAWO UP, organised a **Mental Health Camp** with Ursula Hospital, which is a mental health hospital. In Bhimrao Ambedkar Park, Shiv Katra Which is near, Casa Kanpur. 160 people registered and got their free health check-ups done. 30 people with mental health issues got pre medication. For BP and diabetes 90 people got medication and 40 people were treated for cold and cough. The participants for the programme

from the hospital where Doctor Mehroz Akhtar, Doctor Arun Kumar, Doctor Aarti, Dr. SK Nigam, Dr, Reena Singh, Dr. SP Mishra, Shreya Singh and Renu Srivastava. The Sakhi Kendra team comprised of Maya Singh, Pushpa Tiwari and Prachi Tripathi.

**KOFI ANNAN, UN SECRETARY GENERAL SAID, “GENDER EQUALITY IS MORE THAN A GOAL IN ITSELF. IT IS A PRECONDITION FOR MEETING THE CHALLENGE OF REDUCING POVERTY, PROMOTING SUSTAINABLE DEVELOPMENT AND BUILDING GOOD GOVERNANCE.”**



**THANK YOU**

## DIDI - A Documentary Based on the Women who live for others

<https://www.youtube.com/watch?v=LvkEIpikTeA&t=3s>



Didi, is a documentary dedicated to the team of sakhi kendra and their work during the past 40 years. This films throws a light on the challenges and achievements during the work and journey of the women activists.

## Quiet Pandemonium

<https://www.youtube.com/watch?v=apfGK1MvrzY>



## Sakhi Kendra's Work During COVID 19 Pandemic The Guardian

[https://www.youtube.com/watch?v=6T0\\_gwDFCM8](https://www.youtube.com/watch?v=6T0_gwDFCM8)



## Sakhi Kendra's Work During COVID 19 Pandemic Covered by The British Podcast

<https://www.youtube.com/watch?v=A2T6ZM2cfsQ>



# IPPL Kanpur - Green Park – Organised by Sakhi Kendra and ICFD



**FIRST EVER  
WOMEN'S  
PARA  
CRICKET  
TEAM**

<https://www.youtube.com/watch?v=OfHMNenzy4M>

# Maaraq Movie (2018)

## Producer :- Neelam Chaturvedi



<https://thebebopchannel.lightcast.com/player/30961/288631>



# Online Think Tank



<https://www.facebook.com/538046779666513/videos/259723092027829/>

<https://www.facebook.com/538046779666513/videos/1572539022913742/?t=0>

<https://www.facebook.com/538046779666513/videos/289519188900458/?t=0>

# ONLINE WOMEN'S COURT



<https://fb.watch/eHfcAT1P0F/>

# E-BOOK

- Handicap

- [https://drive.google.com/file/d/1YgwfXjTG\\_EveR\\_tB1m4SP6M7w25lxAygT/view?usp=sharing](https://drive.google.com/file/d/1YgwfXjTG_EveR_tB1m4SP6M7w25lxAygT/view?usp=sharing)
- [https://drive.google.com/file/d/1LI-\\_5hljADTQuujBtv2eB8a22OJXGN1N/view?usp=sharing](https://drive.google.com/file/d/1LI-_5hljADTQuujBtv2eB8a22OJXGN1N/view?usp=sharing)

- Covid 19

- [https://drive.google.com/file/d/1HPw1G4v2kX3loDgKT5RziGHEqGIkXO\\_k/view?usp=sharing](https://drive.google.com/file/d/1HPw1G4v2kX3loDgKT5RziGHEqGIkXO_k/view?usp=sharing)
- [https://drive.google.com/file/d/1iSLeaonlpJ\\_KRxn7h7Ualp\\_We7slrMrK/view?usp=sharing](https://drive.google.com/file/d/1iSLeaonlpJ_KRxn7h7Ualp_We7slrMrK/view?usp=sharing)

- Old Age

- <https://drive.google.com/file/d/1O5rSGR7s8jUENHTusmezbEMZ4XMVPRReE/view?usp=sharing>
- <https://drive.google.com/file/d/1VTOSH0hkKXrqQLeWgXbxF4C-oxMF1QpT/view?usp=sharing>

# **Strategic – Access to Justice**

[https://docs.google.com/document/d/1qbKiJ\\_KFa8PzsbbWc2Zh9cHOI7xgHieL/edit?usp=sharing&oid=105487305318694812962&rtpof=true&sd=true](https://docs.google.com/document/d/1qbKiJ_KFa8PzsbbWc2Zh9cHOI7xgHieL/edit?usp=sharing&oid=105487305318694812962&rtpof=true&sd=true)

# **Achievement last 2 years (2020 & 2021)**

## **Covid period Achievement**

### **Achievement 39 years**

[https://drive.google.com/file/d/1kaSd6VNg1mZYvCD5BLkBAXhsusSrF\\_J1/view?usp=share\\_link](https://drive.google.com/file/d/1kaSd6VNg1mZYvCD5BLkBAXhsusSrF_J1/view?usp=share_link)

## **23 Days Activism E- Book**

[https://drive.google.com/file/d/1wMOUccXzV62E0mctCb1kGs\\_7kJIA2MVB/view?usp=share\\_link](https://drive.google.com/file/d/1wMOUccXzV62E0mctCb1kGs_7kJIA2MVB/view?usp=share_link)



[https://www.youtube.com/  
@neelamchaturvedi4594](https://www.youtube.com/@neelamchaturvedi4594)

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THANK  
YOU