



E-Book

" सखी केंद्र - बुजुर्ग महिलाओं की हिम्मत "



WEBSITE



<https://www.sakhikendra.com/>

APP



<https://m.sakhikendra.com/>

Sakhi Kendra

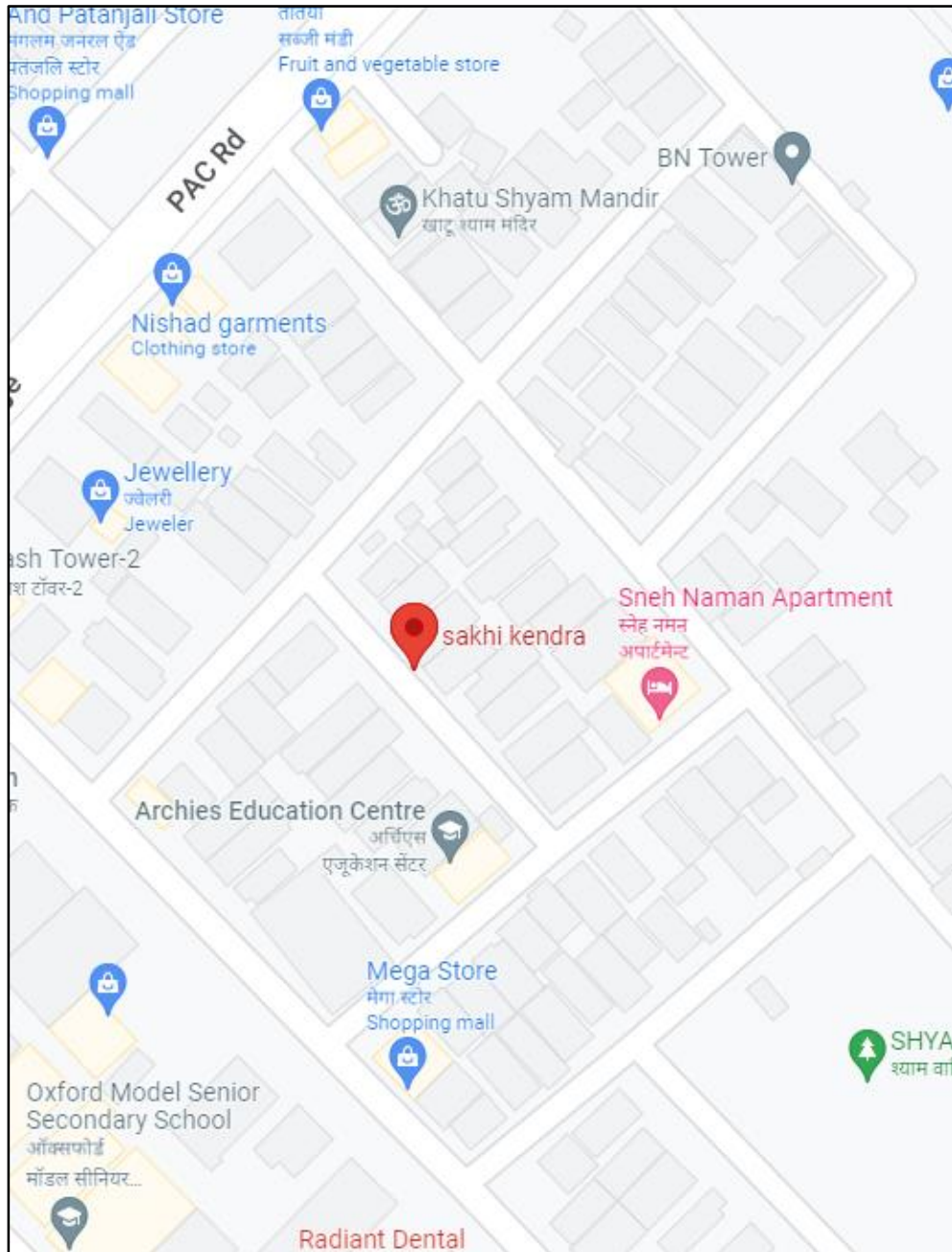
71 HIG KDA Colony, E-Block,

Shyam Nagar,

Kanpur - 13

Mob. 9336115763

WAY TO SAKHI KENDRA



SAKHI KENDRA

“RESILIENCE AND STRENGTH OF OLDER WOMEN”

Older persons are a fast-growing segment of the global population and a vast majority of them are older women. Though aging, is however not gender neutral, inequality and discrimination experienced by women during the life span is exacerbated in old age. The 2011 census data confirms that there are 104 million older people and out of which 53 million are older women.

The Ministry of
Statistics and
Programme
Implementation



(MoSPI) estimated that by 2031 they will be 19.38 crore older people which would include 9.29 crore older men and 10.9 crore older women. For every 1000 older men there are 1065 older women. Hence making it amply clear that older women are more in number and many more keep adding each day. Many of these older women also happen to be widows.

Data exposes that within the age group of 60 years and above there are a greater number of widows than widowers. Getting married to older men and not remarrying after the death of their partners due to familial and societal pressures are some reasons for such numbers. In 1991



there were 1.48 crore widows within the age group of 60 and above compared to 45 lakh widowers.

Violence against older women exists in the margins between domestic violence and



older abuse with neither field adequately capturing the experiences of older women survivors. Older women face many security threats. It has been seen that a number of older women are often

targeted and murdered by criminals across the country. Comprehensive data on violence against older women is often missing.

In February 2022, an 87-year-old woman was murdered in Tilak Nagar. Investigation revealed that she was also raped. In January 20 22 at Ambedkar Nagar, an older woman was kicked and beaten to death by her son and daughter in law in connivance with other members of the family due to an altercation. In Lucknow's Keshav Nagar, an older widow was poisoned to death by her daughter because of an ensuing property dispute and attempts were made to make it look like an accident.

Limited access to protective networks both informal and formal during the lockdowns which restricted mobility, contributed to the risk of increased violence. 53% of the older people observed that the pandemic caused insurmountable restrictions on their human rights. 81% of the older people complained

that the human rights of older people have been declining with every passing generation. 20% of the older people observed that during Covid-19, inflation caused the assets to shrink and diminish its investment value.

Economic security or the lack thereof underpins much of adversity older women face in our country. Many older women continue to be harassed because of their poor economic status, dependence and old age as compared to older men.

Sakhi Kendra has been diligently involved in



uplifting women who have experienced violence in all forms and has been a fore runner in championing gender equality for the past 40 years. Approx 41025 women survivors of violence have been aided and assisted by Sakhi Kendra & 24360 cases were solved. More than 5000 of these survivors have been older women.

Sakhi Kendra has been instrumental in providing basic amenities like electricity water sanitation in the Hayshi area which did not have the basic amenities like clean water and sanitation. The organization ensured that people living there availed the various



government schemes and acquired skills that were necessary for their livelihood and led them towards empowerment. The organization also ensured that women were not subject to violence and harassment within their homes or outside at their workplace. Sakhi Kendra was instrumental in ensuring legal help to survivors of domestic violence. The organization made achievers out of these survivors; who in turn trained other women and help them to become achievers too.

The countrywide lockdown saw an increase in violence perpetrated against women.



Sakhi Kendra worked relentlessly during this period in addressing the same. The organization saw about 100 to 200 older women who had been subjected to violence. The organization provided counselling, sought the help of the police and set the wheels of justice in motion.

During the initial lockdown, leaders and coordinators of Sakhi Kendra helped more

than 5000 older women by providing them food and 75 older women out of these helped many others generously. The organization provided rice, oil, sugar, soap etc to them.

During the second COVID-19 lockdown Sakhi Kendra helped 145 older women monetarily by depositing ₹2000, 5000 and 10,000 in their bank accounts so that they could buy food, medicine and such other necessities. 35 older women who were monetarily helped by Sakhi Kendra opened small businesses like selling vegetables, groceries, flowers etc.

The team worked relentlessly during this period in getting people to the hospitals, providing oxygen cylinders, procuring medicines, arranging online consultations

with doctors, counselling women for depression and stress, and helping more and more women in getting vaccinated.

4000 older women were provided with wheelchairs, crutches, walking sticks through Artificial Limbs Manufacturing Corporation of India (ALIMCO), spectacles and hearing aids. Sahki Kendra not only provided support to older women but also worked very hard to create awareness among the local populace, provided training to the older women in enhancing their leadership qualities.

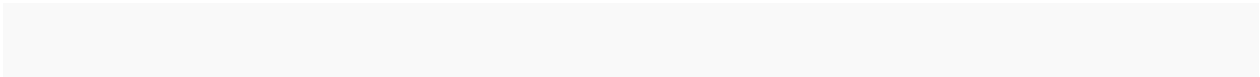
Violence against older women needs to be addressed and we need to have life span approach to abuse. Older women are often victims to violence perpetrated by members of their own family. The violence

perpetrated comes to light only when it becomes intolerable for them. If the members of the family promise to treat her well, then she is often unwilling to lodge in a formal complaint and goes back to the family. The police find themselves in a spot and are unwilling to take immediate action or put on record complaints of such nature. Financial constraints, physical strength and energy, the fear of alienation from the family are reasons why they are inept in seeking help and fight for justice.

Sahki Kendra continues to help older women and has set up two separate cells. 1. Legal aid clinic for older women; 2. Tele legal aid for older and younger women. It has created a support network older women who are subject to violence and harassment can file a complaint by calling 09336785

224, 9336123744, 9369988234,
9580048985, and 9793658800.

An expert team has been constituted with the help of Eminent legal expert Shri Radhakrishna Pandey and Neelam Chaturvedi along with other legal experts and renowned social activists who will provide the much-needed help to these older women. Sakhi Kendra hopes that this team will continue to uphold the rights of older women.



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 film 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



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**

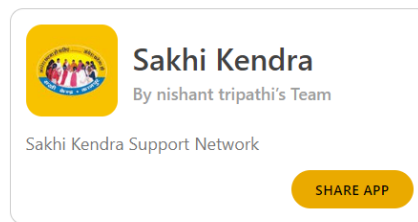


<https://www.youtube.com/watch?v=OfHMNenzy4M>

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 - ✓ 7408114433
 - ✓ 8318148775
 - ✓ 6393696353
- Email
 - ✓ sakhikendra61@gmail.com
 - ✓ neelam.chaturvedi.2018@gmail.com
 - ✓ info.sakhikendra@gmail.com

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