



**RANGEEN  
KHIDKI**

# **2022-2023 ANNUAL REPORT**





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# WHO ARE WE?

A youth led feminist organisation dedicated towards developing intersectional, rights based interventions through capacity building and life skill development of youths, stakeholders and communities at large. With gender justice at its core, Rangeen Khidki with its group of young professionals works with rural and urban adolescent boys and girls and women on Gender, Leadership, Sexual and Reproductive Health Rights.



# 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 wellbeing 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.

# THEORY OF CHANGE

## IMPACT

Adolescents and Young people grow to their true potential and contribute to nation building.

## RESULT

Adolescents and Young people have better health (SRH), access stigma-free services, demonstrates practice level changes and community level changes.

## OUTCOME

Adolescents and Young people gain more knowledge and their perception changes along with those of the stakeholders. Thus contributing in creating a safe, non-judgemental and stigma-free spaces.

## STRATEGIES

Dissemination of information through various platforms and building capacities of adolescents and young people through stakeholders like CBOs and Community Leaders.

## ISSUES

Adolescent and young persons- unable to access accurate information about their bodies, SRHR as well as non-judgmental services - inability to make informed choices about their bodies as well as lives causing mental and physical distress and impacting their ability to participate holistically in the growth of the nation.





THIS YEAR WE TURNED

3

34,010+

individuals directly impacted

1,85,900+

individuals indirectly impacted.

40+

members have been a part of our team in different capacities over these years.

53+

partners including organisations and government Institutions like Ministry of Women and Child Development, Controller and Auditor General- Department (Central Government of India)- Regional Training Institute, RKSK and many more have collaborated with us.

# OUR JOURNEY

**February 2020**  
Rangeen Khidki is  
founded

**May 2022**  
Official launch of our Documentary  
and culmination of RangSaga'22.

**September 2020**  
We are selected as  
Changeloomers

**January 2021**  
Launch of Period Adda  
Program under  
Changelooms

**June 2020**  
28,000 menstruators reached

**May 2021**  
Launch of Comprehensive  
Gender and Sexuality  
Program: My Body My  
Rights



**September 2022**  
**We launched Gender, Leadership  
and Masculinity .**  
**We participated in Asia Youth  
Festival at Kuala Lumpur, Malaysia**

**March 2023**  
**We were felicitated by Merchants'  
Chamber of Commerce and Industry**

**November 2022**  
**We participated in the International  
Conference on Family Planning at  
Pattaya, Thailand**

**March 2022**  
**Launch of Health Sector  
and Queerness**

**December 2022**  
**Project Priyo is  
selected for seed  
funding by Numun  
Fund**

**July 2021**  
**Collaboration with Ministry of  
Women and Child Development,  
Delhi on building capacities of  
Anganwadi Workers**

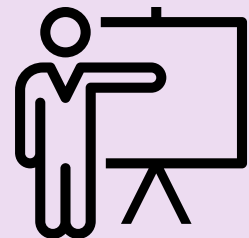
# Our Approach

Throughout our journey of the past three years we have directly impacted 34,010+ individuals and 185,900+ individuals indirectly through the following strategies:

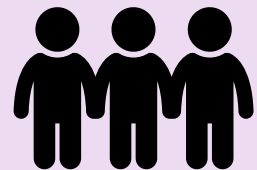
Building capacities of stakeholders (teachers, parents, educators, civic body organisations) who work with adolescents and young people.



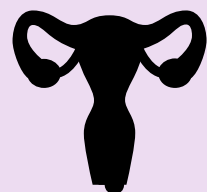
Direct training based workshops to capacitate adolescents on components of comprehensive gender and sexuality education so adolescents are able to drive change from within as well as be agents of change in their families and communities.



15 weeks long monthly immersive program dedicated to capacitate and sensitise adolescent boys at community levels and schools.



Menstrual health education and advocacy to equip menstruators to access knowledge about their bodies and menstrual services and also to challenge menstrual stigma and taboos.

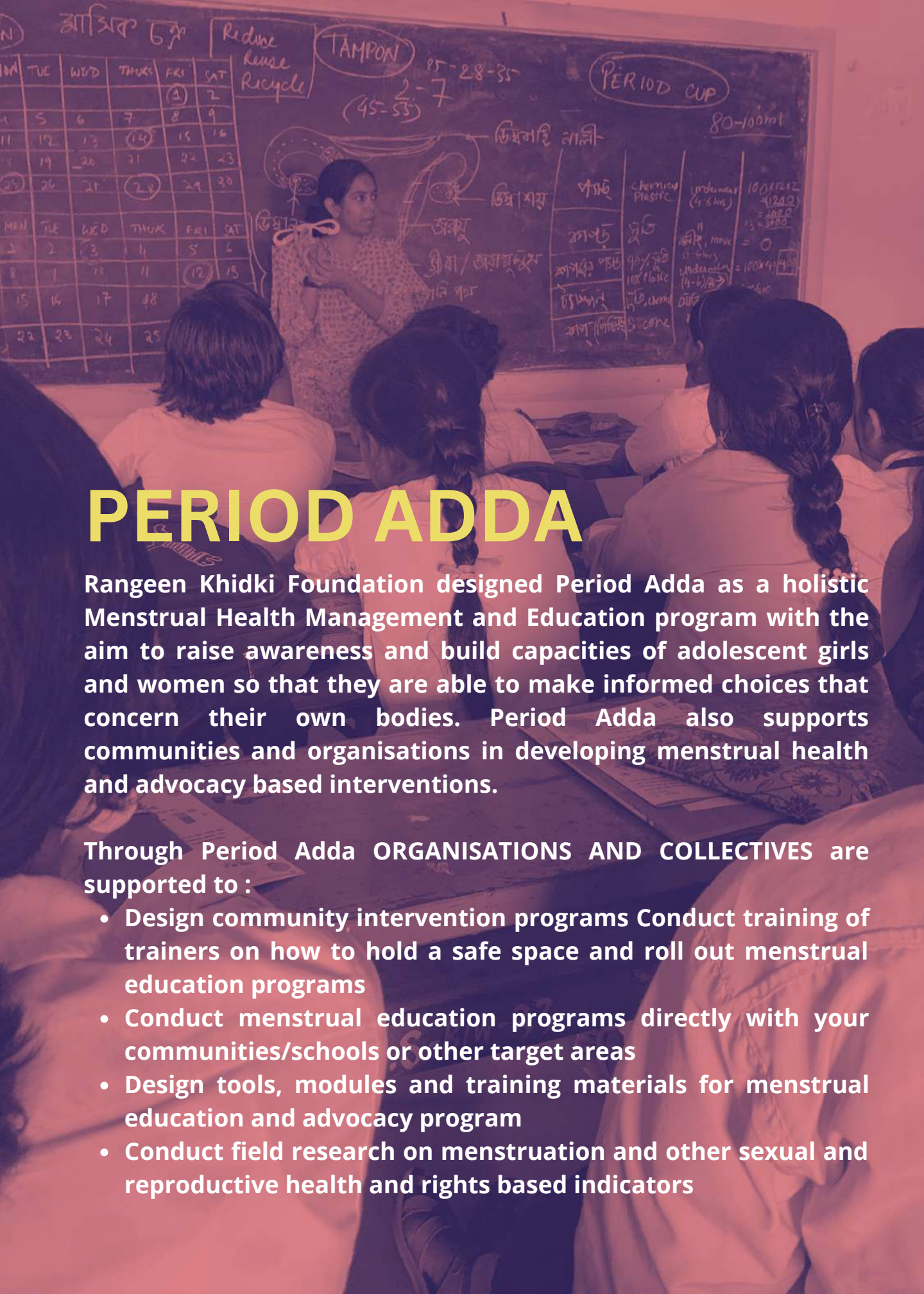




Directly impacted  
**34,010+**  
individuals

Indirectly impacted  
**1,85,900+**  
individuals





# PERIOD ADDA

Rangeen Khidki Foundation designed Period Adda as a holistic Menstrual Health Management and Education program with the aim to raise awareness and build capacities of adolescent girls and women so that they are able to make informed choices that concern their own bodies. Period Adda also supports communities and organisations in developing menstrual health and advocacy based interventions.

Through Period Adda ORGANISATIONS AND COLLECTIVES are supported 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

A group of young women, likely students, are gathered in a room, possibly a classroom or a community center. They are holding up various items, including papers, bags, and small objects, in a gesture of participation or demonstration. The room has a simple, somewhat worn appearance with a white wall and a doorway in the background. The overall atmosphere is one of active engagement and learning.

# WHY PERIOD ADDA?

A study by Dasra revealed that in India nearly 20 million women and girls have poor understanding of menstruation and associated healthcare with 75% of adolescent girls suffering from infections and health disorders related to menstruation. The general dearth of awareness and access to menstrual health products and services severely impacts their reproductive health and overall development.

To ensure inter-generational period equity we designed the holistic menstrual education program through which menstruators are educated with information pertaining to their bodies and physiology of menstruation, enhance abilities to make informed choices and exercise agency, understanding the importance of nutrition and hygiene, challenge to dismantle the stigma, taboos associated with menstruation. Access to unbiased information and services yields transformational power for individual growth and aims to address gender disparity.

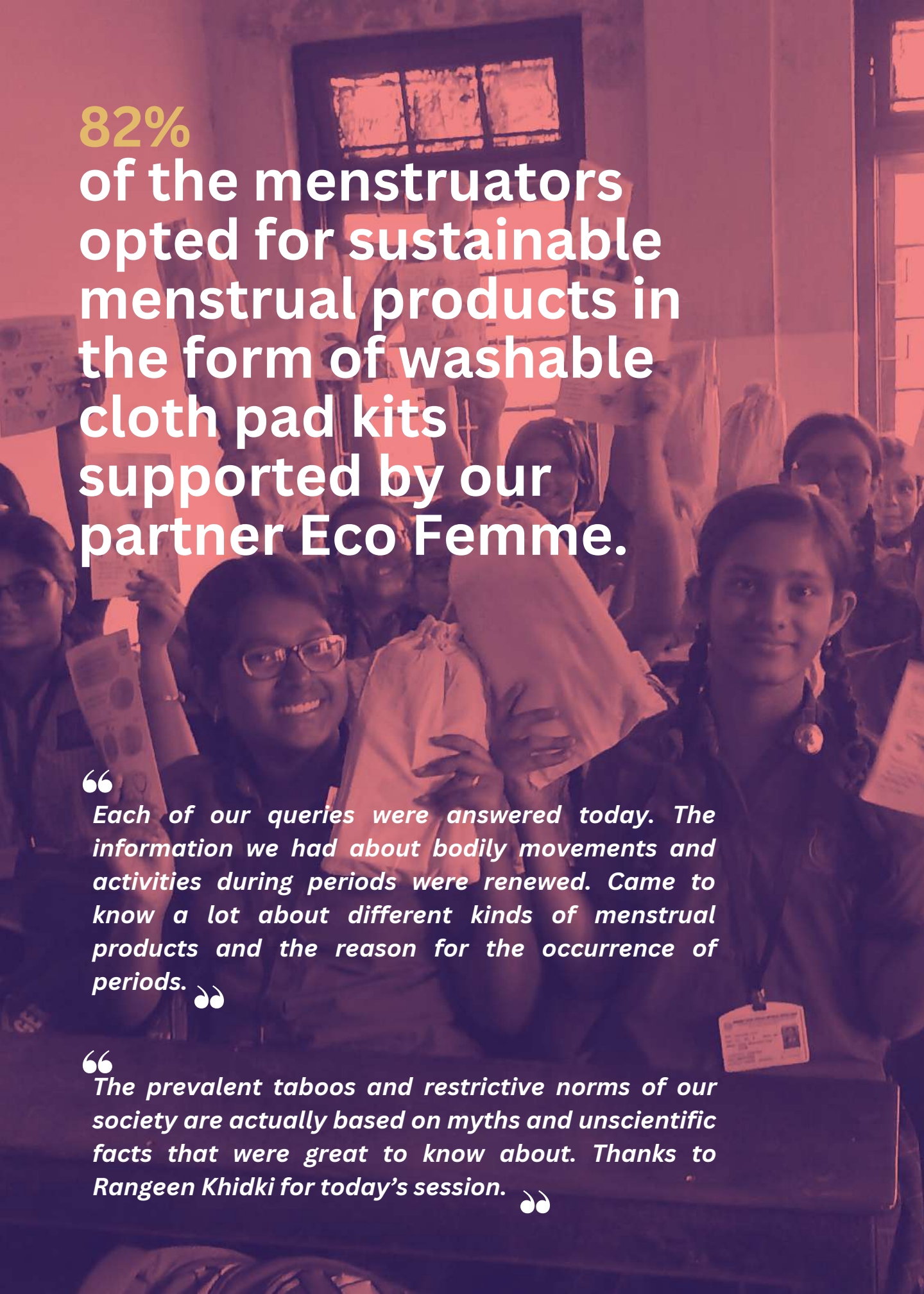




1,000+  
individuals  
impacted  
directly in  
2022-23

5,000+  
individuals  
impacted  
since  
inception





82%

of the menstruators  
opted for sustainable  
menstrual products in  
the form of washable  
cloth pad kits  
supported by our  
partner Eco Femme.

“

*Each of our queries were answered today. The information we had about bodily movements and activities during periods were renewed. Came to know a lot about different kinds of menstrual products and the reason for the occurrence of periods.*

”

“

*The prevalent taboos and restrictive norms of our society are actually based on myths and unscientific facts that were great to know about. Thanks to Rangeen Khidki for today's session.*

”



# MY BODY MY RIGHTS

Rangeen Khidki's flagship program, My Body My Rights 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.

Based on the 7 essential components standardised and recognised by the International Planned Parenthood Federation we designed a 16 hours module which talks about all the important aspects of comprehensive gender and sexuality education. Our intervention contributes directly to UNICEF's call for making Gender Transformative Education a reality in our country. Hence, the module is inclusive, respectful of diversity and pretty simple to follow through. Perceiving Comprehensive Gender and Sexuality Education as a life skill would enable young people to ensure their overall well-being and safety which will strengthen their education, health and economic opportunities.



A group of young people are gathered in a room, possibly for a social event or a workshop. There are several balloons (black and white) and streamers hanging from the ceiling. The room has a white wall and a window with a curtain. The overall atmosphere is festive and social.

# WHY MBMR?

India has a large youth population that entails nearly 40% of the total population where the existing gender roles, stereotypes, shame and stigma around one's own bodies act as hindrances for young people to grow into their potential. Existing gender norms, stereotypes coupled with lack of knowledge about contraception and reproductive health services, early marriages increases the risk of early pregnancies including high risk pregnancies.

Further, limited understanding of consent and bodily autonomy among young people puts them at a greater risk of experiencing sexual abuse and violence. The magnitude of sexual abuse in India is quite high, thus providing accurate information and education to adolescents and young people would enable them to report violations, improve self confidence and communication skills and make them empowered individuals.



500+

individuals

impacted

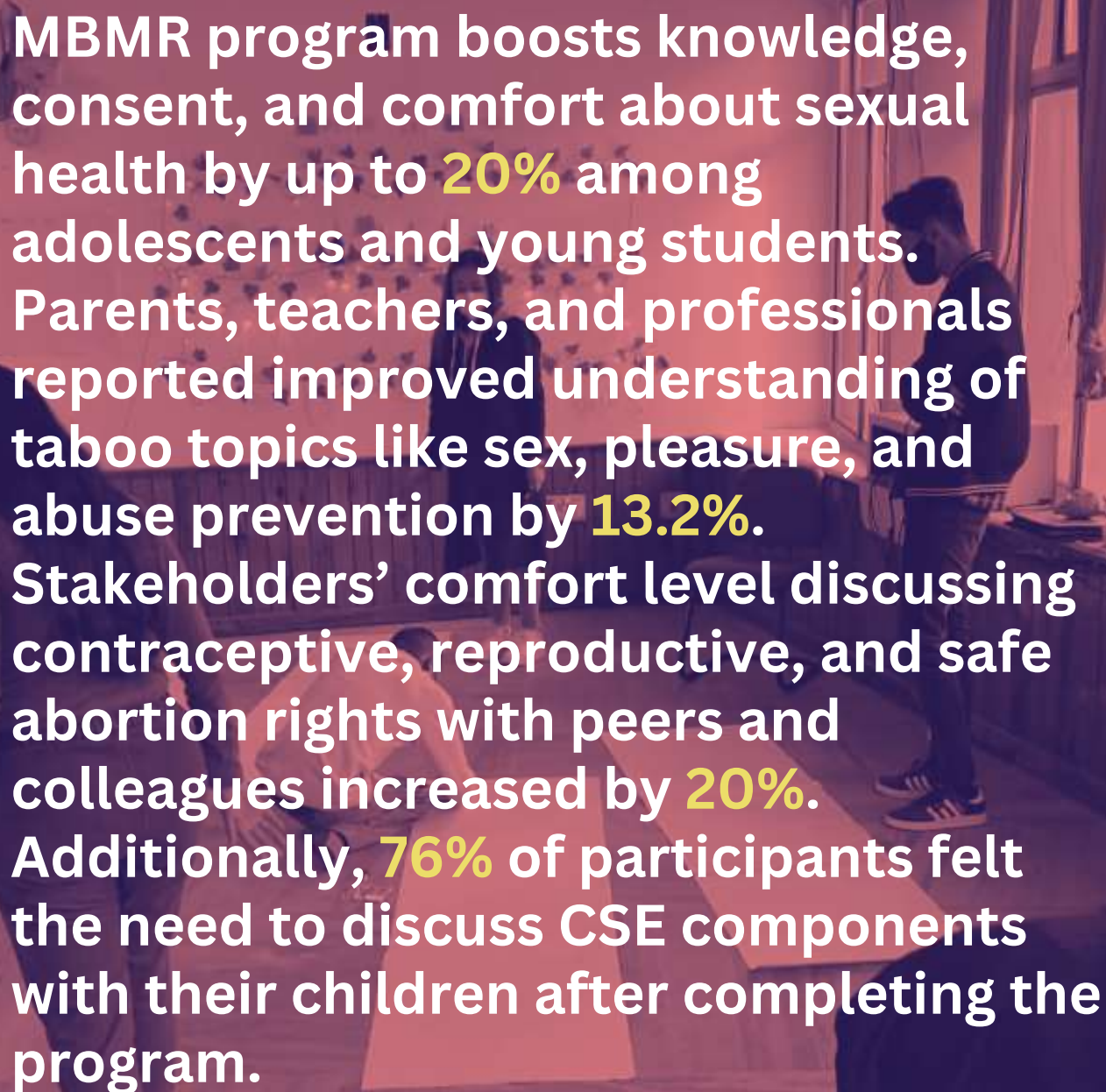
directly in

2022-23 in 4

states across

India






**MBMR program boosts knowledge, consent, and comfort about sexual health by up to **20%** among adolescents and young students. Parents, teachers, and professionals reported improved understanding of taboo topics like sex, pleasure, and abuse prevention by **13.2%**. Stakeholders' comfort level discussing contraceptive, reproductive, and safe abortion rights with peers and colleagues increased by **20%**. Additionally, **76%** of participants felt the need to discuss CSE components with their children after completing the program.**

“We should be clear in our thoughts. The session helped me to understand how to handle different things in different situations related to mental health.”

“Of all the things that I've learned in this session, one important thing that I have understood is the value of consent and the variations in sex and gender.”

A woman with long dark hair, wearing a patterned top, stands at the front of a room, addressing a group of people. The room is dimly lit, with a projector screen in the background displaying a presentation slide. The audience, consisting of men and women, is seated and facing the presenter. The overall atmosphere is professional and educational.

# GENDER, LEADERSHIP & MASCULINITY

According to an article published by Thomson Reuters Foundation (2014), 6 out of 10 Indian men admit to having perpetrated violence against their wives or partners, with men who experienced discrimination as children or faced financial stresses more likely to be abusive. Research provides insights to the causes of violence against women which also reflects how the gender skewed socialisation and male child preferential mindset exacerbates gender discriminatory behaviour.

To address the above issues we designed and are currently piloting Gender, Leadership & Masculinity Program. Through this immersive program we would equip adolescent boys with understanding of gender equality and equity, human rights, gender based violence, emotion management etc to ensure behaviour change required for holistic development. We recognise the need for sensitising adolescent boys on the aforementioned issues to not only enhance their potential as leaders of progressive society but also to holistic growth of all genders.

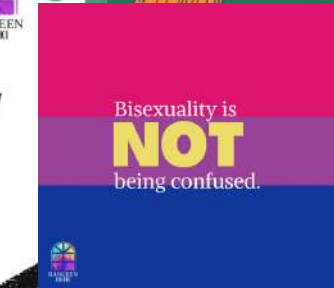
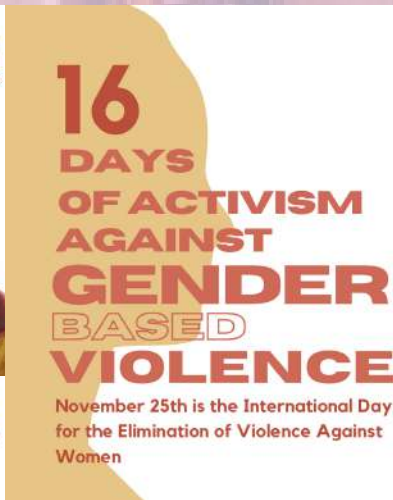


A woman in a patterned dress stands at the front of a room, addressing a group of people seated at tables. A large screen in the background displays a presentation slide. The scene is dimly lit, with the screen providing the primary light source.

**100+**  
**individuals**  
**impacted**  
**directly in**  
**2022-23**

# 2,05,000+

Individuals reached through our various social media campaigns over the three years.



Over the years, we have used social media not just to showcase our on-ground work but primarily as a tool to dismantle stigma, question and initiate conversations around SRHR.



# COVERAGES



## 16 Days Of Activism Against GBV: How Language & Media Shape Narratives Around Abortion, Contraception & Pregnancy

By Rangeen Khidki

## Ignorance Is 'Not' Bliss: Need Of The Hour To Sensitise Doctors & Medical Staff On Gender

Some medical practitioners still practice medicine based on the problematic "one-size-fits all" approach to diagnosis and treatment. A sex- and gender-based approach to disease management is not even on their radar.

By Manisha Bhaduri • Dec 5, 2022 • 6 min read



## Structural Barriers To Safe Abortion Services In India: 16 Days Of Activism Against GBV

By Rangeen Khidki



LIVEWIRE

How Does One Talk About Periods in Conservative Spaces?



## 1. Rangeen Khidki—bringing queer-centric education to Eastern India

rangeenkhi...  
1,291 followers

View profile



Daan Utsav: Changing Mindsets About Sexual And Reproductive Health

By P. N. I. M. K. C. CHAKRABORTY

Sanjeev Gupta

Published on 10/14/2022 at 10:00 AM  
Last updated on 10/14/2022 at 10:00 AM



Powered by Bloomberg

## Rang Saga: A colourful evening celebrating body positivity and inclusion

The Telegraph online  
my KOLKATA

Kolkatans thronged Princeton Club for the event, hosted by Rangeen Khidki and partnered by My Kolkata, to celebrate the spirit of self love

Rangeen Khidki has been featured by LIVEWIRE, Feminism in India, iDiva and The Telegraph Online.



# 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. This documentary captures the story of the resilient girls who are committed to bring about changes in society and the way it perceives menstruation.

 [Watch it here.](#)



# Podcast

Rangeen Khidki Foundation has created a podcast on Health Sector and Queerness that highlights the experiences of queer-Trans individuals in accessing healthcare in India. The podcast is available on Spotify, Apple podcast and Google Podcast.

 [Listen to it now.](#)



# MEET OUR TEAM

## **Outreach**

Aced, inspired and managed by Krubhakar and Sanjina.

## **Programs, Implementation, Monitoring and Evaluation**

Led and managed by Sanjina and Kinka.

## **Social Media Communication and Management**

Supported and led by Saimita , Manisha and Jaahnvi.

## **Research**

Managed and led by Manisha.

## **Strategy and Partnerships**

Managed and led by Adrika.

## **Accounts and Compliance**

Led by Krubhakar.

## **Design and Resource Creation**

Led and managed by Saimita.

## **Website and IT**

Led by Ishan and Team.

Hello, I am Sumana and I have been a part of the Period Adda Program by Rangeen Khidki for two years now.

Firstly I would like to thank the incredible didis who have taught us so much and continue to do so. Rangeen Khidki had not just made us stronger, more confident and braver than before but also have made us better humans.

We do not have any bin in our village to dispose pads, we have taken an initiative to request the Panchayat to organise for dustbins for the disposal of sanitary pads.


There two years have been very beautiful with Rangeen Khidki and I am looking forward to many more to come.

**Sumana Naskar**

Period Leader, Rangeen Khidki  
Foundation





A woman with dark hair, smiling, wearing a red and yellow sari with a black patterned blouse. She is standing against a light blue background with a white curved shape behind her.

Hi, I am Priyanka Dhara and I have been associated with Rangeen Khidki Foundation for the past two years. I have learnt a great deal about menstruation, relationships, digital safety and security and much more in these years with Rangeen Khidki. We even organised and participated in a street play where we tried to take our learnings to more people. There is so much more to learn and do and I look forward to it but whatever our learning has been so far we get to share it with other young people and conduct menstrual health sessions at a club. The experience has been very rewarding and warm and it often reminds me of the days didis taught us what we now know of our bodies, menstruation and so much more.

**Priyanka Dhara**

Period Leader, Rangeen Khidki Foundation


Since my association with Rangeen Khidki, I learned so many new things especially in the sector of SRHR , menstruation and especially on self acceptance. The kind of life they are impacting is tremendous. I used to be the kind of person who thought life is a bed of roses, very imprudent regarding social matters and things happening around me but working with them and meeting new people listening to their first hand experiences made me actually realise how important is to have an open mindset and not always see things my way or the ways I have been taught. It made me unlearn so many things which as a girl I was expected to understand , accept & learn without questioning the authorities. It also helped me to become a very inclusive person and to be patient with people. I can honestly say I have learned something new almost everyday and am trying to be a better person. As I continue my education, I can only imagine that this experience will be something I take with me and open new doors towards my future.

**Jaanhvi Jaiswal**

Intern, Rangeen Khidki  
Foundation







Rangeen Khidiki is looking at one of the most essential but often neglected area, the menstrual and sexual health. I like the holistic approach that they have adopted towards addressing the issue. While educating the girls seems to be the most obvious thing, they are educating the boys and the mothers as well. School teachers are involved and the community is involved too. And we all know, this cannot happen in isolation.

Ultimately the goal is to ensure that the girl has the agency to take informed decisions for herself on her own and that is what is the most appealing part of their program for me. I have seen the passion and the commitment of the team and truly happy to have played a small role in their journey.

**Anandhi Yagnaraman**  
CEO, Catalysts For Social Action







# Our Mentors



**Nagma is supporting us in strategic leadership and relationship building.**

**Nagma Mulla,  
CEO, EdelGive Foundation**

**Neha is a mentor for the entire team at Rangeen Khidki and the biggest cheerleader for the team.**

**Neha Buch,  
Executive Champion - Active  
Citizen Cell, Commutiny**



**Luis is supporting our programs and also mentoring us in organisational development and resource management.**

**Luis Miranda ,  
Chairman, Centre for Civil Society and  
CORO**

**She is supporting Rangeen Khidki through her technical knowledge and experience in the space of comprehensive sexuality education and facilitation.**

**Dr. Fiona Dias Miranda  
Director, NGO Seeds of Awareness  
and Research Foundation**





RangSaga was conceptualised as an inclusive platform to hold conversations on bodily autonomy and gender justice using various mediums of art, music, street play, etc. Kolkata witnessed the first of its kind event in Rang Saga, where partakers felt seen, heard and valued, irrespective of gender, age or community.

Approximately 500 people joined in the celebrations of diversity through the various events- catapulting Rang Saga's first chapter into the much needed safe space. This space brought the conversations and people together to further the movement on bodily autonomy, among others.

**RangSaga included performances by Somlata Acharya and the Aces, Malavika Manoj and Supriya Joshi.**



Watch it here.





I am very excited to be here. We have to create such comfortable spaces and break barriers in our lives before asking people to talk about issues like mental health and body positivity.

Swastika Mukherjee, Actor

Thank you for organising something so beautiful. I am honoured to be here.

Supriya Joshi, Comedian



This fundraiser is organised by Rangeen Khidki Foundation for young people who do not have much access to information and resources when it comes to Menstrual health. It is a noble initiative.

Somlata Acharya, Singer

Very excited to be a part of RangSaga and the cause that Rangeen Khidki stands for is something that speaks to me and I absolutely believe in.

Pushpak Sen, Fashion Expert



It is a really noble thing that Rangeen Khidki is doing that is all about body positivity and inclusion.

Many people cannot appreciate me for who I am but main apni favourite hu.

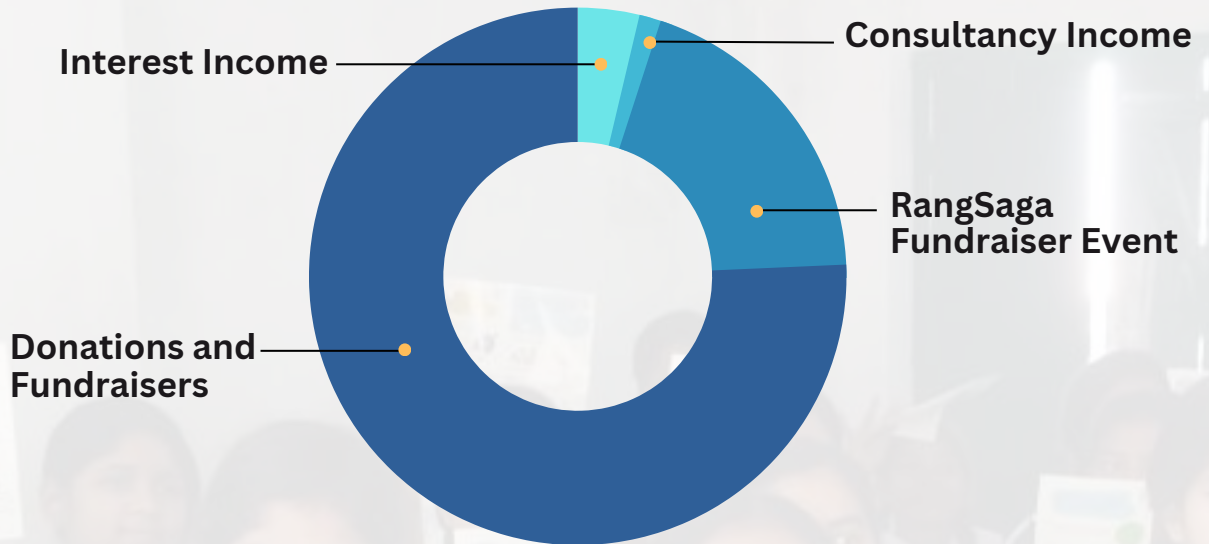
Indraneel Mukherjee, Fashion Expert



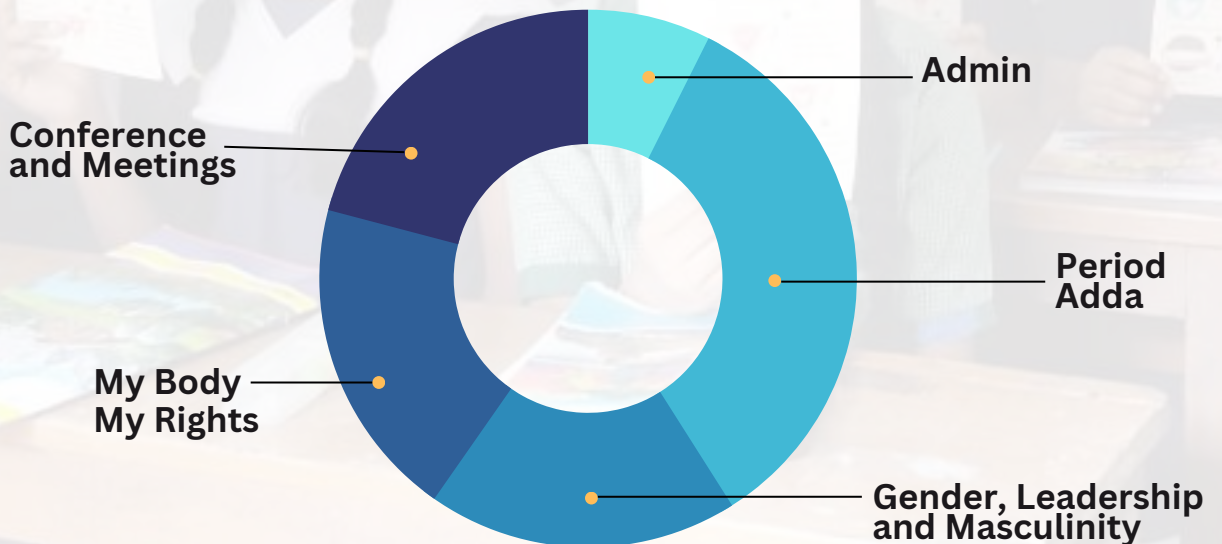


# FINANCIALS

**Total Income**



**Total Expenditure**



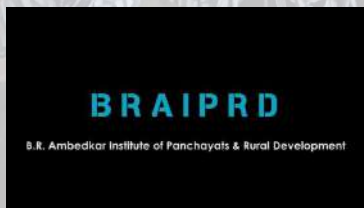
# OUR COLLABORATORS AND PARTNERS



TEACHFORINDIA



eco & femme



Rangeen Khidki Foundation is currently working  
with **10+** government schools in West Bengal.





UNITED NATIONS  
FOUNDATION



SUPREME AUDIT INSTITUTION OF INDIA  
लोकहितार्थं सत्यनिष्ठा  
Dedicated to Truth in Public Interest



Ministry of Women and Child Development  
Government of India



**CHOICE** FOR  
YOUTH & SEXUALITY



INDUS ACTION

**YP**

the yp foundation  
feminist - intersectional - rights-based

Mukul Madhav  
Foundation  
Established 1999



YEAST

**CALCUTTA  
CACOPHONY**

**SMOKE INC**

**LORD of the DRINKS**



**THE KOLKATA BUZZ**  
BRINGING OUT THE BEST OF BENGAL

**social नीति**

**ALPHHTO**



104.8 FM  
Do the *ishq* baby



The Telegraph online  
**my KOLKATA**

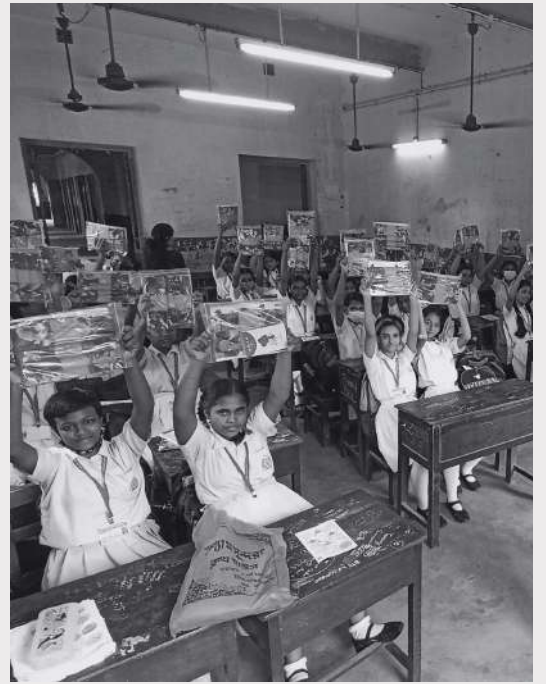
**BACKYARD**  
*Pop-up*

**OH BEAT**  
BUNKERS



# GALLERY







# RANGEEN KHIDKI

