

ANNUAL REPORT 2023-24



RANGEEN
KHIDKI



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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, girls and women on Gender, Leadership, Sexual and Reproductive Health Rights.





OUR 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.

OUR 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 truest potential and contribute to nation building.

RESULT

Adolescents and Young people have better health (SRH), access stigma free services, demonstrate 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 safe, non-judgemental and stigma-free spaces.

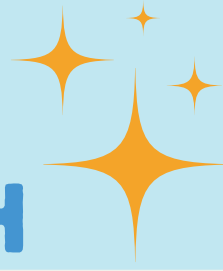
STRATEGIES

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

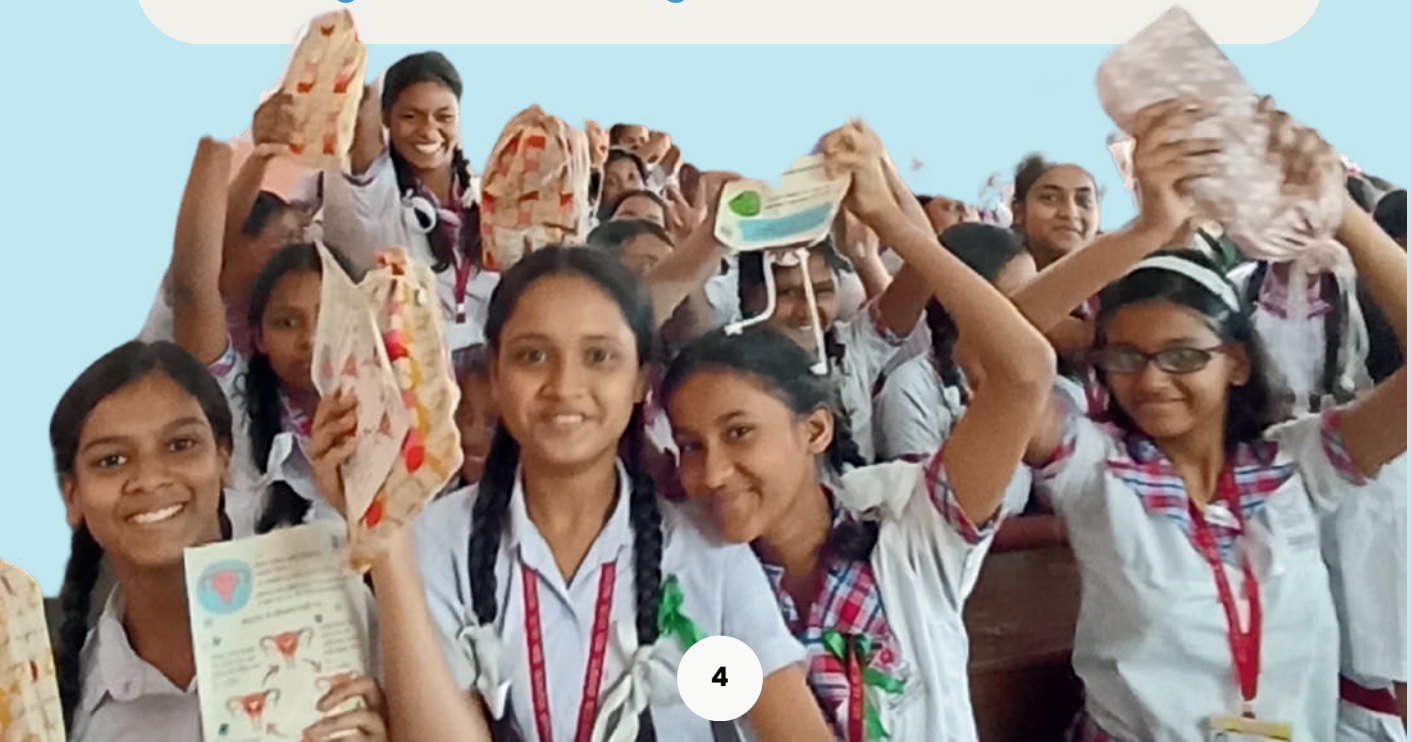
OUR APPROACH



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.

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

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.



4 YEARS OF OUR JOURNEY

Our team has grown from

3 to 45+

Members in differing capacities over years



We have been able to take our work to sever different states including West Bengal, Chattisgarh, Sikkim, Nagaland, Kerala, Uttar Pradesh and Delhi while our primary focus continues to be in West Bengal



38,000+

Individuals directly impacted through our programs.

3,85,000+

Individuals directly impacted through our programs.

We have collaborated with

60+

Partners including Government institutions and other organizations.

We are now

FCRA

Registered!



OUR PROGRAMS, PROJECTS AND EVENTS



PERIOD ADDA

Period Adda is a holistic menstrual literacy program which capacitates and empowers adolescents, communities and organizations to champion menstrual health education through a holistic approach. We design our sessions in a way where we can provide maximum education, support material, training and information to each person to catalyse a behavioural, practice and attitudinal change in a cost effective and transparent manner. Our program aims to:

- Raise awareness and build capacity among adolescents across genders.
- To help increase the adolescent's decision making power and exercise agency.
- Mobilise and empower young people through education about their own bodies.
- Engage stakeholders like parents, teachers, civil body organisations, medical professionals to create a menstruation friendly environment.

We tailor program design, train facilitators, deliver programs, develop resources, conduct research, and offer a learning program for changemakers.

WHY



In India, a staggering Dasra study revealed nearly 20 million women and girls grapple with a lack of fundamental knowledge about menstruation and related healthcare. This translates to a shocking statistic: 75% of adolescent girls suffer from infections and health issues due to inadequate menstrual hygiene. This lack of awareness, coupled with limited access to menstrual products and services, significantly hinders their reproductive health and overall development.

Period Adda offers a comprehensive menstrual education program that educates menstruators about their bodies, physiology, nutrition and hygiene. The program empowers them to make informed decisions about menstrual health management and breaks the stigma surrounding menstruation by fostering open and honest conversations.

This access to unbiased information is transformative. It empowers individuals, fosters personal growth, and works to dismantle the gender disparity that exists around menstrual health. Period Adda is working towards a future where every menstruator can experience their period with dignity, knowledge and good health.





1,500+

Individuals directly impacted through our Period Adda Program in 2023-2024



6,687+

Individuals directly through this in the last four years



MY BODY MY RIGHTS

Rangen Khidki's flagship program, My Body My Rights, is an impartial and scientifically grounded curriculum-based Comprehensive Gender and Sexuality Education Program. It features a thorough training curriculum enriched with engaging activities and moments for introspection, facilitating individuals in unlearning, learning, and relearning crucial concepts regarding gender and sexuality. Developed based on the seven essential components standardized by the International Planned Parenthood Federation, our 16-hour module comprehensively addresses vital aspects of gender and sexuality education. Aligned with UNICEF's advocacy for Gender Transformative Education, our intervention fosters inclusivity, diversity, respect, and ease of comprehension. Recognizing Comprehensive Gender and Sexuality Education as a vital life skill empowers young people to safeguard their well-being and security, thereby enhancing their educational, health, and economic prospects.



WHY

Children and young people often receive conflicting information or even misinformation regarding their sexual and reproductive health and rights. Children learn a lot of things in school, which may or may not always be applicable in real life in its most raw manner but it is important for them to know these to build a stronger aptitude and strong base. On the other hand, Gender and Sexuality education, delivered in a scientific manner, which introduces concepts such as gender, consent, sexual health and rights among others, finds application every minute of our lives.



In our interactions with children and adolescents, we have seen that they at times experience distress, abuse, violence, or curiosity about their own bodies but are unable to find the appropriate vocabulary or language to navigate the same. Similarly, we have also come across parents and educators who want to create a more equitable space in their homes or schools for their children but cannot find enough support on how to do it.

Our aim is to break down barriers of stigma and taboo surrounding sexuality, providing inclusive education through programs like My Body My Rights. This program provides unbiased, scientific curriculum equips individuals with the knowledge, skills, and attitudes needed for respectful relationships, informed decision-making, and the protection of rights throughout their lives.

1,050+

Individuals directly impacted through this program in 2023-24



2,000+

Individuals directly impacted through this program in the last four years.



PROJECT TAMANNA

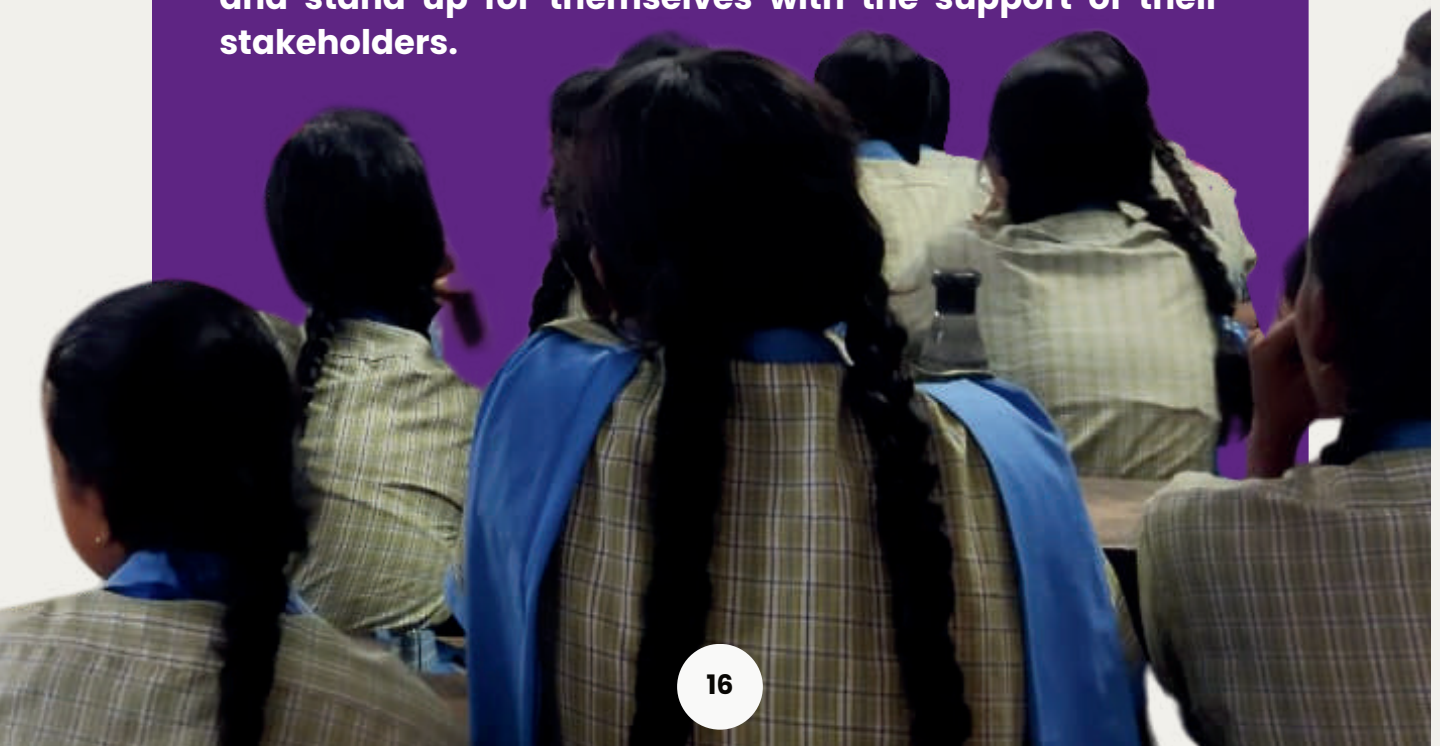
Project Tamanna is a knowledge building program for adolescents in government schools in and around Kolkata. This program aims to work with adolescents in school and classroom set up to initiate conversations around safety, child rights, digital safety, sexual and reproductive health, menstrual health literacy.

We believe that adolescents and youth are supremely capable of leading change from within their communities if given the right mentorship. With the agenda of fostering leadership in young adolescent girls, we also create groups of peer leaders who have been taking forward their learning from our knowledge building programs into their communities. Project Tamanna is creating a safer and more informed environment for children, as evidenced by the tangible qualitative and quantitative impact it is having on their lives.



WHY

We believe that education has massive transformational power. Yet, the potential of education systems to achieve gender equality and equity in fulfilling its promise to all children has not been fully harnessed. In 2021 UNICEF along with a few more partners put out a call for looking into on Gender Transformative Education highlights the pressing need to incorporate components of body literacy, body safety, gender equality, prevention of early marriages/pregnancies and create safer spaces for adolescents where they can grow to their truest potential. The onset of puberty followed by menarche among girls and lack of proper education about puberty and other physiological changes, often puts adolescent girls in a vulnerable position. Limited understanding of consent and bodily autonomy among young people puts them at a greater risk of early marriages, teenage pregnancies, experiencing sexual abuse and violence. Through our intervention under this initiative we are empowering adolescent girls to make informed choices and stand up for themselves with the support of their stakeholders.





GENDER, LEADERSHIP AND MASCULINITY

According to a Thomson Reuters Foundation article from 2014, six out of ten Indian men admit to perpetrating violence against their wives or partners. Men who faced discrimination as children or experienced financial stress are more likely to exhibit abusive behavior. Research sheds light on the root causes of violence against women, highlighting how societal gender norms and a preference for male children contribute to discriminatory behavior. To address these issues, we have developed and are currently piloting the Gender, Leadership & Masculinity Program.

This immersive program aims to educate adolescent boys on gender equality, human rights, gender-based violence, and emotion management, fostering behavior change for holistic development. Sensitizing adolescent boys to these issues is crucial not only for their potential as leaders in a progressive society but also for the overall well-being of all genders.





PROJECT PRIYO

Project Priyo is a initiative by Rangeen Khidki Foundation aimed at celebrating, illustrating, and amplifying the stories that are sitting at the intersection of caste, religion, or marginalisation and queerness. Rooted in the belief that storytelling is a powerful tool for social change, Project Priyo seeks to center the trials, triumphs, griefs, and joys of queer-trans* people, offering a platform where their voices are not just heard but honored.

At the heart of Project Priyo is a commitment to leveraging technology with a queer-feminist approach. Building on the momentum of fem-tech movements, we envision using technology as a vehicle for dismantling years of structural inequality and amplifying the narratives of those often marginalized in mainstream discourse.

Expanding upon the initial phase of Project Priyo, our threefold aim includes documenting and disseminating untold stories, sensitizing young people aged 15 to 21 through comprehensive programs, and empowering communities with resources for digital storytelling and gender and sexuality sensitization. Through collaboration, we strive to reach diverse audiences, break barriers, and foster inclusivity. By catalyzing meaningful change and advocating for LGBTQI+ individuals, we envision a future where every voice is heard, every story is valued, and every love is celebrated.

RANGSAGA 2023

Rangsaga is Rangeen Khidki Foundation's annual event with the aim of creating an effective space for dialogue, advocacy, and action. Through thought-provoking conversations and strong campaigning, attendees reaffirmed their commitment to furthering gender equality and teenage SRHR. The event brought together a broad group of notable speakers, activists, and stakeholders who shared a commitment to making the world a safer and more inclusive place for everyone. Body neutrality was a prominent subject that ran throughout Rangsaga 2023. Speakers strongly called for a change away from traditional beauty standards and toward embracing body diversity and cultivating a culture of self-acceptance and respect. Speakers underlined that addressing gender gaps and providing young people with comprehensive education and resources are critical to their overall well-being. By prioritizing youth needs and voices in SRHR projects, we may develop more successful and inclusive programs that reflect their lived experiences. Attendees emphasized the importance of continued advocacy and involvement to break down institutional barriers and promote gender equality and SRHR for all. We can achieve substantial change and create a more equitable and inclusive future by amplifying the voices of young people and collaborating across sectors.







ROUNDTABLE CONSULTATION ON ADOLESCENT AND YOUTH CENTRIC SRKR

On the 21st of March 2024, Rangeen Khidki Foundation with the support of SVP India-Kolkata chapter, organized an intimate closed door roundtable consultation with different stakeholders working in the health and education space to discuss and talk about Adolescents and Youth Centric Sexual and Reproductive Health and Rights (AYSRHR) in the existing education system.

The stakeholder meet was moderated by AYSRH expert and State Level Rashtriya Kishore Swasthya Karyakram (RKSK) Trainer, Dr. Mousumi Datta. The consultation was enriched with participation from RKSK Counselors, ASHA workers, School Heads as well as Community-based Organizations (CBOs) working in the health and education system.

The discussions were focused on government programs like RKSK and Ayushman Bharat, advocating for the integration of health and education interventions in schools to ensure comprehensive AYSRHR access. CBOs shared experiences and best practices in adolescent/youth-based work. A common recommendation was to foster collaborations among stakeholders and grassroots organizations in the AYSRHR space for adolescents and youth.





LET'S TALK SRHR CAMPAIGN

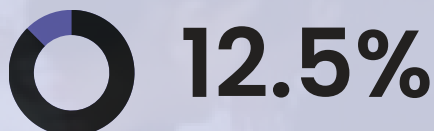
Sexual and reproductive health and rights are fundamental human rights, and young people must have access to accurate information and resources to make informed decisions about their health and well-being. Unfortunately, many young people lack access to comprehensive SRHR education, despite some educational institutes claiming to provide 'sex-ed'. What we have learned in the course of our work is that young people often do not have adequate and appropriate information which enables them to make an informed choice. Sex-ed in many educational set ups are often abstinence focused which is often limiting and takes away agency from the young person.

Our team had the opportunity to interview young individuals across various universities and colleges in Kolkata on SRHR through this campaign. The questions were aimed to understand what young people understand about SRHR, how they navigate conversations about this with parents, how they access information and what they think are myths.

Here is what we concluded from our interactions with the young people we interviewed :



Responded that "Women with PCOS cannot get pregnant & losing weight can 'cure' PCOS" is a myth



Believed having Unprotected Intercourse during period is safe and will not lead to pregnancy



Said Infertility is not a women's only issue



Believed that Abortions are dangerous and can lead to infertility



Thought the Withdrawal method prevents pregnancy



Expressed that there are no treatments for STIS



CONFERENCES AND ACHIEVEMENTS

RANGEEN KHIDKI AT THE ABORTION AND REPRODUCTIVE JUSTICE CONFERENCE



Welcome!

To

The Abortion And Reproductive
Justice Conference IV

16th - 18th February 2024
Bangkok, Thailand

In Association With



ARSA

ASSOCIATION FOR SEXUAL AND REPRODUCTIVE JUSTICE



The Abortion & Reproductive Justice: The Unfinished Revolution IV conference held in Bangkok was a transformative experience for our team. We were deeply privileged to immerse ourselves in the rich discussions and collaborations that unfolded during the event.

This gathering was a testament to the power of intersectional solidarity. We joined forces with scholars and activists from around the world, coming together to confront the multifaceted challenges surrounding sexual and reproductive justice. From sharing valuable insights to strategizing for tangible change, every moment spent at the conference reaffirmed our commitment to advancing sexual and reproductive justice for all.

The focus on abortion rights and reproductive justice shaped the conversations and engagements throughout the event. It provided an invaluable opportunity for us to deepen our understanding of these critical issues, connect with like-minded individuals, and amplify our collective voices in this vital movement. The conference served as a catalyst for fostering meaningful dialogue, sparking new ideas, and driving impactful action towards achieving a more equitable and just society for everyone.





RANGEEN KHIDKI AT APFSD YOUTH FORUM

The **APFSD Youth Forum 2024** in Bangkok, Thailand, co-convened by Arrow, Y-Peer, UNESCAP, Youth Lead, and other influential organizations, brought together 450 young leaders from 36 countries. Among them were 20 youth innovators and 75 young changemakers from across the Asia Pacific region, all united in reinforcing the 2030 Agenda for Sustainable Development.

It was an honor to be invited by Arrow, allowing us to showcase our youth-led innovation efforts aimed at building a sustainable and inclusive future. We were privileged to discuss our work on comprehensive sexuality education and our program "My Body, My Rights," highlighting the importance of empowering youth to make informed decisions about their bodies and rights. The forum provided a platform for collaboration, learning, and amplifying our collective impact towards achieving the Sustainable Development Goals.

RANGEEN KHIDKI WINNING THE LAADLI AWARD

Receiving the **Laadli Media and Advertising Award for Gender Sensitivity** for our documentary, Project Period Adda, is an immense honor for our team. It represents a recognition of our dedication to shedding light on important issues and promoting gender sensitivity through media.

Our documentary captures the inspiring journey of 14 resilient adolescent girls from Goalbati village as part of the Rangeen Khidki Foundation's Period Adda program. Over the course of two years, this program has empowered these young changemakers, leading to transformative shifts in their perceptions of menstruation and within their communities. The documentary serves as a tool for advocacy, education, and awareness, amplifying the voices of those often marginalized in discussions about reproductive health and gender equality.

This award is a testament to the hard work and dedication of our team, as well as the unwavering support of everyone who has contributed to our project along the way. It inspires us to continue our efforts in creating impactful media that promotes gender sensitivity and social change.





RANGEEN KHIDKI RECEIVING THE SPECIAL JURY AWARD AT THE 2ND CSR CONCLAVE AND SOCIAL LEADERSHIP AWARDS HOSTED BY BCC&I.

This prestigious recognition is a testament to our relentless dedication to promoting sexual and reproductive health-based education among adolescents and youth.

We are deeply grateful to BCC&I for acknowledging our efforts in this crucial area of public health and social empowerment. This award not only validates our work but also serves as a source of humility and inspiration for us to continue striving for excellence.

This award is not just a recognition of our past achievements but also a catalyst for future endeavors. We remain committed to advancing our cause and making a meaningful impact in the lives of young people across communities. Together, we will continue to drive positive change and create a brighter, healthier future for all.



OUR MENTORS



Dr. Saha has been constantly guiding the team in bridging the gap between theory and practice so as to create impactful changes through our work.

Prof. Suhrita Saha

Head of Sociology Department,
Presidency University.

Sudhir dedicates time towards different organizations including Rangeen Khidki Foundation where he mentors us on a range of components like leadership, sustainability and others.



Sudhir Shenoy

Senior Vice President and
Executive Management Leader



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 programmes supporting our programs and also mentoring us in organisational development and resource management.

Luis Miranda

Chairman, Centre for Civil Society and CORO



Dr. Fiona 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



Nagma is supporting Rangeen Khidki in strategic leadership and relationship building.

Nagma Mullah

CEO, EdelGive Foundation



Souvik's role is to support the team and mentor them with regards to policy engagement, and designing interventions which are policy informed and driven by evidence.

Dr. Souvik Pyne

Program Manager - India
Restless Development

CURRENT PARTNERS



NETWORKS WE ARE A PART OF



OUR PAST PARTNERS



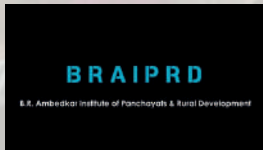
TEACHFORINDIA



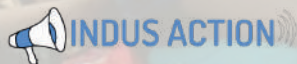
eco femme



social नीति



Mukul Madhav Foundation



CHOICE FOR YOUTH & SEXUALITY



BACKYARD Pop-up

CALCUTTA CACOPHONY



LORD OF DRINKS



The Telegraph online my KOLKATA



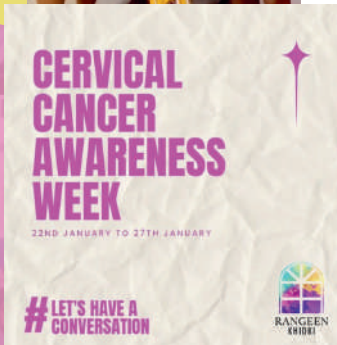
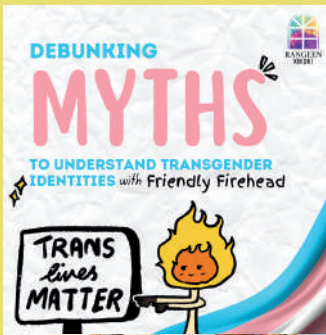
OH BEAT BUNKERS

SOCIAL MEDIA

We have reached

2,45,630+

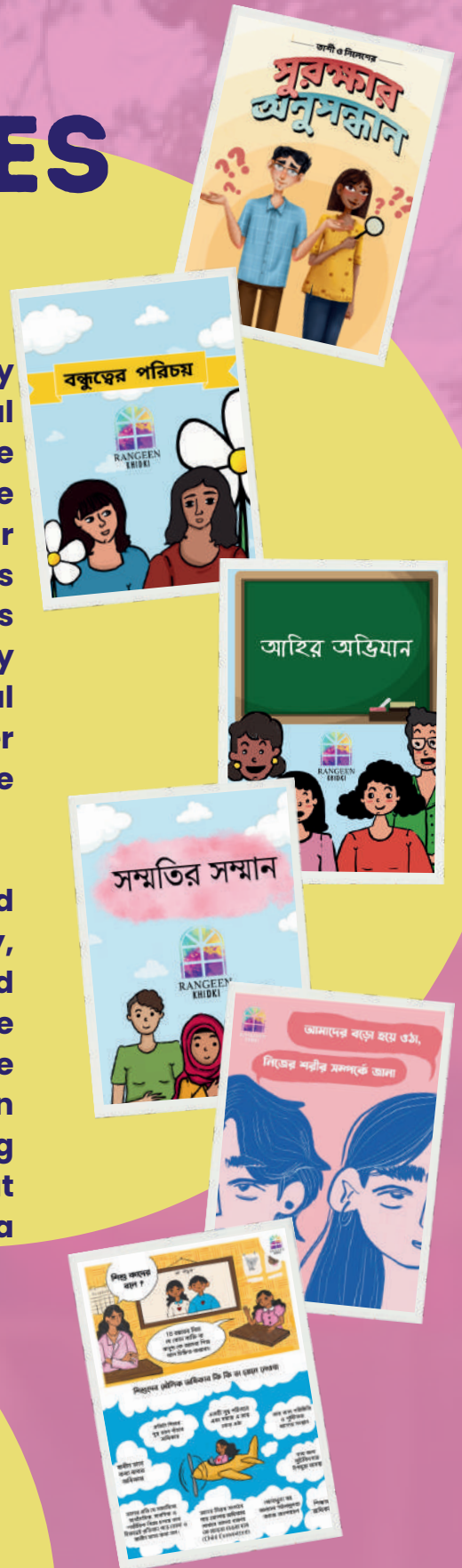
people through our social media handles.



CREATING RESOURCES

At Rangeen Khidki, we firmly believe in the power of local languages to disseminate information and promote awareness within communities. Our commitment to this principle is evident in our creation of resources primarily in local languages. By doing so, we ensure that vital information reaches a wider audience, breaking down language barriers and fostering inclusivity.

Many of our resources are crafted by members of the community, reflecting diverse perspectives and experiences. From comics to mobile filmmaking, we harness the creativity and talent within communities to produce engaging and impactful content that resonates with people on a grassroots level.



TESTIMONIALS

“

I am Nayna I live in a small village called Goalbati and it is here where my journey with Rangeen Khidki began. 3 years ago I came in contact with Rangeen Khidki and became a part of it as a Peer Leader. My time as a peer leader was filled with learnings, and these learnings made me think if I could address the issues and challenges present in our society.

In January 2024, I joined Rangeen Khidki as a Program Coordinator and since then have been able to engage with adolescents and initiate conversations around menstruation, sexual and reproductive health and rights, digital safety and so on.

My work with the organization is helping me hone my skills and boost my confidence. I believe this work has the potential to bring change in the society and work towards a better future for all.

Nayna
Field Coordinator
Rangeen Khidki Foundation



“

I am Ankita Naskar. I am a Period Leader from Rang-Tuli group and have been associated with Rangeen Khidki Foundation for about 2 years now. I have learnt a lot of things in these two years ranging from menstruation, consent, digital safety to mobile film making and so much more. I have been able to take my learnings to other spaces and share the same. Once I conducted a menstrual health session in my school which was much appreciated by my peers and the teachers. I want to continue learning and spread the knowledge I have acquire.

Ankita Naskar
Period Leader
Rangeen Khidki Foundation



My journey with Rangeen Khidki Foundation began in 2021 as a curious intern stepping into a space they aligned with and wanted to learn more about. It has been three years of immense growth, invaluable experiences, uncountable moments of learning and unlearning with a lot of support from the organization.

To me, this space has not just been about work but also a space of peace, comfort, and an aligned vision. It became a space for exploration, allowing me to discover myself through its objectives, goals, and journey, ultimately leading me to initiate and lead teams on my passion projects. I'm thankful to the entire team of RKF for creating such spaces and I strongly believe in the future we are building together.

Shoi
Program Weaver
Rangeen Khidki Foundation



Sanjina
Founder and Executive Director



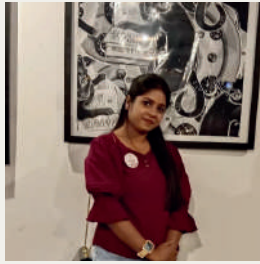
Krubhakar
Director - Accounts and Compliance



Adrika
Director - Strategy and Partnerships



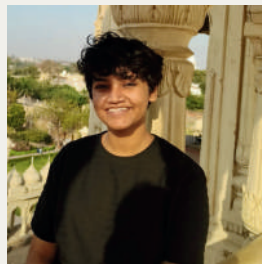
Sanchali
Program Coordinator



Nayna
Field Coordinator



Sumana
Community Mobiliser



Shoi
Program Weaver



Pixie
Social Media Manager

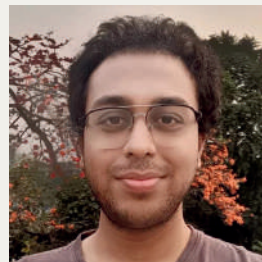


Amritha
Social Media Management Volunteer

**OUR
TEAM**



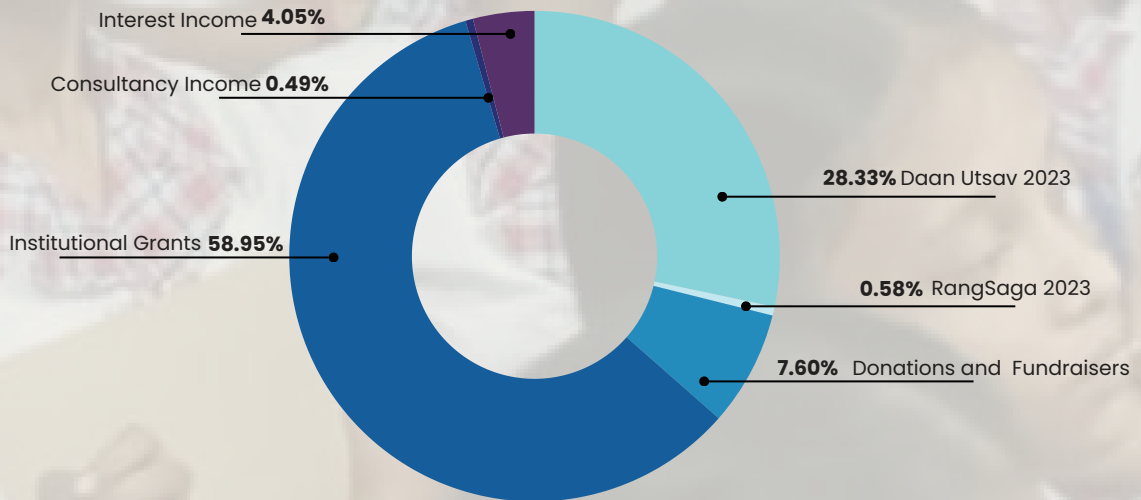
Angana
Program Associate



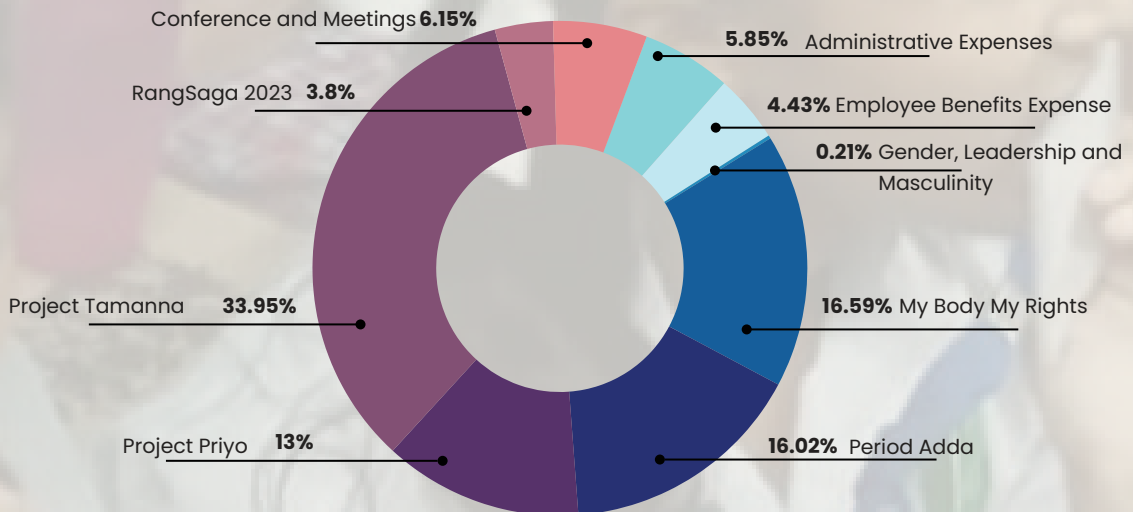
Ishan
IT Administrator

FINANCIALS

TOTAL INCOME

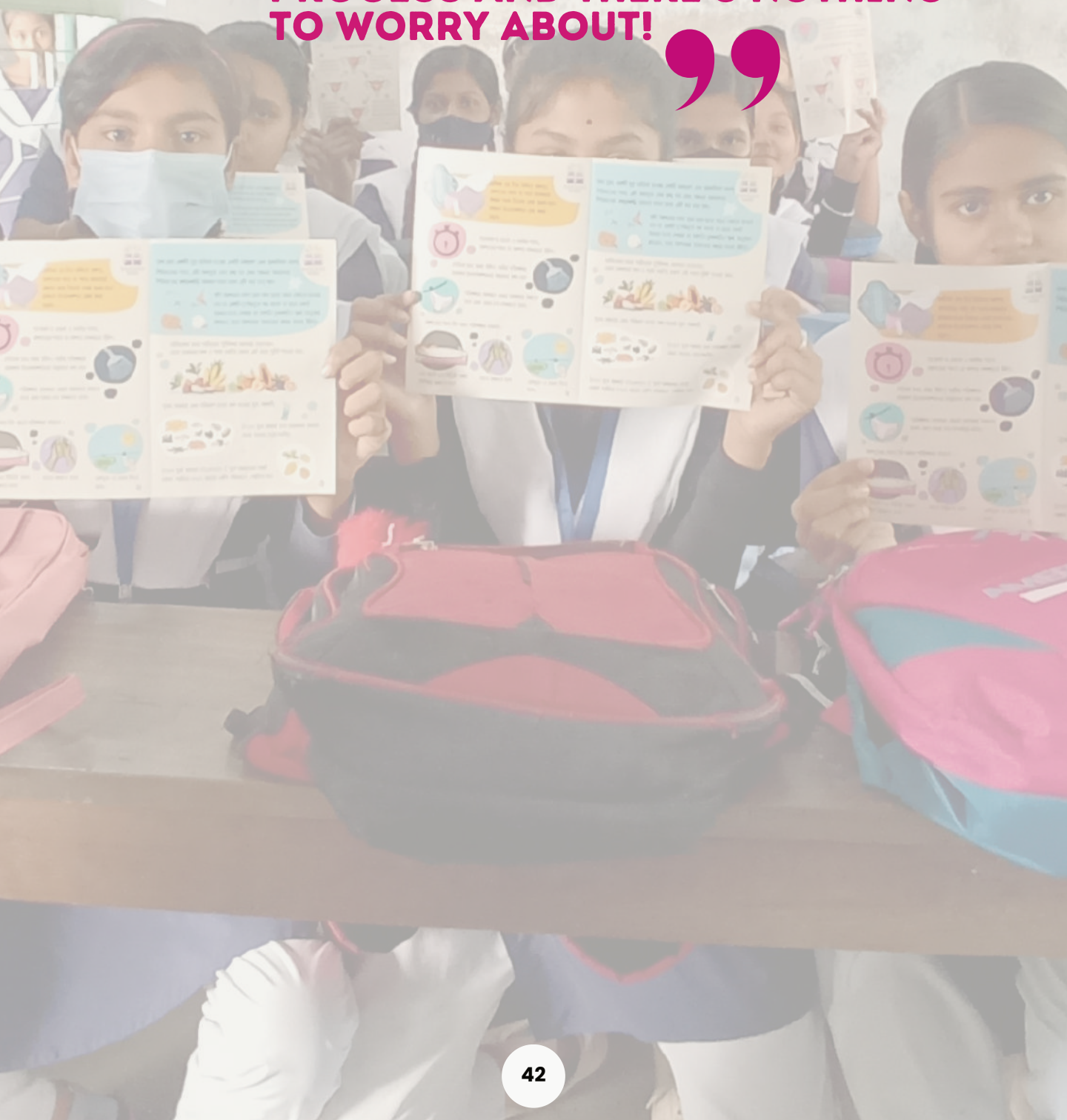


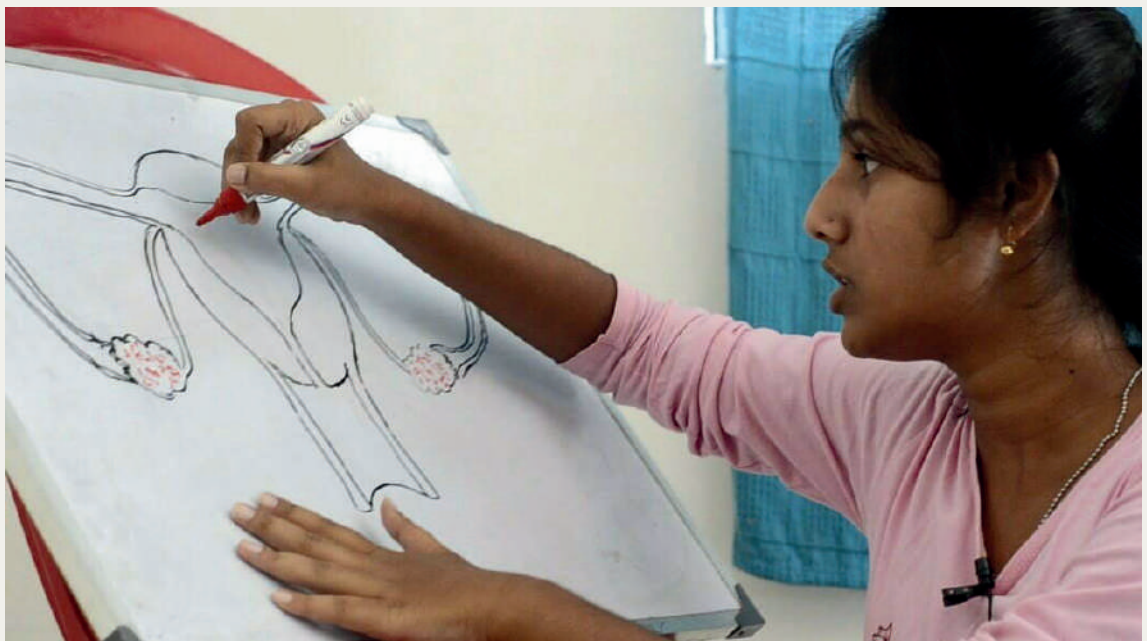
TOTAL EXPENDITURE

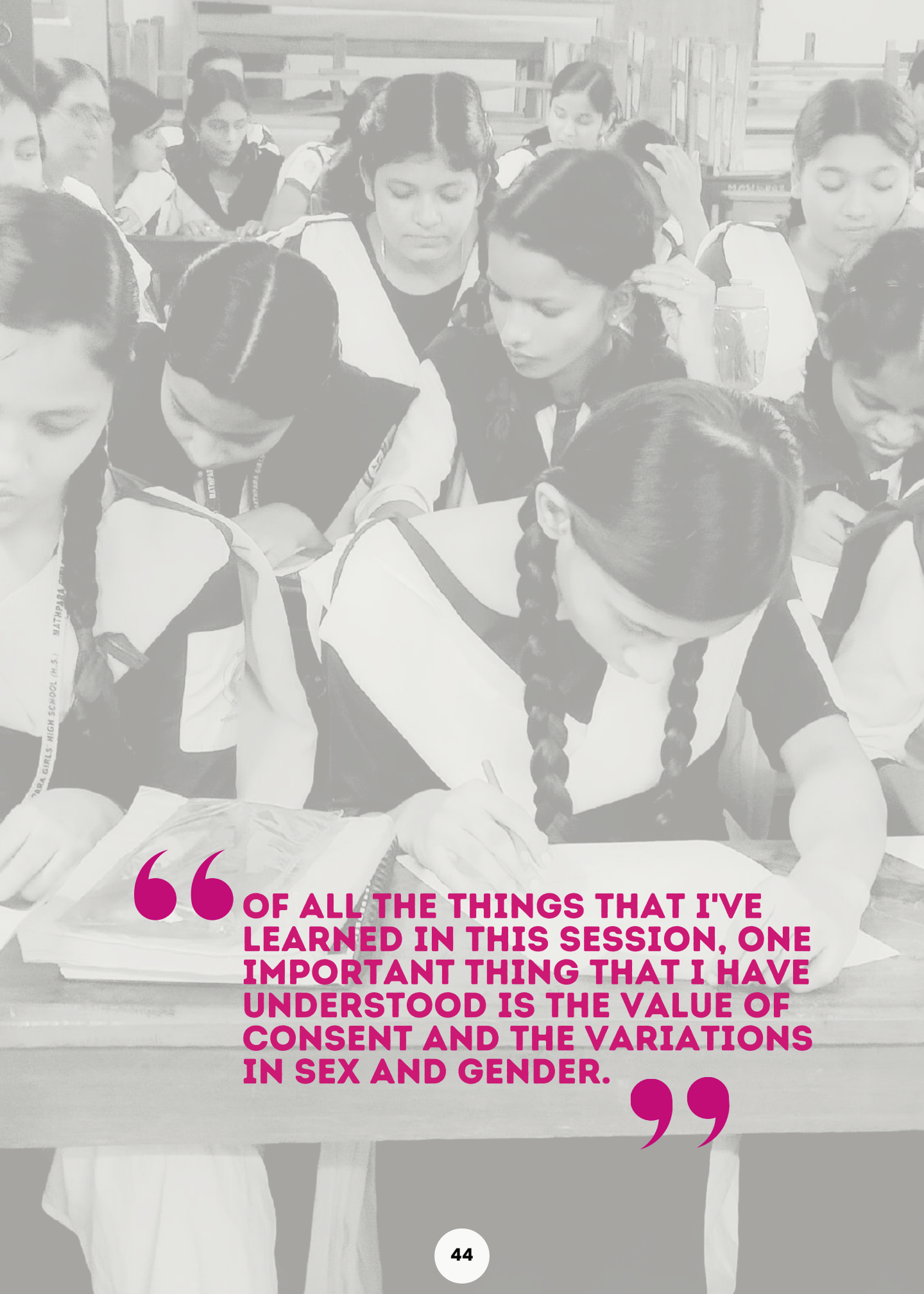




“ IT'S GREAT TO LEARN THAT WE CAN GO ABOUT OUR DAILY ROUTINE, CAN DO YOGA AND OTHER PHYSICAL ACTIVITIES DURING PERIODS. IT'S A NATURAL PROCESS AND THERE'S NOTHING TO WORRY ABOUT! ”







“

**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.**

”



RANGEEN KHIDKI

