

SAKRIYA UT



ONE MISSION | ONE TIME | ONE DAY | ALL UT's

THE MOST IGNORED PANDEMIC IS MENSTRUAL HYGIENE MANAGEMENT (MHM)

Before the onset of COVID-19, the actual pandemic was MHM. India alone has around 355 million girls and women menstruating currently. Half the population do not know why menses happens? where it happens? still school absenteeism and dropouts are common due to menstruation, the strong reason given is.. lack of toilet facilities/pink rooms. In this chaos what about MHM practices? NIL that's coz of lack of awareness, still its not spoken publicly, still it's a stigma and too many taboos and myths around it. It's not only in rural, Urban crowd too ignore MHM practices. Only 18% of the urban population are practising MHM.



Founder's View

Hello all,
My decade long stint as an airhostess with some of the finest international airlines ,gave me an insight into some of life's invaluable experiences and personality development. This encouraged me to start my own NGO sakriyabyanitha, a platform from which I could share my learnings. The objective is to create an awareness in essential areas of wellness, grooming and hygiene. Over the last few years I have worked closely with rural /urban women and children and my work is acknowledged by the Karnataka police and the central prison too. Completely mindful of the current scenario uppermost, I thought a session on creating more awareness about general hygiene as part of diversity program, session will involve predominantly women and lasts for an hour. Topical transfer of knowledge on: .Menstrual hygiene management and related diseases .awareness on cervical and breast cancer and prevention .other contagious diseases



One Day

What is UT?

After immeasurable success of our first initiative
SAKRIYA PERIOD PAAT ABHIYAAN Kargil to Kanyakumari K2K
A Unique Initiative by Sakriya Charitable Trust
A Virtual Online Menstrual Hygiene Management(MHM) Video
Session for all the girls/women across the country which went on
the floor on December 6 th 2020 at 11am across the country, now we
are extending our initiative at all UNION TERRITORIES

How it Happened?

With able guidance and prompt effort by all the CREW and NGOs this
was successful. Sakriya crew started talking to NGOs and organisations from
all the UNION TERRITORIES. Regular online meeting.s and briefings were
conducted before the big day.

Finally the initiative was very successful and much appreciated by all
the UNION TERRITORIES on 23 rd January at 2pm exactly.

All UTs

One Time

Why it happened?

Thanks to COVID-19 it has given enough time and ideas to people SAKRIYA PERIOD PAAT ABHIYAAN UT is also one of such ideas.

The most suffered group during lockdown were Migrants and Daily Wage workers. When there was scarcity for basic amenities, how can one expect MHM practices. As a result women are using anything available as blood absorbent Because it's a luxury to buy pads for them now.

Changing pads at regular intervals, discarding them is also a task Women using cloth/reusable pads for them cleaning/drying practices are hard shelter homes/camps and quarantine places do not have proper WASH facilities.

Hundreds of NGOs and organisations who are working on creating awareness on MHM door to door has come to halt. This is when Sakriya Period Paat Abhiyaan happened creating awareness using technology Pre recorded v ideo will be paid , it is made in 3 languages (Kannada,Hindi, English) with local language sub titles with images for people who cant read. This also caters to women/girls with speaking and hearing difficulties (sign language)

We have made an attempt to spread awareness in all possible ways Pls do share this information so that it reaches every rural/urban women, Tribes , Hilly areas every where Let's all together try to break the TABOO the MYTH and the STIGMA surrounding Menstruation

Jammu- Awaaz-e-Gujjar

سکریا یوٹ
by Anitha



Shazia Chowdhary
Jammu

Associate Editor, Gojri Paper



Awaaz -E- Gujjar



دیہی اور قبائلی لڑکیوں و خواتین میں جنسی تحفظان صحت پر آگاہی اور ضروری: شازیہ چودھری

ادارہ روداد قوم / ادارہ گجرات سکریا یوٹ منگلو روڈ کے اشتراک سے کیا گیا ایک بیواری پروگرام منصفہ



مشفق خالد چودھری

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راہجری اور جہاں ایک طرف اس وقت ہر شخص اپنی صحت کو لے کر گھوم رہا ہے، دوسری طرف سماج میں ایسے لوگ بھی موجود ہیں جو اپنے سے زیادہ دوسروں کی صحت کی فکر کرتے ہیں۔ ایسے ہی ایک قدم کے تحت ادارہ گجراتی اخبار روداد قوم اور منجملہ ماہرین سب کے ساتھ ادارہ گجراتی سکریا یوٹ منگلو روڈ کا ٹک کے اشتراک سے ایک بیواری پروگرام گورنمنٹ ہائی اسکول ساڈنی راہجری جہوں کے تنظیمی ذمہ اہتمام میں منصفہ کیا گیا جس میں دیہی اور قبائلی لڑکیوں و خواتین کی سوالات کے جوابات تھے۔ ان پروگرام کو منصفہ کرنے میں ہمارے ساتھ اشتراک کیا تھا سکریا یوٹ منگلو روڈ کا ٹک نے۔ جو ایک فیبرسائی سماجی آرگنائزیشن ہے اور کئی عرصے سے ملک کی تمام مرکزی زیر انتظام علاقوں میں یہ ایک وقت پر پروگرام منصفہ کر رہی ہے۔ واضح رہے کہ اس این جی او کی سربراہ انتھارا رائے پٹیل سے ایک ایئر ہوٹس ہیں اور دیہی و قبائلی لڑکیوں و خواتین کو درپیش کی مسائل کو لے کر منصفہ ہیں۔ مورخہ 23 جنوری 2021 کو تمام مرکزی زیر انتظام علاقوں کے ساتھ ساتھ جموں کشمیر میں بھی ایسی ہی ایک وقت دن میں دو بجے یہ پروگرام منصفہ ہوا اس پروگرام میں آن لائن منصفہ انتھارا رائے آگے ہی فراہم کی۔ اور آئندہ ان پروگراموں کا دائرہ وسیع بھی کیا جائے گا۔

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Awareness program organized by Rudad-e-Qaum/Awaaz-e-Gujjar in association with Sakria Charitable Trust Bangalore

MUSHTAQ KHALID CHAUDHRY RAJOURI JAN 23:
While on the one hand everyone is worried about their health at the moment, on the other hand there are many people in the society who are more concerned about the health of others than themselves. In a similar move, Gojri Newspaper Rudad-e-Qaum and Popular Facebook Page Awaaz-e-Gujjar in association with Sakriya Charitable Trust Bangalore, Karnataka organized an awareness program at Government High School Sauni Rajouri Jammu and Kashmir Centrally organized under the auspices of rural and tribal girls. The women and girls were apprised of the issues facing them regarding "menstrual hygiene". The program provided answers to many questions that arose in the minds of girls and women. The event was organized by Sakriya Charitable Trust Bangalore, Karnataka, a non-political social organization which has been conducting the event simultaneously in all the Centrally Administered Territories of the country for a long time. Anita Rao P., head of the GO She is an air hostess and is serious about many of the issues facing rural and tribal girls and women. On 23 January 2021, for the first time in all the Union Territories as well as in Jammu and Kashmir, the program was held simultaneously at 2 p.m. In this program, Anitha Rao provided information online. And the scope of these programs will be expanded in the future.



the program for rural and tribal women in Jammu and Kashmir, said this while talking to the media. The aim of the program was to raise awareness among rural and tribal girls and women about the issues and precautions related to "menstrual hygiene".

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Kashmir

संक्रान्त
by Anitha



CHOUHDARY SHAZIA KOSER

Convener International Gujjar Mahasabha Kashmir and
SOCIAL AND CULTURAL ACTIVISTS, journalist
(working for the empowerment of women)



Leh Ladakh— Bhartiya Janata Mahila Morcha



Mrs Rinchen Lhamo
Leh Ladakh

State President
Bhartiya Janata Mahila Morcha, Ladakh



Bhartiya Janata Mahila Morcha
Leh Ladakh



Chandigarh - Sankalp NGO



Mr. Aditya Nagrath

General Secretary, Sankalp NGO
Chandigarh



Sankalp NGO
Chandigarh



Daman Diu - Vedchi Pradesh Seva Samiti VPSS



Premila Vasava
Daman Diu

Target Intervention,
Project manager, Adivasi Community, Daman



Vedchi Pradesh Seva Samiti VPSS
Daman Diu



Dadra Nagar Haveli

सरणीयुव
by Anitha



Sapna Tokiya
Dara Nagar Haveli

Aadivasi Ekta Parishad
Women's Wing National Coordinator Silvassa



Dadra Nagar Haveli

संक्रान्त
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Ajay Patel
Dadra Nagara Haveli

National Legal Secretary
Human Rights Mission



Puducherry - SOS Children's village



Ms. Midhu Mary Das

Senior Co-Worker, SOS Children Home, Puducherry



Andaman and Nicobar— Love children's Home



T Helen Sheeba Rani

Managing Trustee of Love Children's home



Love children's Home
Andaman & Nicobar

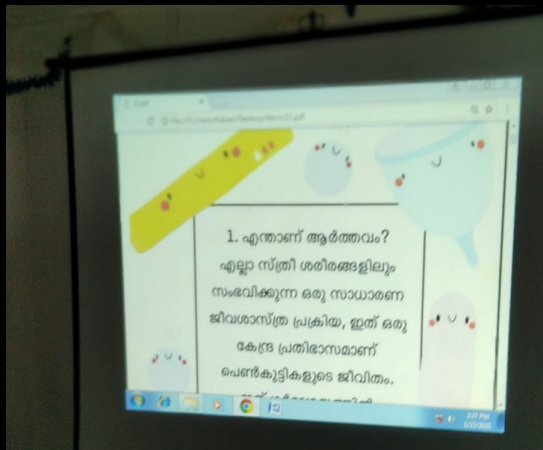


Lakshadweep



Dr Mohammed Sadique

Chairman Dr. Koya Memorial Charitable And Educational Trust



सक्रियपुत्र
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