

Aan Charitable Trust

ANNUAL REPORT

2022 - 2023





MESSAGE FROM THE TEAM

As we reflect on the past year, we are filled with immense gratitude for the unwavering support and commitment from our community, partners, and stakeholders. The journey through 2022 and 2023 has been a transformative one for Aan Charitable Trust, as we continue to deepen our impact and broaden our reach across various thematic areas.

Our mission to empower communities through education, awareness, and sustainable development has seen significant milestones. From expanding our Good Touch Bad Touch programs to new geographies to launching innovative initiatives in Menstrual Hygiene and Skill development, our efforts have touched the lives of thousands of individuals.

We have forged new alliances, strengthened our existing partnerships, and adapted our strategies to meet the evolving needs of the communities we serve.

This report is a testament to the collective efforts of our dedicated team, volunteers, and supporters who have worked tirelessly to bring about meaningful change. It encapsulates our achievements, the challenges we have faced, and the lessons we have learned along the way.

As we look ahead, we are inspired to continue our work with renewed vigor, knowing that the road ahead is paved with opportunities to make a lasting difference. We remain committed to our vision of a more inclusive, equitable, and empowered society.

Thank you for being a part of this journey. Together, we will continue to build a brighter future for all.

*With warm regards,
The Aan Charitable Trust Team*

PROGRAMS AND COLLABORATIONS

January 2022

Empowering the Greater 50%- *'Break the Taboo'*

Aan Charitable Trust under the **FICCI** initiative Empowering the Greater 50% partner with FLO organised an awareness drive to debunk the myths associated with menstruation - **'Break the Taboo'** with the rural women of self help groups of kashipur, US Nagar District area.

Over 40 women of different SHG's attended the session and dignity kits containing women hygiene products were distributed to all participants.

This session focused on raising awareness about health and hygiene during menstruation, seeking environment friendly options like cloth and biodegradable napkins. Aan coordinators also spoke about symptoms and causes of anaemia and importance of iron rich balanced diet for adolescent girls and women. They were also counseled and encouraged to speak openly about the existing stereotypes and taboos associated with menstruation



January 2022

Safe and Unsafe Touch Awareness Workshop

Aan GTBT coordinator Khushi Agarwal and Shahzeen Javed successfully organized an awareness drive on Safe and unsafe touch in collaboration with Rising foundation, kashipur to commemorate the Republic Day.

Aan volunteers and team members Khushi Aggarwal, Arshad, Prachi and Aaditya interacted with young children and sensitized them to be proactive and alert about their own safety.

It was a heartwarming session as children shared their experiences without any hesitation and determined to take all necessary steps to make our society safe for children.



February 2022

'Break the Taboo' Prioritising Menstrual hygiene in Uttarakhand, an initiative by FICCI Empowering the Greater 50%.

Aan MHM coordinator Khushi Agarwal and Gauranshi Rastogi organized a successful awareness workshop with women of marginalized communities in Gaddha colony, Kashipur in collaboration with Ashita Aggarwal, @parivartanthengo

During the feedback session a participant disclosed that she didn't know the importance of drying her undergarments in sunlight. It was shocking to hear that women are ignorant and dry their inner

wear in dingy rooms or inside bathrooms, trying to hide them from family members and prying eyes

of neighbors.

In today's session we discussed a simple fact that how sun rays disinfect and kill harmful germs which can grow in moist and humid places. Fungal infections and other reproductive diseases can be prevented by taking small precautions.. unfortunately lack of awareness of basic hygiene practices leads to spread of persistent urinary tract infections.

At Aan, our MHM programs are evolving and incorporating new topics of discussion in every session.

Last but not the least we express gratitude to our supporters 'Kakkad Medicos' Sakshi and Amit Kakkad for the iron and folic acid supplements distributed today along with Dignity Kits.



March 2022

KUSPY (किशोरी उच्च शिक्षा प्रोत्साहन योजना) - Awareness on ODL mode of Learning

We successfully conducted another round of counseling session with the awardees of किशोरी उच्च शिक्षा प्रोत्साहन योजना - Zeenat, Priyanka and Shabana, helping them with their online assignments and to prepare them for their upcoming BA exams.

We once again thank our knowledge partner Uttarakhand Open University, Haldwani, study centre Radhehari post graduate degree college Kashipur and Welham Old Boys Society (WOBS) for their continued support & guidance.



April 2024

Menstrual Hygiene Management - Break the Taboo

On Monday 25.04.22, Aan Charitable Trust under the Health and Welfare Committee of FICCI FLO Uttarakhand chapter organized a 'Monthly' program with adolescent girls and girls of class 6-7-8 in collaboration with Principal Smt. Aman Randhawa at Guru Nanak Model School, Bajpur Road. ACT organized 'MHM -Break the Taboo' workshop.

Mrs. Namita Gupta, while conducting the program, gave information about removing the confusion and misconceptions related to menstruation. Khushi Aggarwal told them about Anemia.

A health camp was also organized in the school with the help of Kakkar Medicos and hemoglobin test samples of all the participants were taken.

Mrs. Charanpreet Sahni and Mrs. Bindu Bhalla graced the program and distributed Menstrual hygiene kits to all participants.



**A HEALTH AND WELLNESS INITIATIVE BY
FLO UTTARAKHAND AND AAN CHARITABLE TRUST**

Prioritising Menstrual Hygiene

Break the Taboo
Menstrual Myths Debunked

Creating a supportive environment for all women and girls to be able to manage their periods hygienically, safely, in privacy & with Dignity

Date: 25.04.2022 | Time: 11.30am
Venue: Gurunanak Model School, near Priya Mall, Kashipur

May 2022

Health & Wellness Initiative in Collaboration with FLO Uttarakhand chapter Menstrual Hygiene Management - Break the Taboo

Adolescent girls are more vulnerable to iron deficiency and Anemia due to menstrual blood loss.

This has many adverse consequences like decreased physical work capacity, depressed immune function, decreased athletic and scholastic performance, compromised growth etc.

Aan Charitable Trust in collaboration with FLO Uttarakhand Chapter under its Health and Wellness initiative collected blood samples of 40 girls (classes 6-8) of Gurunanak Model School kashipur, to check their haemoglobin levels.

The results were disheartening as more than 50% girls had Hb levels below normal reference range.

Aan team conducted a counseling session with the girls to create awareness on causes, symptoms and treatment of Anaemia through dietary supplements.

Complimentary Iron and folic acid supplements for 15 days were also distributed to all girls.



May 2022

MHM Awareness week

Menstrual Hygiene Management - Break the Taboo



Given the multiple challenges women and adolescent girls face, it is evident that promoting menstrual hygiene management (MHM) is not only a sanitation matter; it is also an important step towards safeguarding the dignity, bodily integrity and overall life opportunities of women and girls.

Our first program of MHM Awareness week at “Arya Kanya Inter College, Kashipur” was a big success.

Aan team successfully sensitised over 70 girls of Class 8th.

We are grateful to Mr Malik and Pathkind Lab for organising a very successful health camp at the school. Blood samples for all the girls were collected to check their hemoglobin levels.



May 2022

Menstrual Hygiene Management Awareness workshop - Break the Taboo

Aan team conducted a Menstruation Dialogue with 50 adolescent girls of grade 6th and 7th

Aan is working towards demystifying the myths around menstruation and challenges associated with hygiene management, making it a human issue.



This May, we will celebrate this day with hundreds of government school girls and rural women across Udham Singh Nagar district, holding 'Break The Taboo' Awareness sessions, talking about health, lack of nutrition, proper hygiene management, early childbearing and reproductive health.

A health camp was also organised, Blood samples for all the participants were collected to check their haemoglobin levels.

Knowledge Partner: Social work department, Uttarakhand Open University

May 2022

National Social Summit 2022, NSS IIT Roorkee - Embracing Inclusion

It was a pleasure to be a part of the National Social Summit 2022, NSS IIT Roorkee and emerge victorious!

Under the theme of "Embracing Inclusion", NSS Team worked diligently to establish a platform to promote the idea of an inclusive society where people are the priority irrespective of their social strata to which they belong.

NSS team acknowledged Aan Charitable Trust's team members' efforts and presented us with certificates of excellence.



June 2022

Menstrual Hygiene Management Awareness workshop - Break the Taboo Commemorating the International Menstrual Hygiene Day-28th May 2022

Through the empowerment of adolescent girls, an entire nation can be empowered. We need to change deep rooted practices that act as barriers and focus all our efforts on education, health, hygiene and nutrition of this new generation.

Aam team commemorated the International Menstrual Hygiene Day-28th May by conducting MHM awareness camps in collaboration with SBI Youth for india fellows Mr Sohan Tari and Dr Pristika Ramaswami in Bheemtal Block, Nainital.

Over 100 young girls of Raushila Inter college and 50 rural women of Badet village participated in the camp.

Aan Charitable Trust also organised a health camp in collaboration with Mr Vinod Kumar Singh, Village Development Officer Bheemtal. SBI Sanjeevani Mobile Vans collected the blood samples of over 65 girls for haemoglobin checkup.

During the open session, the young girls insisted that, this type of awareness session shouldn't be restricted to women. But it is time that boys and men need to learn about Menstruation too.



June 2022

8 Years of achievements - Zonal meeting WECD Impact on Women and Children

Ministry of Women & Child Development,
Government of India
WECD Dehradun Uttarakhand

WECD Ministry launched 3 new Missions to bring schemes of the ministry intended for a particular target group under one Mission.

*Mission Saksham Anganwadi & Poshan 2.0 to ensure nutritional sufficiency of women and children.

*Mission Shakti to provide comprehensive solutions for women safety, rehabilitation and empowerment. *Mission Vatsalya to ensure comprehensive child welfare and development including child protection.



Hon'ble MoS, MWCD Mrs Smriti Zubin Irani graced the occasion.

The Zonal Meeting was attended by the Hon'ble Members of Parliament and Hon'ble Ministers of Social Welfare/Women and Child Departments of the participating States/UTs. Hon'ble Members of State Legislative Assembly. Principal Secretary/Secretary/Director in-charge of WCD/SW and other Principal Secretary/Secretary/Director in-charge of Schemes.

It was also attended by the heads of Zila Parishad/Panchayat, NCW, SCWs, NCPCR, SCPCR, international agencies like the World Bank and UNICEF and Civil society organisations.

June 2022

KUSPY - किशोरी उच्च शिक्षा प्रोत्साहन योजना 2021-2022

Aam Team successfully conducted another round of counseling sessions with our KUSPY Awardees - Zeenat, Priyanka and Shabana. We helped them submit their 1st term online assignments and reviewed their preparations for upcoming offline exams.

It was heartening for our team to see the girls enthusiasm and excitement to be a part of this initiative. Its our objective to encourage girls to pursue their higher studies through ODL mode and the New Education Policy states, 'higher education provides people with an opportunity to reflect on the critical social, economic, cultural, moral and spiritual issues facing humanity,'

We extend our gratitude to our knowledge partner Uttarakhand Open University, Haldwani. Study Center Radhe Hari Govt. Post.Graduate.College. Kashipur and Welham old boys Society (WOBS) for their continued support to our organization.



June 2022

Celebrating International Yoga Day with our Volunteers

The theme for this year's yoga day was "Yoga for Humanity". The theme portrays how yoga served humanity in alleviating suffering during COVID-19.

It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature.

Aan Charitable Trust team and volunteers celebrated the event in collaboration with the members of Mahila Patanjali, Kashipur. Everyone performed the asanas and breathing exercises under the able guidance of Yoga guru Shri Dayashankar ji. We were indebted to our guest of honour Mrs Kamala Rekhari and all the participants for making this occasion a grand success.



July 2022

Menstrual Hygiene Management Practices (MHMP) Awareness workshop

Menstrual hygiene management practices among adolescent girls: a survey conducted by volunteers of Aan Charitable Trust in RS Dhillon Janta Inter College, Mahadev Nagar and Kisan Inter College, Kundeshwari.

Program Coordinator - Ms Ritika Thakur

Volunteers- Ms Khushi Agarwal & Community Resource person - Ms Vimlesh

Adolescence is a critical period characterized by significant physical, emotional, cognitive, and social changes, including the monthly occurrence of menstruation of adolescent girls. Despite being an inevitable natural event, most societies consider menstruation and menstrual blood as taboos and impure. Such consideration prevents many adolescent girls from proper health

education and information related to menstrual health, which forces them to develop their ways of managing the event. This study attempted to explore the pattern, the urban–rural differences, and the determinants of menstrual hygiene management practices (MHMP) among adolescent girls in the Kashipur Block of Udham Singh Nagar district of Uttarakhand.



July 2022

Menstrual Hygiene Management Awareness workshop and Baseline Survey - Break the Taboo

Menstrual hygiene management practices among adolescent girls:

Baseline Survey conducted by volunteers of Aan Charitable Trust in Government Inter College Pratap pur and GIC Banskhedha.

Program Coordinator - Ms Ritika Thakur

Volunteer- Ms Khushi Agarwal

Adolescence is a critical period characterized by significant physical, emotional, cognitive, and social changes, including the monthly occurrence of menstruation of adolescent girls. Despite being an inevitable natural event, most societies consider menstruation and menstrual blood as taboos and impure. Such consideration prevents many adolescent girls from proper health education and information related to menstrual health, which forces them to develop their ways of managing the event. This study attempted to explore the pattern, the urban–rural differences, and the determinants of menstrual hygiene management practices (MHMP) among adolescent girls in the Kashipur Block of Udham Singh Nagar district of Uttarakhand.

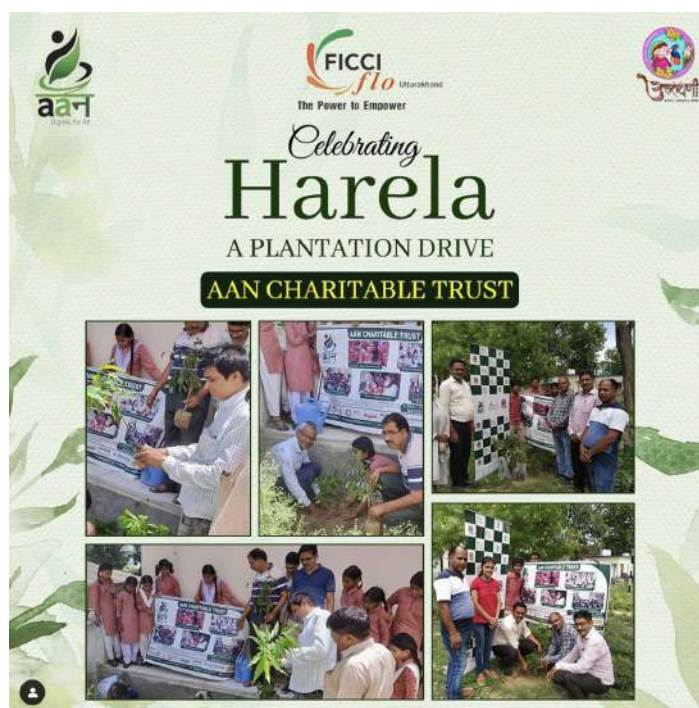


July 2022
Celebrating Harela Festival -
A Plantation Drive

Harela is a very unique folk festival of Uttarakhand, which depicts the interrelationship between humans and the environment.

During the festival, the people of Uttarakhand worship nature in different ways.

The festival also marks the beginning of Sawan from this day, the festival is being celebrated by all in unique and special ways, while the season has already arrived in other parts of the country.



July 2022

किशोरी उच्च शिक्षा प्रोत्साहन योजना 2021-2022 - Counselling Session

Aam Team successfully conducted another round of counselling session with our KUSPY Awardees - Zeenat, Priyanka and Shabana.

The topic of home science project was to use waste materials of home and make a decoration item for the home decoration, And make fun learning material for the primary school students, They made creative Teachers learning material and project files from household waste materials.

It was heartening for our team to see the girls enthusiasm and excitement to be a part of this initiative. Its our objective to encourage girls to pursue their higher studies through ODL mode and the New Education Policy states, 'higher education provides people with an opportunity to reflect on the critical social, economic, cultural, moral and spiritual issues facing humanity,'

We extend our gratitude to our knowledge partner Uttarakhand Open University, Haldwani. Study Center Radhe Hari Govt. Post.Graduate.College. Kashipur and Welham old boys Society (WOBS) for their continued support to our organisation.



August 2022

Good Touch and Bad Touch awareness Workshop Independence Day Celebration

Let there be freedom in your mind and body, faith in your words and pride in your soul. Let us salute our nation.

75th Anniversary of Indian Independence or Azadi Ka Amrit Mahotsav is an ongoing event, in which the 75th Anniversary of the Independence of India is being celebrated.

Aan Charitable Trust team members commemorated the event by conducting a Good Touch and Bad Touch awareness campaign with children of Indira Gandhi primary government school, Kashipur.

More than 50 children participated in the interactive safe and unsafe touch workshop. School staff members and Principal Mrs Babita helped coordinate and organise the event successfully. Aan believes in charity with purpose hence stationary kits were distributed to all the participating children.



August 2022

75 Years of Independent India - Time to 'Break the Taboo & freedom of our girls from 'Period Shame'

Unfortunately more than 50% of adolescent girls are unaware of Menstruation until they get it themselves. The sad fact is that millions of women face significant barriers when it comes to having a comfortable, dignified period is shocking.

Aan Charitable Trust has been conducting several 'No Shame in Menstruation' awareness workshops with government school girls of US Nagar district to explain menstruation and menstrual hygiene.

This Independence Day Aan Team in collaboration with founder of Humanity foundation Mr Neeraj Gera conducted **MHM sessions with over 1000 adolescent boys and girls of Classes 9, 10 and 11th of Pratappur Inter College, R. S Dhillon Inter College and rural communities of Banskhera and Pratappur.**

As part of our initiative to encourage youth to openly discuss periods, debunk myths and raise awareness on its impact on a young girls health and hygiene, Aan team decided to include boys in the sessions and sensitised them on this topic.

The uniqueness of these sessions was that to bring about this change in our society and eliminate the stigma associated with periods, it is important to equally sensitise the boys along with the girls.

We received overwhelming response from these young participants, together they pledged freedom from period shame and bring in the change that our girls everywhere deserve!!



September 2022

Poshan Maah - Nutrition Month

1st -30th September 2022

Correct nutrition gives necessary protection against all infections.

Aan charitable trust is committed to working towards creating a nutritious and healthy community through their MHM and Anaemia awareness campaigns this month.

Aan founder Ms Anushka Gupta and Program coordinator Ms Ritika Thakur successfully conducted menstrual hygiene awareness workshops at Gaushala, pratappur and Banskhera village with over 200 participants on 7th and 10th September respectively.

We deeply appreciate the support of Community resource person Mrs Vimlesh and Ms Princi Sagar helping us in organising these programs.



September 2022

**'Poshan Maah - National Nutrition Mission'
Anaemia Mukht Bharat Campaign'**

Aan Charitable Trust in Collaboration with Department of Social work, Uttarakhand Open University and FICCI Ladies Organization, Uttarakhand Chapter organised a successful workshop under 'Poshan Maah - National Nutrition Mission' at Harinagar, Dhakiya No1 kashipur with over 60 plus women and girls.

Aan Team was privileged to have the District lead of Piramal foundation Mrs Tara Kandpal and Gandhi Fellow Ms Divya Negi grace the occasion as our key knowledge resource person. They shared that how menstrual



health and hygiene is correlated with iron deficiency. They also shared important information regarding 'Anaemia Mukh Bharat Campaign' with all the beneficiaries.

Community Resource person Ms Hema Gautam and Vimlesh ji alongwith Anganwadi worker Ms Asha helped us to mobilise the women of this community.



September 2022

'No Shame in Menstruation workshop' under 'Poshan Maah - National Nutrition Mission' at Dheemarkheda, Kashipur

Aan Charitable Trust in Collaboration with Department of Social work, Uttarakhand Open University organised a successful 'No Shame in Menstruation workshop' under 'Poshan Maah - National Nutrition Mission' at Dheemarkheda, kashipur with over 80 plus rural women and girls.

Program Co-Ordinator Ms Ritika Thakur and Volunteers Priyanka, Zeenat and Shabana shared with the participants that how menstrual health and hygiene is correlated with iron deficiency. They also shared important information regarding 'Anaemia Mukh Bharat Campaign' with all the beneficiaries.

It was the first time that these women were attending a MHM workshop. They were very happy that such a session was being held in their community. It was an interactive session where the women shared their experiences uninhibited and pledged to do away with taboos, stigmas and myths associated with periods 🩸

The main emphasis was on hygiene, cleanliness and health of adolescent girls.

Community Resource person Ms Princi and Vimlesh ji helped us to mobilise the women of this community.



October 2022

“No Shame in Menstruation” in the rural village of Ginnikheda, Kashipur, Udham Singh Nagar.

Access to Menstrual products is a health and social justice issue!

Aan Charitable trust believes that education is a priority but not having access to Menstrual hygiene products and awareness about hygiene management is disrupting the education of adolescent girls in our country.

Aan team and Co-Ordinator Ms Ritika Thakur in collaboration with Community resource person Ms Princi conducted an awareness drive “No Shame in Menstruation” in the rural village of Ginnikheda, Kashipur, Udham Singh Nagar.

More than 60 women and girls attended the workshop. This was the first time that they were attending a session on this sensitive topic which is crucial for their health and hygiene.

It was a big step for them to break the silence and be talking to their girls without any inhibition about this taboo topic.

Our team also shared the ongoing campaign ‘Anaemia mukt Bharat’ with the participants.



October 2022

“No Shame in Menstruation” - Buksa tribal community living in Jurkha, Chonpuri USNagar district.

Aan team recently had the opportunity to interact and sensitise the women of Buksa tribal community living in Jurkha, Chonpuri USNagar district.

Our Co-Ordinator Ms. Ritika spoke to them and found out about the practices and prevailing beliefs in their community especially the myths associated with Menstruation.

Buksa is one of the five scheduled tribes which inhabits the terai areas of Uttarakhand. The traditional and primary occupation is agriculture and animal husbandry. The subsidiary occupation is wage labor and basket (dhaliya) making.

Our team members interacted with the community women and collected information related to the menstrual myths. Most of them still use cloth to manage their periods. Menstruation is a big taboo topic and they don't allow girls and married women in the kitchen and temple during their periods.

To date the menstruating person is considered untouchable and people do not accept food or drink from a menstruating girl.

Gradually things are changing though, the younger generation has started using commercial sanitary napkins and are open to attending MHM workshops if they are conducted in their villages.

Biodegradable ‘Suvidha’ pads were distributed to the participants by our team as a token of gratitude for sharing their experiences.

We are thankful to our CRP Ms. Vimlesh for facilitating this visit.



November 2022

**Good Touch & Bad Touch Awareness Week
(commemorating 14th November, Children's Day 2022)**

Uttarakhand saw a 37% rise in the number of sexual offences cases against minors in 2021 as per police data. Amongst the 13 districts, US Nagar district reported the highest number of cases.

To prevent this rise there is a need to develop an urgent prevention strategy and first step will be to sensitise young children from an early age and teach them about boundaries thereby ensuring all children have safe, stable and nurturing environment.

Aan Team members and volunteers successfully conducted a very interactive session on safe and unsafe touch with 235 plus children of primary school (Grades Nur-5th) at Oxford Convent School, near Richariya hospital, Kashipur on 11th November 2022.

At a time when child abuse and molestation exists as dark realities in our society it is very important to equip and empower the children so that they can be cautious about their safety. The USP of our session was that the volunteers also taught and demonstrated to young children a few self defence tricks to be used when someone tries to forcefully hold them or touch them.

We also extend Special thanks to the Principal Mr. Shoeb Uddin and Mrs. Tanya for making this initiative successful.



November 2022

Children's Champion Award - 2022

It's not enough to be compassionate, you must act" - Dalai Lama

My journey of six years as Co-founder and Managing trustee of Aan Charitable Trust (ACT) has been my biggest personal transformation. Developing courage to take action and help break silence on taboo topics rather than just being a bystander, believing in human dignity and standing up for the causes which are close to my heart.

This year's Childrens Day celebrations were very special...I am happy to share that I was nominated by SCPCR, UK for the Children Champions Award 2022 and felicitated by Honourable Chief minister Pushkar Singh Dhama and Chairperson Bal Aayog Smt Geeta Dawar

Khanna. It was indeed a very proud moment, an honour to be recognised and praised by the highest government officials. A big morale boost for all the people who are working in the challenging field of social development sector.

I humbly extend my gratitude towards all my friends, family, supporters and believers who have had faith in me and helped me walk on this path.



December 2022

LetsTalkAboutPeriods and end period shame

We believe that open discussion regarding menstruation is necessary to end the stigma surrounding periods.

Menstruation has always been a taboo in Indian society. To eradicate myths associated with periods, and to build a generation of confident women, awareness campaigns against periods are extremely necessary.

ACT volunteers held an informative awareness session at Baitwala, Government high school in Kashipur to create a period-positive environment for young girls, helping them not only understand periods, but also become vocal about them.

Most of the participant girls were from a marginalised community and this was their first discussion session on this sensitive topic.



THANK YOU!

At Aan Charitable Trust, our work is driven by the passion and dedication of countless individuals and organizations who share our commitment to creating a better world. We are deeply grateful for the support, guidance, and encouragement we have received from our community, partners, donors, and volunteers throughout 2022 - 2023.

Your belief in our mission has enabled us to reach new heights and make a lasting impact on the lives of those we serve. Every contribution—whether time, resources, or expertise—has played a crucial role in our journey, and we are honored to have you as part of our extended family.

As we continue to expand our efforts and tackle new challenges, we look forward to your continued support. Together, we can achieve even greater things and bring hope, opportunity, and empowerment to those who need it most.

Thank you for standing with us, and for being a vital part of our story.

With heartfelt gratitude,

The Aan Charitable Trust Team

Contact Us

For more information about our work or to get involved, please reach out to us at:

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We would love to hear from you!