



SUKHAD
FOUNDATION

for a better tomorrow

ANNUAL REPORT 2025 - 26



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Founder's Note

At Sukhad Foundation, we believe that every child deserves the opportunity to learn, grow, and dream without limitations. Our journey began with a simple vision, to create meaningful change by empowering communities through education, awareness, and compassion.

Over the years, we have witnessed the incredible impact that collective action can create. Every smile, every lesson learned, and every life touched reminds us that even the smallest acts of kindness can spark lasting transformation. Our work is driven not only by the desire to address immediate challenges but also by the commitment to build a future where individuals and communities can thrive with dignity and confidence.

None of this would be possible without the support of our volunteers, partners, donors, and well-wishers who share our belief in the power of positive change. Together, we continue to nurture hope, inspire action, and create opportunities for those who need them most.

As we move forward, we remain dedicated to our mission of making a meaningful difference, one step at a time. Thank you for being a part of this journey and for helping us build a more inclusive, compassionate, and empowered society.

— **Meharr Maathur**



About Us

Sukhad Foundation is a non-profit organization dedicated to promoting social welfare through initiatives focused on women's empowerment, child welfare, health awareness, nutrition, and community development. The Foundation works at the grassroots level to address social challenges and create meaningful opportunities for underserved communities.

Through its various programs and campaigns, Sukhad Foundation aims to improve access to essential resources, spread awareness on important social issues, and encourage active community participation. By engaging volunteers, students, and social changemakers, the organization strives to build a more inclusive, informed, and empowered society.

VISION

To create an inclusive and empowered society where every individual can live with dignity, health, and opportunity.

MISSION

To drive sustainable social change through community-based initiatives in health, education, nutrition, and social awareness.



Our Core Values

Women Empowerment

Inclusivity

Service Action

Equality and Social Justice

Youth Leadership

Integrity

Community Empowerment

Areas of Interventions

Nutrition and Hunger Relief

Providing nutritious meals, food supplies, and nutritional support to children, pregnant women, and vulnerable communities to combat hunger and malnutrition.

Inclusion and Equality

Advocating for social inclusion, gender equality, and acceptance through awareness campaigns and community engagement initiatives.

Healthcare Support

Facilitating access to essential healthcare services, health awareness programs, medical check-ups, and preventive care initiatives.

Menstrual Health & Awareness

Promoting menstrual hygiene through awareness sessions, distribution of sanitary products, and education on reproductive health and well-being.

Education for Children

Supporting educational opportunities, learning resources, and developmental programs for children from marginalized and migrant communities.

Youth Engagement

Encouraging students and young individuals to participate in social action, community service, and grassroots development projects.



Our Reach

Program Implementation

Our initiatives are implemented across communities in India, reaching women and girls through menstrual health awareness, education, and community engagement programs.

States Reached:

Delhi (NCT)
Maharashtra
Gujarat
Karnataka

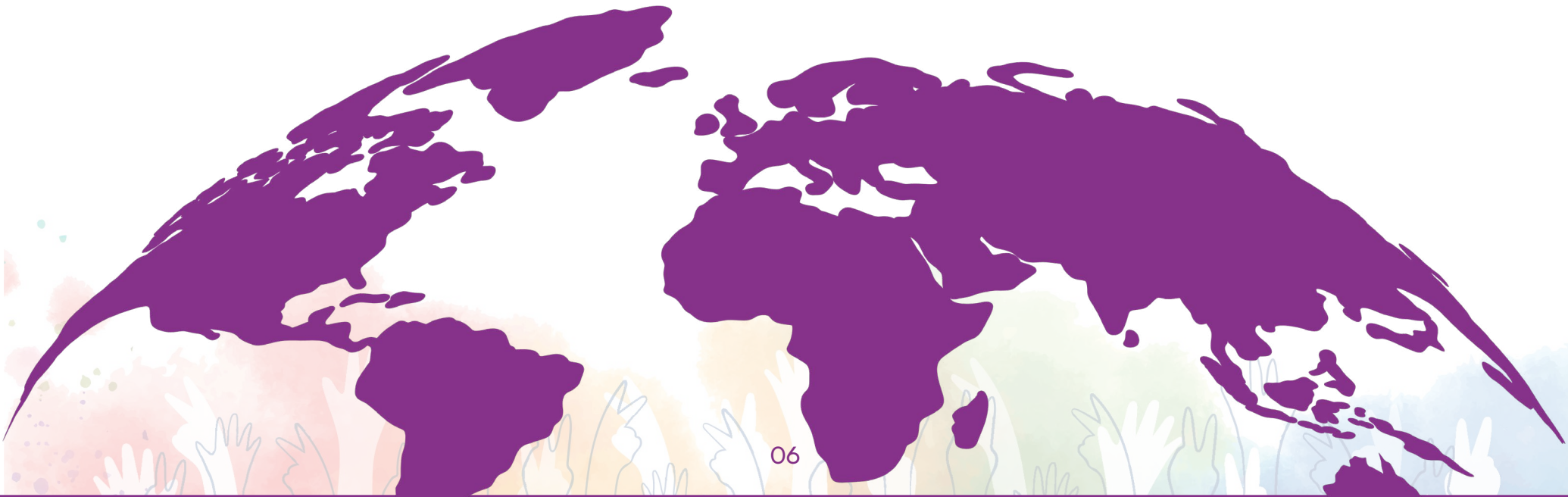
Global Student Network

Sukhad Foundation is supported by a diverse network of young changemakers who develop impactful projects and contribute innovative ideas for communities in India.

Countries Represented:

India
United Kingdom
United Arab Emirates
Qatar

While our programs are implemented in India, our student network extends across multiple countries. Together, these young leaders bring fresh perspectives, research, and innovative solutions that strengthen our mission and create meaningful impact for communities across India.



Key Projects »

History's Other Half (HOH)

Project Overview

History's Other Half (HOH) is an educational initiative aimed at bringing attention to marginalized and often overlooked historical narratives, particularly those of women and underrepresented communities. The project seeks to encourage critical engagement with history through inclusive learning methods, research, and community participation.

Key Activities

- Development of educational resources focused on gendered and marginalized histories.
- Interactive history walks designed to engage students with local historical narratives.
- Documentation of oral histories and lived experiences of women and community members.
- Promotion of historical awareness through outreach and educational activities.
- Establishment of accessible learning resources to encourage historical inquiry among young learners.

Impact

The project contributed to fostering historical awareness, promoting gender-sensitive education, and encouraging students to engage with diverse perspectives on history. Through research, dialogue, and community participation, History's Other Half created opportunities for meaningful learning and greater appreciation of underrepresented voices.

Areas Supported



Education



Gender Equality



Women's Empowerment



Community Engagement

Sophia
Andhyarujina



SipSafe

Project Overview

SipSafe is a youth-led public health initiative focused on improving awareness, prevention, and early intervention related to water-borne diseases among women in low-income communities. The project seeks to strengthen community health by providing accessible information, preventive healthcare support, and educational resources.

Recognizing the vital role women play in managing household health and hygiene, SipSafe aims to empower them with the knowledge and tools necessary to safeguard their families from preventable illnesses.

Key Activities

- Development of educational resources on water-borne diseases and preventive healthcare.
- Creation and distribution of bilingual awareness materials for community outreach.
- Organization of health awareness and medical screening initiatives.
- Promotion of preventive healthcare practices through expert-led sessions.
- Community engagement activities focused on hygiene, hydration, and disease prevention.

Impact

SipSafe contributed to improving health awareness among women and community members by promoting preventive healthcare practices and access to reliable health information. Through education, outreach, and community engagement, the initiative encouraged informed decision-making and strengthened awareness of water-borne disease prevention.

Areas Supported



Public Health



Women's Health



Community Education



Preventive Healthcare



Health Awareness

Farah
Doctor



W.H.E.N.

(WOMEN'S HOLISTIC EMPOWERMENT NETWORK)

Project Overview

Founded by Ria Bhasin, a Grade 11 student from Modern School, Barakhamba Road, Operation W.H.E.N. is an educational initiative focused on empowering underprivileged women and girls through career awareness, mentorship, and professional development. The project seeks to build a supportive network that connects participants with knowledge, opportunities, and guidance across diverse career fields. By promoting access to educational resources and encouraging informed career choices, Operation W.H.E.N. aims to equip women and girls with the confidence and skills needed to achieve their aspirations.

Key Activities

- Conducting career awareness and professional development workshops.
- Introducing participants to diverse career pathways and opportunities.
- Facilitating mentorship and knowledge-sharing sessions.
- Providing educational resources to support skill development.
- Raising awareness about challenges faced by women in informal sectors.

Impact

Operation W.H.E.N. promotes educational and professional empowerment by equipping women and girls with knowledge, guidance, and career exposure. Through mentorship and awareness initiatives, the project encourages greater confidence, informed decision-making, and long-term personal and professional growth.

Areas Supported



Education



Mentorship



Women's Empowerment



Career Development



Social Change

Ria
Bhasin



The Conservation Conversation

Project Overview

The Conservation Conversation is an environmental education initiative led by a Grade 11 student from Bombay International School, Mumbai. The project aims to inspire environmental awareness among youth from underserved communities through engaging children's books, reading sessions, and creative workshops. By combining conservation education with storytelling and artistic expression, the initiative encourages young people to develop a deeper appreciation for nature and become active participants in environmental stewardship.

Key Activities

- Developing and distributing children's books on wildlife and environmental conservation.
- Donating environment-themed books to strengthen learning resources.
- Conducting writing and illustration workshops for students.
- Organizing reading sessions focused on nature and conservation.
- Building a volunteer network to support environmental education initiatives.

Impact

The project promotes environmental awareness and creative learning by making conservation education accessible and engaging. Through storytelling, reading, and skill-building workshops, participants gain knowledge about environmental challenges while developing the confidence to share their own ideas and contribute to conservation efforts.

Areas Supported



Wildlife Awareness



Creative Learning



Environmental Education



Nature Conservation



Youth Engagement

Shaurya
Parasrampuria



Women's Initiative for Sensitization and Health (WISH)

Project Overview

The Women's Initiative for Sensitization and Health (WISH) is a healthcare-focused initiative dedicated to promoting women's health awareness and preventive healthcare practices. The project aims to empower women with essential health knowledge, encourage informed decision-making, and improve access to health-related information through community engagement and awareness activities.

Key Activities

- Conducting awareness sessions on women's health and well-being.
- Promoting preventive healthcare and healthy lifestyle practices.
- Facilitating health screenings and healthcare outreach initiatives.
- Encouraging informed healthcare decisions through educational activities.
- Engaging communities in discussions on women's health issues.

Impact

The project contributed to improving awareness of women's health and preventive healthcare practices among participants. Through education, outreach, and community engagement, WISH encouraged women to prioritize their well-being and make informed health decisions.

Areas Supported



Women's Health



Public Health



Health Awareness



Preventive Healthcare

Sia
Chadha



Impact Created

25+

25,000+ Communities Reached

Through nutrition drives, health initiatives, educational support, and awareness campaigns, Sukhad Foundation positively impacted underserved communities, fostering dignity, well-being, and social inclusion.



12+

12,000+ Women Supported

Women and girls received access to menstrual hygiene products, health awareness sessions, and essential support services, enabling them to lead healthier and more empowered lives.

18+

18,000+ Children Benefited

Children from vulnerable backgrounds benefited from nutrition support, educational initiatives, and developmental programs designed to create brighter opportunities for their future.

28+

280+ Volunteers Engaged

A passionate network of volunteers contributed their time and skills to support outreach programs, community initiatives, fundraising efforts, and on-ground impact activities.

75+

750+ Awareness Sessions Conducted

Interactive sessions on menstrual hygiene, health, nutrition, gender equality, and education helped spread knowledge, challenge social stigmas, and encourage informed decision-making.



Gallery of the Year



Future Roadmap

As **Sukhad Foundation** continues its journey towards creating meaningful social impact, the organization remains committed to expanding its reach and strengthening community-driven initiatives. Building upon the achievements of 2025-26, the Foundation aims to deepen its engagement with underserved communities and develop sustainable solutions to pressing social challenges.

Expand Community Outreach

Increase the reach of health, nutrition, and awareness programs to serve a greater number of beneficiaries across diverse communities.

Women's Health Initiatives

Enhance efforts in menstrual health, preventive healthcare, and health awareness through workshops, resource distribution, and community-based interventions.

Promote Child Welfare and Education

Support initiatives that improve access to nutrition, education, and developmental opportunities for children from marginalized backgrounds.

Foster Youth Leadership and Volunteerism

Encourage greater participation from students and volunteers by providing opportunities for social engagement, leadership development, and community service.

Support Innovative Student-Led Projects

Continue mentoring and facilitating impactful projects that address challenges in healthcare, education, gender equality, and social inclusion.

Build Strategic Partnerships

Collaborate with educational institutions, healthcare professionals, corporate partners, and community organizations to maximize impact and sustainability.



How You Can Contribute

Meaningful change is made possible through collective effort. Sukhad Foundation welcomes individuals, students, professionals, and organizations to contribute towards building healthier, more inclusive, and empowered communities.

Support can take many forms:

Menstrual Health Support

Contribute towards menstrual hygiene kits, awareness sessions, and reproductive health education for women and girls.

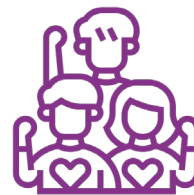


Nutrition and Hunger Relief

Help provide nutritious meals, food supplies, and nutritional assistance to children and vulnerable families.

Education Support

Assist in providing learning resources, educational materials, and opportunities for children from underserved communities.



Volunteer Engagement

Share your time, skills, and expertise by participating in community outreach programs and awareness campaigns.



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