



JUNE NEWSLETTER 2026

for a better tomorrow



About Us

Sukhad Foundation is a youth-led nonprofit organization committed to addressing the challenges of poverty, malnutrition, and healthcare inequality. Through initiatives focused on nutrition, menstrual health, education, and community welfare, the foundation works to support underserved individuals and families. By providing essential resources, spreading awareness, and fostering social inclusion, Sukhad Foundation strives to create healthier, more empowered communities and enable individuals to lead lives of dignity and opportunity.

**Empowering Lives.
Restoring Dignity.**



Key Interventions



NUTRITION & FOOD SECURITY

We work to combat hunger and malnutrition by providing nutritious meals and dietary support to children, women, and vulnerable communities, promoting healthier lives and improved well-being.

Through awareness programs, health check-ups, and the distribution of essential hygiene and healthcare resources, we empower individuals to make informed choices about their health.



MENSTRUAL HEALTH & HEALTHCARE ACCESS

EDUCATION & CHILD DEVELOPMENT



We support access to education and learning opportunities for underserved children, helping them build knowledge, confidence, and skills for a brighter future.

COMMUNITY EMPOWERMENT & SOCIAL INCLUSION



We foster awareness, dignity, and equal opportunities through community-driven initiatives that encourage inclusion, support vulnerable groups, and strengthen social well-being.

Key Projects

History's Other Half (HOH)

History's Other Half (HOH) is an educational initiative led by Sophia Andhyarujina, a Grade 10 student from Cathedral and John Connon School, Mumbai. The project seeks to highlight overlooked histories of women and marginalized communities while making historical learning more accessible and inclusive. Through history walks, oral history projects, educational resources, and a dedicated library, HOH encourages students to engage critically with the past, preserve community stories, and develop a deeper understanding of gender, identity, and social change.

Project Highlights

- Interactive history walks exploring women's contributions to society
- Documentation of oral histories and lived experiences
- Student-led family history preservation initiatives
- Anthology featuring marginalized and community narratives
- Establishment of a history-focused learning library



SipSafe

Founded by Farah Doctor, a Grade 11 student from Bombay International School, Mumbai, SipSafe is a youth-led public health initiative focused on raising awareness about water-borne diseases among women in underserved communities. Through educational resources, health outreach, medical camps, and community engagement, the project empowers women with practical knowledge on disease prevention, hygiene, and family health. SipSafe aims to promote healthier communities by encouraging preventive healthcare practices and improving access to essential health information.



Project Highlights

- Awareness on water-borne diseases and prevention
- Illustrated educational resources for children and adolescents
- Bilingual health information materials for women
- Community medical camps and health screenings
- Fundraising to support women's health initiatives and outreach

Women's Initiative for Sensitization and Health (WISH)



Founded by Sia Chadha, a Grade 10 student from Jumeirah English Speaking School, Dubai, WISH is dedicated to improving awareness and accessibility of women's healthcare among underserved communities. The initiative addresses critical health issues through educational resources, community engagement, and awareness workshops. By promoting preventive healthcare practices and encouraging informed health decisions, WISH empowers women to take charge of their well-being and advocate for healthier futures.

Project Highlights

- Women's health awareness and education programs
- Reproductive health and self-care workshops
- Awareness on early detection and preventive healthcare
- Community-based health outreach initiatives
- Promoting accessible healthcare for underserved women

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.

Menstrual Health Support



Education Support

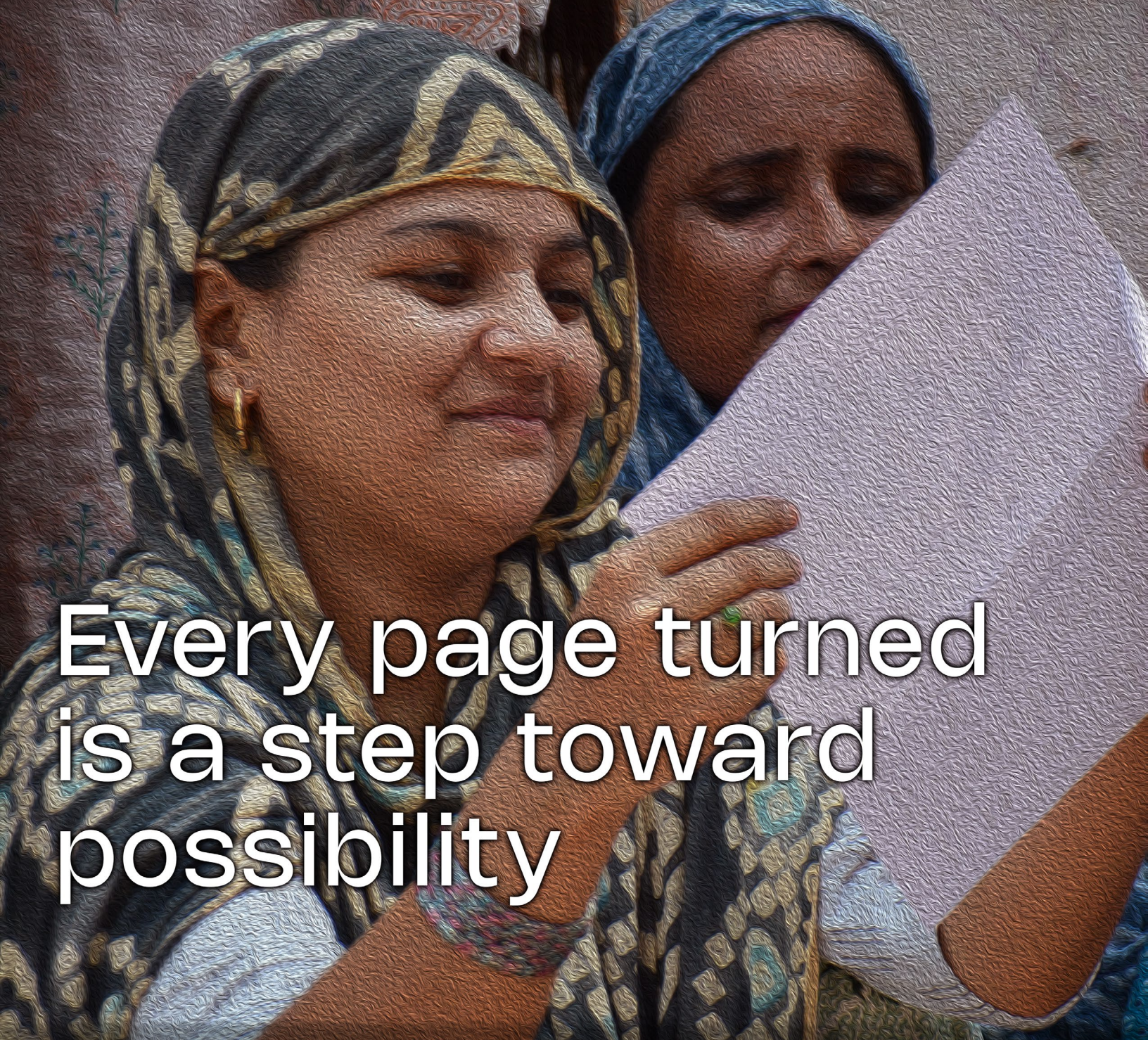


Nutrition and Hunger Relief



Volunteer Engagement





Every page turned
is a step toward
possibility



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