

"Behind every resilient woman is a story of strength, courage, and hope."



for a better tomorrow

JULY NEWSLETTER
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This newsletter captures the moments that brought us closer to our mission—empowering women, promoting health, and building stronger communities through collective action.



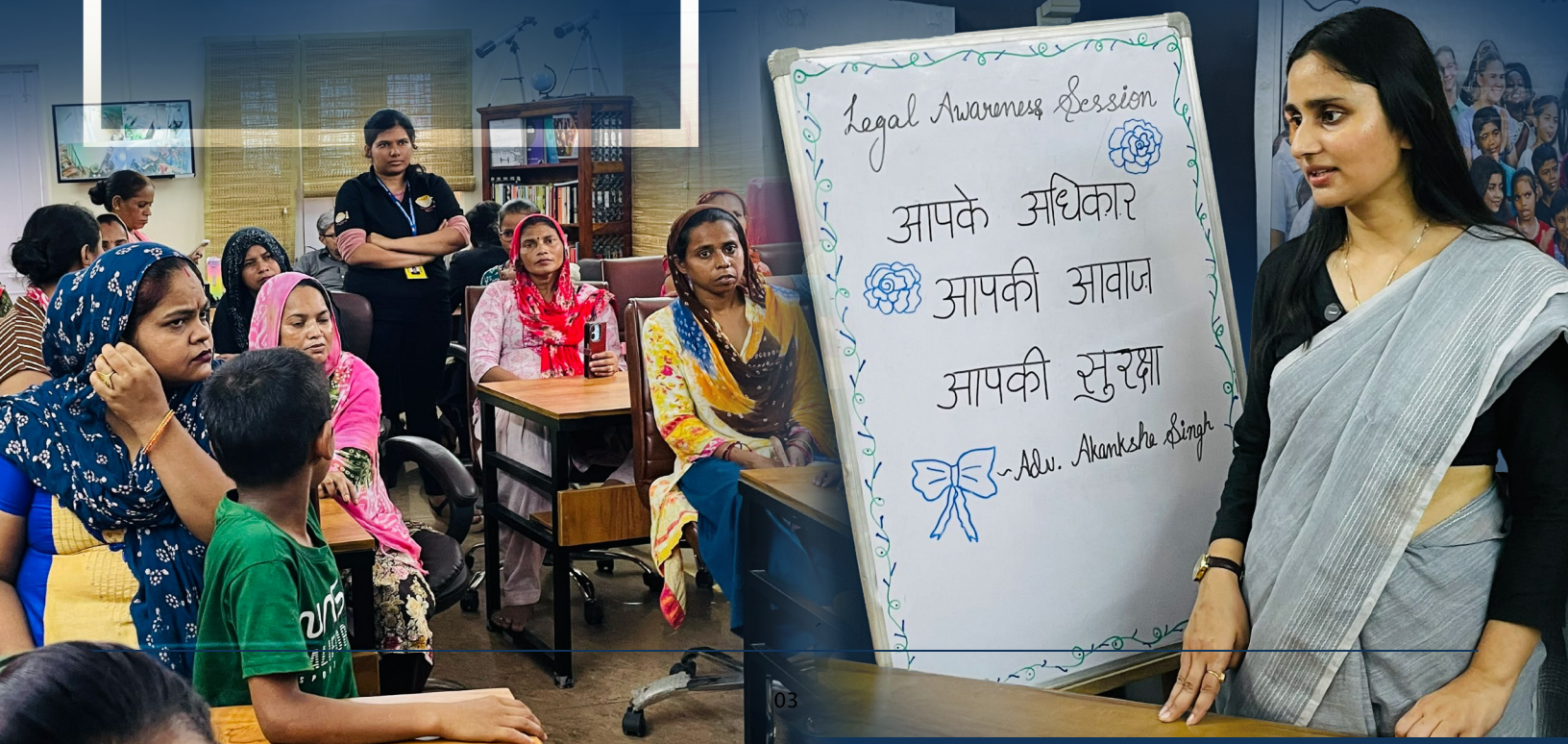
Justice Begins with Awareness

Promoting awareness, confidence, and access to justice through community education.

In collaboration with Hamari Pahchan NGO, Sukhad Foundation organized a Legal Awareness Session to educate women about their legal rights and the support systems available to them. Conducted by Adv. Akanksha Singh, the session focused on understanding domestic violence, the importance of filing written complaints, legal safeguards for women, and child protection under the POCSO Act.

The interactive discussion encouraged participants to ask questions, share concerns, and seek practical guidance in a safe and supportive environment. Through this initiative, Sukhad Foundation reaffirmed its commitment to empowering women with the knowledge and confidence to protect their rights and make informed decisions.

“Rights become meaningful only when people know they can exercise them.”



Health Check-up Camp

Healthy Women, Stronger Communities

As part of its commitment to promoting community health, Sukhad Foundation, in collaboration with Hamari Pahchan NGO, organized a Health Check-up Camp offering free medical consultations and basic health screenings. Participants received blood pressure, blood sugar, BMI assessments, and general health check-ups from qualified healthcare professionals.

The session also focused on preventive healthcare by raising awareness about balanced nutrition, personal hygiene, regular physical activity, stress management, and the importance of early detection of common health conditions. By making healthcare more accessible, the initiative encouraged individuals to adopt healthier lifestyles and prioritize their long-term well-being.

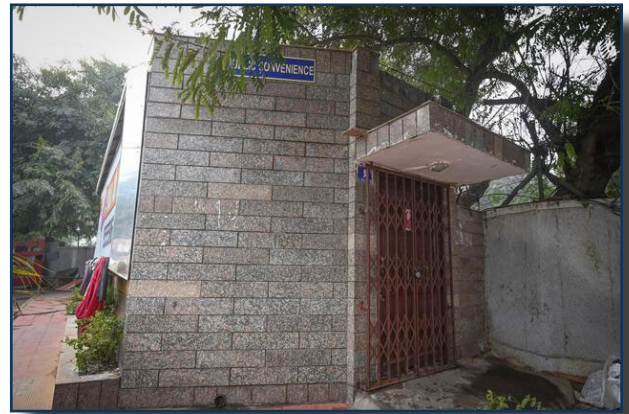
“Early care today
creates healthier
tomorrows.”



Article - 1

Aasma Goyal

Sukhad Means Comfort. Not Everyone Who Bleeds Gets It.



Go to any public toilet in a Delhi basti and you'll see two doors — “Mahila” on one side, “Purush” on the other. Most people walk through without a second thought.

For a trans man on his period, it's already a problem. The person collecting the toilet token looks him over, decides he doesn't belong on the men's side, and sends him to the women's queue instead.

This discomfort has a name: gender dysphoria, the distress that comes when your body doesn't match who you know yourself to be. Periods can bring it on hard, because the world still treats menstruation as something that only happens to women. It happens so often — at school, at work, anywhere with a shared toilet — that many trans men and non-binary people simply stop drinking water on the days they bleed, just to avoid needing a toilet at all.

None of this is made up. In 2024, researchers interviewed trans men and non-binary people in Delhi, Bangalore, and Chennai about their periods — one of the first studies of its kind in India. Most said nobody told them anything about periods before their first one arrived. Some were kept indoors for up to two weeks afterward, following family custom, with no one explaining what was happening to their bodies.

Many are still saving today — not for college, not for a home, but for hormone therapy that will finally stop the bleeding. One participant described going with his partner to a gynaecologist, only to have the doctor turn and question his own body instead, even though he wasn't the patient.

And in most of India, “transgender” still brings only one community to mind. Trans men and non-binary people don't fit that picture, so they get left out twice — once by period awareness work built around women and girls, once by transgender rights conversations too.

Sukhad already runs menstrual health sessions and hands out free hygiene kits in neighbourhoods where all of this happens, quietly, every month. Nothing about the work needs to change. Just who we picture walking up to the table — and whether our language leaves room for someone who isn't a “didi” or “behen” to ask for help.

A period doesn't check anyone's ID before it shows up. Our outreach shouldn't either.

The Heart of Healthy Communities



Maternal well-being is one of the most important aspects of building a healthy family and a stronger society. A mother's health directly influences the growth and development of her child, making proper care during pregnancy and after childbirth essential. However, for many women, especially those from underprivileged communities, this journey is filled with challenges. Limited access to healthcare, poor nutrition, lack of awareness, and financial difficulties often prevent expectant mothers from receiving the care they need. As a result, both maternal and child health can be affected.

One of the major reasons behind poor maternal well-being is the lack of timely medical support and accurate health information. Many women do not have access to regular health check-ups or guidance about pregnancy, nutrition, and reproductive health. In some communities, social stigma and misconceptions discourage women from seeking medical advice, while inadequate healthcare facilities make it even more difficult to receive proper treatment. These barriers increase health risks and make pregnancy more challenging than it should be. Improving maternal well-being requires the combined efforts of families, healthcare professionals, communities, and policymakers. Regular antenatal check-ups, balanced nutrition, proper health education, and emotional support can help women experience safer pregnancies and healthier lives. Encouraging open conversations about maternal health and ensuring access to quality healthcare services can also empower women to make informed decisions for themselves and their babies. Community awareness programmes and better healthcare accessibility can further reduce preventable health risks.

Every mother deserves to experience pregnancy with dignity, care, and confidence. Supporting maternal well-being is not only about protecting women's health but also about securing the future of the next generation. By promoting awareness, improving access to healthcare, and encouraging community support, we can create an environment where every mother receives the care she deserves, leading to healthier families and stronger communities.

Digital Education Opportunity or Inequality?



In today's digital era, education is no longer confined to classrooms. Online classes, AI tools, and educational platforms have made learning more accessible than ever before. However, an important question still remains has digital education become an opportunity for every student, or is it widening the gap between those who have access to technology and those who do not? For students living in urban areas digital education has opened the door to endless learning opportunities. With access to smartphones, laptops, and stable internet, they can attend online classes, explore skill-based courses, and gain knowledge beyond textbooks. Unfortunately, this is not the reality for every child in India.

Even today, many students in rural and economically weaker communities do not have personal smartphones, reliable internet connectivity, or even regular electricity. In many households, a single mobile phone is shared by the entire family, making it difficult for children to attend online classes or complete assignments. Despite having talent and determination, these students are left behind simply because they lack access to essential digital resources.

To make digital education truly inclusive, India needs practical and ground level solutions. The government should equip every government school with smart boards and digital classrooms so that students can benefit from technology without depending on personal devices. Schools should also conduct regular digital literacy sessions to teach students basic computer skills, safe internet practices, and the responsible use of AI tools. In addition teachers should receive training in modern digital teaching methods, as technology can only be effective when it is used meaningfully in the classroom.

The true purpose of digital education is not merely to shift learning online but to ensure equal learning opportunities for every student. Only when every child—regardless of where they live or their family's financial background—has equal access to quality digital education can India truly fulfil the vision of an inclusive Digital India.



“Every face tells a story of resilience. Every opportunity creates a new chapter.”



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