

AUGUST
NEWSLETTER
2026



WHERE EVERY
EFFORT CREATES A
RIPPLE OF
CHANGE



for a better tomorrow

Index

Skills That Empower, Livelihoods That Last.....	03
Crafting Confidence, Stitching Opportunities.....	04
The Hidden Cost of Periods.....	05
Not Just a “Girl Problem”	06
The Invisible Hunger.....	07



Skills That Empower, Livelihoods That Last

In collaboration with Hamari Pahchan NGO, Sukhad Foundation continues to support women through the WomenRise Livelihood Program in Khurja. The initiative focuses on developing pottery and ceramic skills, encouraging creativity and strengthening livelihood opportunities. By equipping women with practical, market-relevant skills, the program promotes greater self-reliance, financial independence, and sustainable income opportunities.

Creating pathways
for women to learn,
earn, and grow.



Crafting Confidence, Stitching Opportunities

In collaboration with Hamari Pahchan NGO, Sukhad Foundation is supporting women through ongoing textile design and skill development. Participants learn about fabrics, stitching, decoration, and creating everyday products such as curtains, cushion covers, and table covers. The initiative encourages creativity while helping women develop practical skills that can lead to home-based income opportunities, greater self-reliance, and financial independence.

Turning textile skills into pathways for creativity and self-reliance.



Article - 1

The Hidden Cost of Periods

When menstruation affects more than health



Menstruation is often discussed as a matter of hygiene, but its impact can extend far beyond sanitary products and personal care. For many adolescent girls, managing periods can affect school attendance, concentration, confidence, mobility and participation in everyday activities.

The reasons are not limited to period pain. A lack of private toilets, water, disposal facilities and access to menstrual products can make managing periods difficult, particularly in underserved communities. Fear of teasing or embarrassment can make girls hesitant to participate in class or ask for help. UNICEF also notes that inadequate facilities, pain and fear of bullying can affect girls' school experience during menstruation.

There is also an economic dimension. When menstrual health is poorly managed, girls and women may lose productive time at school or work. For someone already living with limited resources, even a few missed days can have consequences over time.

India's National Menstrual Hygiene Policy, approved in 2024, recognises that menstrual health requires more than distributing products. It calls for better awareness, access to quality menstrual products, gender-responsive sanitation, safe disposal, community engagement and efforts to reduce stigma.

This changes the question we should be asking. Menstrual health is not simply about "What product does a girl use?" It is also about whether she has a safe place to change, accurate information about her body, supportive people around her and the freedom to continue her education and daily life without shame.

A period should be a normal part of life, not a reason for a girl to step away from it.

Not Just a “Girl Problem”

Why boys and men need to be part of the menstrual health conversation



For generations, menstruation has been treated as a subject that girls should understand quietly and boys should know nothing about. That approach has helped myths, embarrassment and teasing survive.

But menstrual health cannot become normalised if half of the population is excluded from the conversation.

Boys encounter menstruation through their sisters, classmates, friends, mothers and future partners. Without accurate information, they may learn about it through jokes, stereotypes or misinformation instead. UNICEF specifically highlights the importance of speaking to boys about periods because open conversations can correct misconceptions, build empathy and reduce stigma.

This does not mean turning boys into experts on women’s health. It means giving them basic, age-appropriate knowledge: menstruation is a normal biological process; period pain and discomfort are real; menstrual products are not embarrassing; and making jokes about someone’s period can contribute to shame.

The role of fathers and other male family members is equally important. A father who is comfortable buying sanitary products, discussing

health concerns or supporting his daughter sends a powerful message that menstruation is nothing to hide. UNICEF has documented examples in India where men have actively supported menstrual health education within their communities.

Schools can also play a major role by creating spaces where both girls and boys receive scientifically accurate information.

Real menstrual empowerment therefore cannot stop with girls. It requires changing the environment around them.

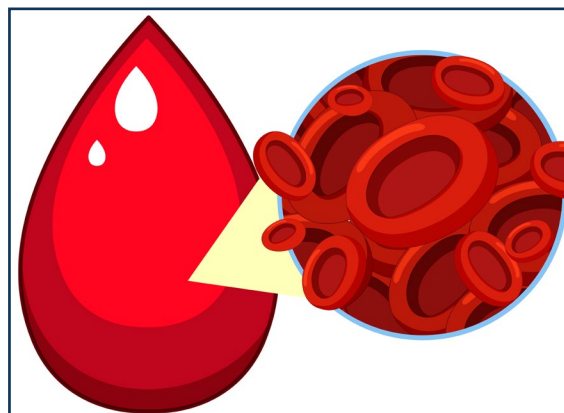
When boys learn to understand rather than mock, fathers learn to support rather than avoid, and communities learn to discuss rather than hide, menstrual health becomes a shared responsibility.

Because ending period stigma is not only about giving girls a voice. It is also about teaching everyone else to listen.

Article - 3

The Invisible Hunger

Why eating enough does not always mean being well-nourished



Hunger is often imagined as an empty stomach. But nutrition has another, less visible side: a person can eat regularly and still lack the nutrients their body needs.

This is particularly important for adolescent girls and women. Iron, folate, protein, vitamin B12 and other micronutrients play important roles in growth, energy, immunity and overall health. During adolescence, nutritional needs increase because the body is growing rapidly. For girls, the beginning of menstruation adds another consideration because of regular blood loss.

India continues to face a significant anaemia burden. National Health Mission data currently reports anaemia among 59.1% of adolescent girls aged 15–19 and 57.2% of women aged 15–49.

Anaemia can affect much more than physical energy. The National Health Mission notes that iron deficiency can impair cognitive and motor development and reduce work capacity. For adolescents, better iron status is also associated with improvements in concentration, physical fitness, growth and school performance.

This is why nutrition programmes need to look beyond simply providing calories. A meal may fill the stomach, but a balanced diet needs adequate protein, iron, vitamins, minerals and dietary diversity.

Affordable nutrition does not necessarily require expensive foods. Locally available options such as lentils, beans, green leafy vegetables, millets, eggs, dairy products, nuts and seeds can contribute important nutrients when included as part of a balanced diet. Vitamin C-rich foods can also help the body absorb iron from plant-based sources.

The larger lesson is simple: nutrition is not only about how much we eat, but what our bodies receive from what we eat.

And when we talk about empowering women and girls, nutrition has to be part of that conversation. A girl who is expected to study, work, participate and lead also needs the nutritional foundation to do all of it.



**WHEN
HEALTH IS
CARED FOR,
CONFIDENCE
FINDS ITS
WAY BACK.**



Property No. 15, Third Floor, Mahipalpur,
New Delhi - 110037



+91 7702050024; +91 9999335237



sukhadfoundation@gmail.com



www.sukhadfoundation.com

