SUKHAD FOUNDATION

for a better tomorrow

HER FUTURE SHOULD BE SHAPED BY HER DREAMS, NOT HER CIRCUMSTANCES



SEPTEMBER NEWSLETTER 2026

Index

Understanding the Signs, Knowing When to Seek Care..... 03

Bringing Preventive Healthcare Closer to the Community.....04

Article 1 - Period Poverty.....05

Article 2 - Healthcare Inequality..... 06

How you can Contribute.....07

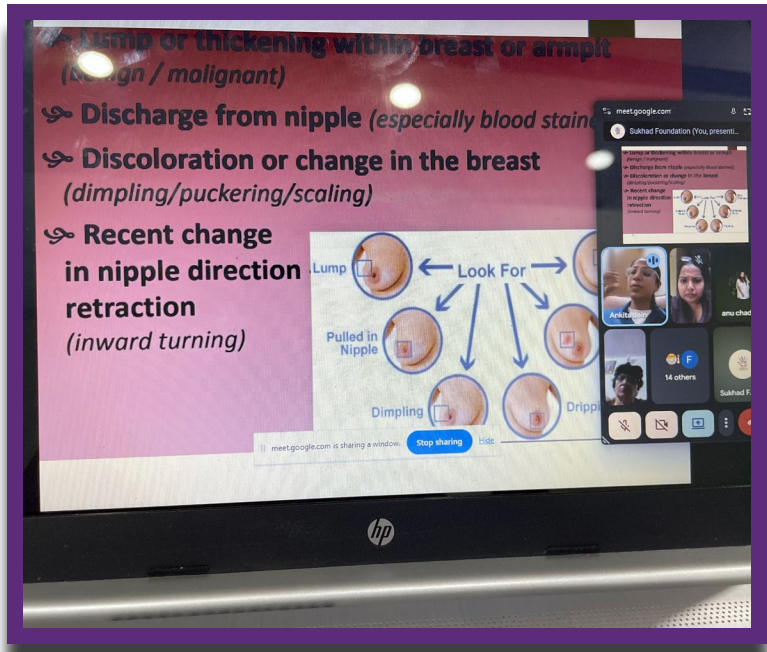


A good teacher leaves you knowing more, believing more, and becoming more.

Understanding the Signs, Knowing When to Seek Care

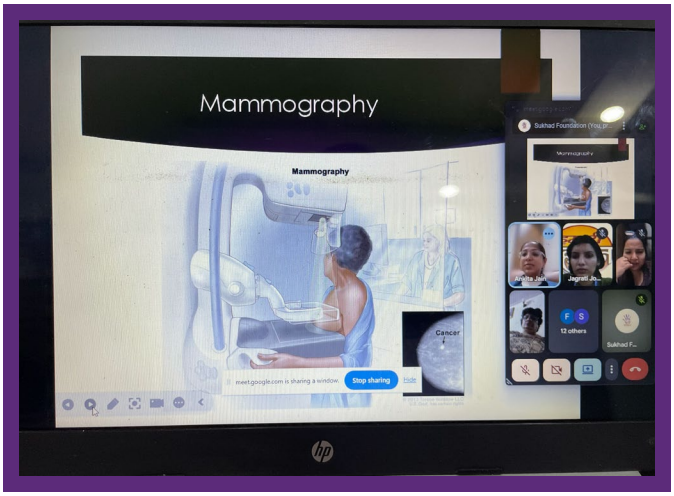
As part of Sia Chaddha's student-led project with Sukhad Foundation, a Breast Cancer Awareness Session was conducted to help women better understand breast cancer, its possible warning signs, and the importance of early medical attention. Dr. Ankita Jain led the session, explaining what breast cancer is and addressing common questions and concerns in an accessible way.

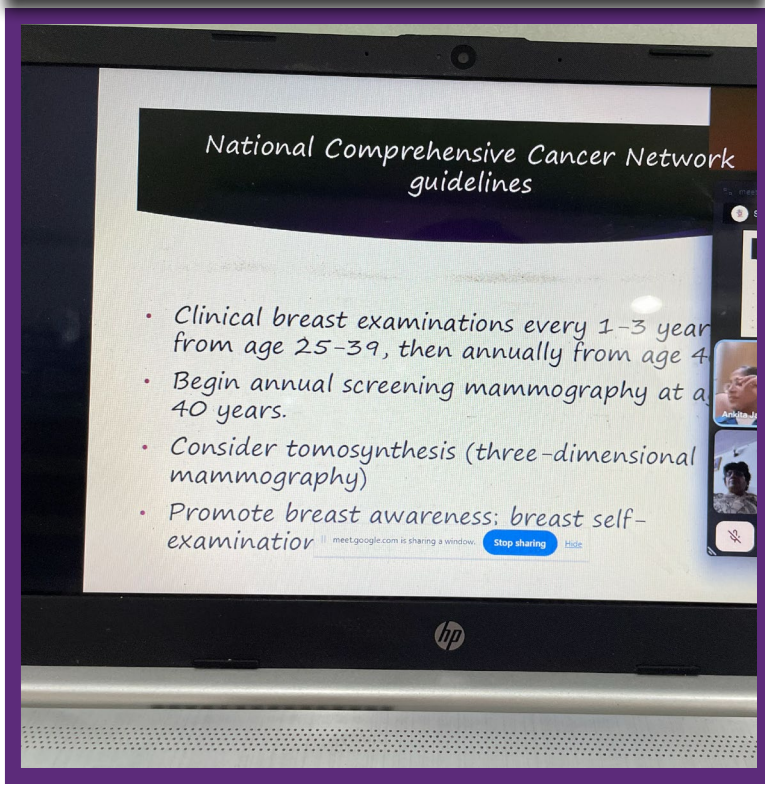
The session focused on breast health awareness, helping participants understand what changes to look out for, including unusual lumps or thickening, changes in breast shape or appearance, skin changes, nipple changes, or unusual discharge. Participants were also guided on how to become familiar with the normal appearance and feel of their breasts and when a change should be discussed with a healthcare professional.



The session emphasized that noticing a change does not automatically mean cancer, but unusual changes should be evaluated by a qualified healthcare professional.

Through Sia's initiative, the session created an important space for awareness, questions, and informed conversations around women's health.





Awareness gives us the confidence to notice changes and seek help early.

Bringing Preventive Healthcare Closer to the Community

Access to basic healthcare can make a meaningful difference in everyday well-being. In September, Sukhad Foundation, in collaboration with Hamari Pahchan NGO, supported a Dental Health Check-Up Camp at Inder Camp, creating an opportunity for community members to receive professional dental guidance closer to home.

The camp brought together three qualified dentists, who examined approximately 30 participants and addressed their individual dental concerns. Alongside the check-ups, participants received guidance on maintaining proper oral hygiene, understanding common dental concerns, and the importance of seeking timely professional advice.

The initiative placed emphasis on preventive healthcare, encouraging people to pay attention to their oral health before minor concerns develop into more serious problems. Volunteers also assisted participants throughout the session, helping ensure a smooth and accessible experience.

Through initiatives like these, Sukhad Foundation and Hamari Pahchan continue to bring health awareness, professional guidance, and essential care closer to communities that may have limited access to regular healthcare services.

Good health begins with care before a problem becomes serious.



Article - 1

Period Poverty

When Menstruation Becomes a Barrier to Education

For millions of girls and women, menstruation is a normal part of life. Yet for those living with financial hardship, it can become a monthly barrier to education, mobility and participation in everyday life.

Period poverty refers not only to the inability to afford menstrual products, but also to limited access to clean water, private sanitation, reliable information and safe spaces to manage menstruation. When these basic needs are missing, menstruation can affect whether a girl feels comfortable attending school, participating in activities or even leaving home.

The problem is also shaped by stigma. In many communities, menstruation is still surrounded by embarrassment, myths and silence. A girl may have access to a sanitary product but still lack the information and confidence to manage her period safely.

The consequences can extend beyond a few days each month. Repeated absence from school can affect learning and participation, particularly when girls already face barriers to education.

Addressing period poverty therefore requires more than distributing menstrual products. It means combining access with education, hygiene facilities, accurate health information and conversations that challenge harmful taboos.

Menstrual health is not simply a women's issue. It is connected to education, dignity, public health and equality. Making menstrual care accessible helps ensure that something as natural as a period does not determine who gets to learn, participate and move forward.



Healthcare Inequality

When Access Depends on Where You Live



Healthcare is often described as a basic necessity, but access to it is not experienced equally. For people living in underserved communities, getting medical attention can involve barriers that go far beyond the availability of a doctor.

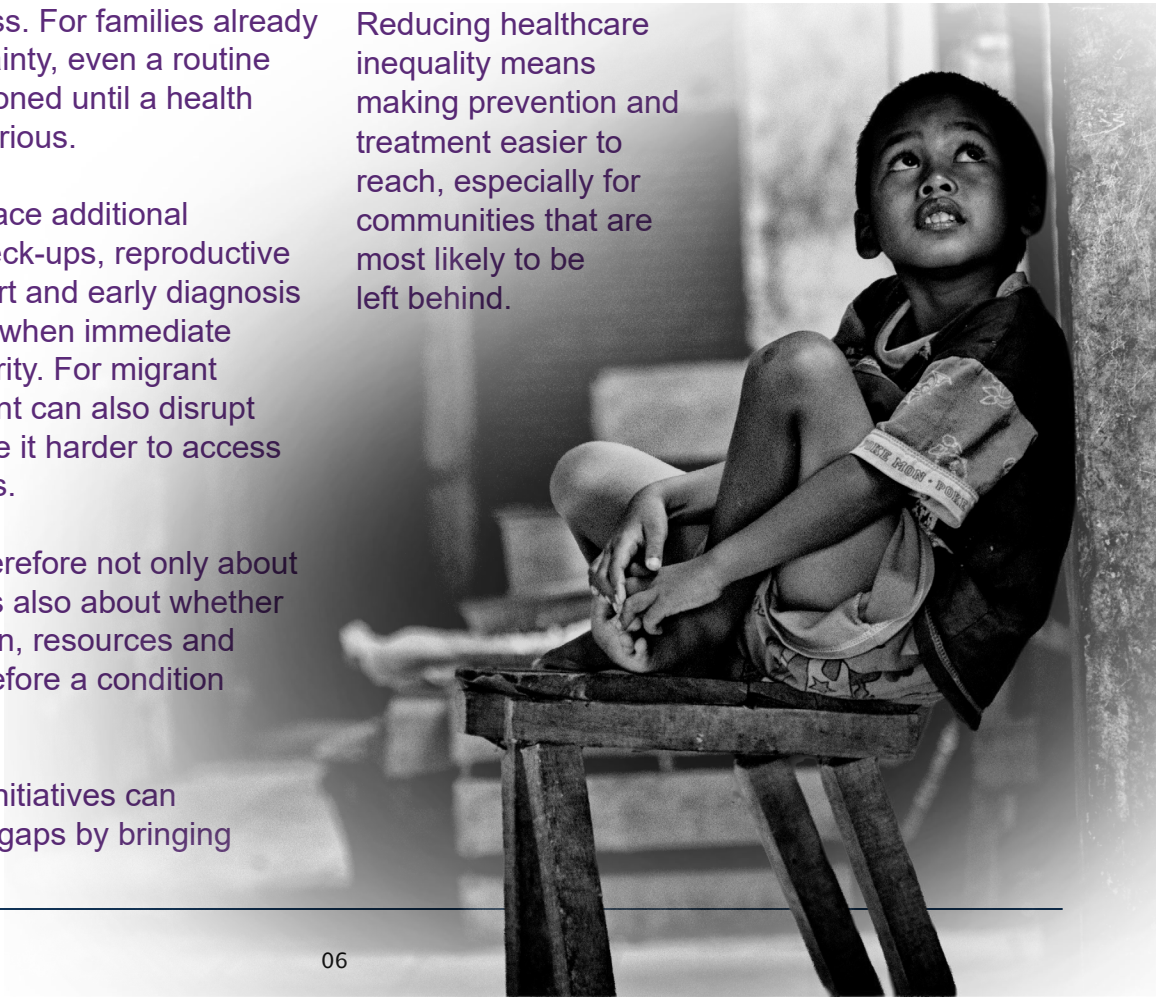
Distance, cost, lack of information, limited transportation and lost wages can all make healthcare difficult to access. For families already managing financial uncertainty, even a routine consultation may be postponed until a health problem becomes more serious.

Women and children can face additional challenges. Preventive check-ups, reproductive healthcare, nutrition support and early diagnosis may receive less attention when immediate household needs take priority. For migrant families, frequent movement can also disrupt continuity of care and make it harder to access familiar healthcare services.

Healthcare inequality is therefore not only about hospitals or medicines. It is also about whether people have the information, resources and opportunity to seek care before a condition becomes urgent.

Community-based health initiatives can help bridge some of these gaps by bringing awareness, screening and preventive services closer to people who may otherwise struggle to access them. But lasting change also requires stronger public health systems, accessible information and affordable care.

A person's health should not be determined by their income, neighbourhood or social circumstances. Reducing healthcare inequality means making prevention and treatment easier to reach, especially for communities that are most likely to be left behind.



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 & 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.



Email - sukhadfoundation@gmail.com

Website - www.sukhadfoundation.com

Contact No. - +91 99993 35237, +91 77020 50024

Address - Property No. 15, Upper Ground Floor, Rangpuri Pahadi, Mahipalpur, New Delhi – 110037

SUKHAD
FOUNDATION

for a better tomorrow



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

+91 7702050024; +91 9999335237

sukhadfoundation@gmail.com

www.sukhadfoundation.com