

A pledge to change...



OUR GUIDING PHILOSOPHY

**“A journey of a thousand miles
begins with a single step”**

— Confucius



**SPECIAL CLASSES WERE ORGANIZED FOR
GROWING GIRLS & THEIR MOTHERS AT
SANKALP-A PLEDGE TO
CHANGE GHODABANDHA,
TELCO CENTRE.**

A NOBLE INITIATIVE FROM SANKALP GIRLS AND THEIR MOTHERS

- ✘ Physical/Sex education has always been an ignored area in the school curriculum of any board in India
- ✘ We at Sankalp believe that our centres should actually function as transformation centres addressing issues from education to livelihood ,from women empowerment adolescent girls awareness sessions on physical education
- ✘ In line with our mission, the first session focussing on physical education of girls was organized on 17th April at Sankalp's Telco Centre.

SENSITIVE ISSUES ADDRESSED BY SANKALP TEAM

- ✘ Negative and positive touch
 - Understanding their body when they reach puberty
 - Periods (since most of the girls in poor families use cloth and pads are not affordable, they were taught how to properly use cloth like regular washing drying etc)
 - Wearing proper innerwear's for girls reaching puberty
 - Self defense
 - Communicating their problems to ones parents
 - Talking about their personal issues like someone following trying on or getting physical
 - Right age to get married or have physical relationships
 - There are teachers in school who tries to misuse girls body in many ways which they should learn to identify
 - Comfortable and disgusting touch
 - Protected sex and about AIDS
 - Awareness towards cyber crime and misuse of personal videos and photos



"Another world is not only possible, she is on her way. On a quiet day, I can hear her breathing."

Arundhati Roy

THE TEAM WITH A MISSION




“ We cannot all
succeed when half of
us are held back. ”

- Malala Yousafzai



SANKALP GIRLS TEAM LEADING FROM THE FRONT



A black and white close-up photograph of Maya Angelou. She is wearing a large, light-colored hat and has a joyful expression, smiling broadly with her teeth showing. Her eyes are looking upwards and to the right. The background is out of focus.

Each time a
woman stands up
for herself, without
knowing it,
possibly without
claiming it, she
stands up for all
women.

- Maya Angelou

Change is going to happen and NOW is the time



*“Women are the
real architects
of society.”*

THE FUTURE WE HOPE TO BUILD !!!



The image features a central text overlay on a background of a misty mountain landscape. The text is in a large, black, serif font, arranged in seven lines. The background shows a valley with a river or stream, surrounded by forested mountains under a soft, hazy sky. The overall tone is inspirational and serene.

YOU
DON'T
NEED A
REASON
TO HELP
PEOPLE.

"Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek."

COME BE A PART OF THE JOURNEY

- ✘ You can donate at any our centres by just making a call to Sankalp-A Pledge to Change volunteers.
- ✘ All our centres run 6 days a week
- ✘ You may donate books from
 - + Class 1-8- Course Text Books (Any Board)
 - + Story Books
 - + Unused stationery
 - + Any other items like bag, toys, uniforms etc.
- ✘ Relevant Contact Nos. Are
 - + Subodh Kumar Das-9798756336
 - + Mayank Aggarwal -9031975746
 - + Suresh Pareek -7209632032
 - + Vikas Dixit -9472706225

ACCOUNT DETAILS FOR SUPPORT

✘ Sankalp Account Details

You can transfer funds online into our account:-

“SANKALP” A/C No.-31114719936

CIF No: 85757412911

IFSC Code: SBIN0001882

MICR Code: 831002004

Branch code: (1882)

Branch: SBI- RIT JAMSHEDPUR

You may also visit our website and pay through online link available over it.

www.sankalpmitjamshedpur.org

**“YOU HAVE NOT LIVED TODAY UNTIL
YOU HAVE DONE SOMETHING FOR
SOMEONE WHO CAN NEVER REPAY
YOU.”**

www.sankalpmitjamshedpur.org