

*A pledge to change...*



# OUR GUIDING PHILOSOPHY

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

— Confucius





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**SPECIAL CLASSES WERE ORGANIZED FOR  
GROWING GIRLS & THEIR MOTHERS AT  
SANKALP-A PLEDGE  
AASHIYANA  
CENTRE.**

# A NOBLE INITIATIVE FOR SANKALP GIRLS AND THEIR MOTHERS

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- ✘ 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 session focussing on physical education of girls was organized at Sankalp's Aashiyana Centre, Saldih Basti

# SENSITIVE ISSUES ADDRESSED BY SANKALP TEAM

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- ✘ 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



*“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.

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*"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

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- ✘ 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
  - + Abhinav            9709009226
  - + Shivam Goyal    8092058734
  - + Suresh Pareek    7209632032
  - + Dinesh Bansal    7870410969

# 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](http://www.sankalpmitjamshedpur.org)



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

[www.sankalpmitjamshedpur.org](http://www.sankalpmitjamshedpur.org)