

*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 ACROSS  
SANKALP-A PLEDGE TO CHANGE'S  
ADITYAPUR BASED  
CENTRES**

# A NOBLE INITIATIVE FOR 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 to adolescent girls awareness sessions on physical education
- ✘ In line with our mission, the session focussing on physical education of girls was organized in the month of Nov 2017

# 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





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 !!!



---

*"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
  - + Suresh Pareek           -7209632032
  - + Aman Kumar           -8541918655
  - + Sourav Sharma       -7209824669
  - + Aditya Ghodela       -8952925333

# 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)



---

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

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