



*Sabla Samiti
Federation of SHGs
2000 members*

Empowering Women and Girls Micro Credit to Enterprise Development

Founded in 1976

ai
action india

A Gender Just Egalitarian Society

Recognizing Women as Farmers



Sanitary pad unit



School Boys visiting to the Mela



Over 3000 visitors, young and old
attended the Gyan Vigyan Mela
from 16 villages and 10 schools.

ai action india

ज्ञान विज्ञान मेला

आओ, सुनो, समझो, सीखो

उबारपुर	20 जनवरी 2019
नवादा	23 जनवरी 2019
सुदना	31 जनवरी 2019
काठीखेड़ा	03 फरवरी 2019
अयादनगर	05 फरवरी 2019

आओ, सुनो समझो, सीखो





जेण्डर

Gender Equality



बेटा-बेटी एक समान



माहवारी शर्म नहीं समझने की बात

Menstrual blood is natural, not a shame

माहवारी जैविक परिपक्वता का सामान्य
और प्राकृतिक हिस्सा है।

यह महिलाओं के जीवन का महत्वपूर्ण
हिस्सा है।

यह महिलाओं को गरिमा प्रदान करता है
और उन्हें परिपूर्ण बनाता है।



How did you learn about
menstruation?
“From a friend or an aunt”
No mother tells her
daughter about growing up
Sexual and reproductive
health in your school book
comes alive in
Suno, Samjho, Sikho



Puberty means taboos,
shame and chains
Break the silence
Learn the biological facts
of menstruation and make
growing up your right
to identity and freedom
through informed choice.



बचपन से यौवन तक



Boys want to know about menstruation.
Now they understand why
their sisters and mothers
need support on “some days”

Our youth trainer is sensitive to the needs
of adolescent boys and girls and speaks
openly on body, knowledge, safe sex and
gender identities

Youth facilitator sensitizing parents on
how to talk to their children



"Now I can take decisions and make choices because I have gained knowledge and information."

Our Sabla Samiti - Federation Members learn how the sanitary pads will improve their reproductive health.



Generating Awareness on menstruation ensures better hygiene and best practices for sexual reproductive health.

We promote the use of sanitary pads made by women for women, available at affordable price.



कैसे समझें हम परेशान हैं?



Pic credit Lady Irwin College

Recognizing
Mental Illness.
Listening to your
self. A space
for trust and
conversation .
Enabling well-
being and Mental
health.



निपटान

Promoting solid
waste management



Eco friendly disposal of sanitary pad.

अपना स्वास्थ्य अपने हाथ

Natural and organic farming leads to better health.

Start in your home garden.

प्रकृति के नियमों पर अच्छी सेहत की बुनियाद रखने से दिल, दिमाग और जिस्म के बीच संतुलन बना रहता है।

यही जिन्दगी की खूबी है। जिन्दगी की खूबी का मतलब है, सर उठाकर जीना, बिना डर के निर्णय लेना, अपने शरीर पर नियंत्रण रखना, अपनी बेकदरी ना होने देना, अन्याय के खिलाफ आवाज़ उठाना।

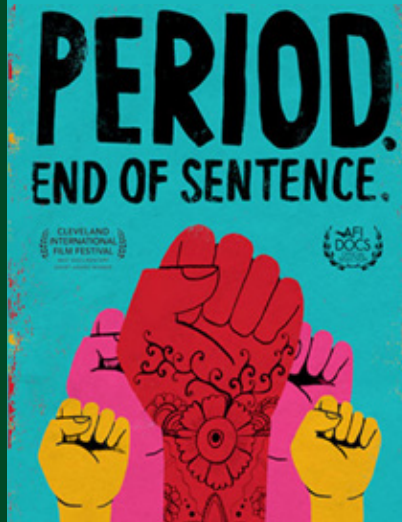
Collectively we can make the change and save the earth.

यह अकेले नहीं समूह के बल (ताकत) पर सम्भव है।

आँगन से खेत तक



Health workers speak to women farmers



Period. End of Sentence is set in Hapur village outside Delhi, where women lead a quiet revolution as they fight against the stigma of menstruation. Our MHM Initiative becomes a Global awarding winning Short Documentary “Period. End of Sentence”. The Short Documentary has been nominated for 91st Academy Awards under the Best Short Documentary category. The documentary is based on our sanitary pad unit in Kathikheda, Hapur, Uttar Pradesh. Four team members Sneh the protagonist, Suman from Kathikheda, Sulekha Singh and Ajeyadeep from Delhi along with our Founder & Director Gouri Choudhury are going to Los Angeles U.S.A. for the Oscars and other screening events.

