Project Sakhi

Holistic development for adolescent girls

This programme seeks to provide support to young girls from disadvantaged backgrounds to become confident young women who are emotionally and financially independent, through a long engagement of seven years, through their school and college education.

Process

Project Sakhi is designed to ensure multi-dimensional development - i.e. physical, mental, emotional, cognitive and livelihood. This would be through various interventions which would focus on developing their knowledge, attitude, skills and habits.

Several interactive, inspiring and fun sessions, comprising of art-learning sessions, group activities, inspiring discussions, talks by experts from the field of psychology, art therapy and leadership and community projects are part of the programme. We are currently mentoring 225 girls across Chennai, Coimbatore, Delhi, Gurgaon, Thiruvananthapuram, Pune, Hyderabad, and Bangalore.

Our areas of focus are building

- Resilience
- Empowerment
- Hope
- Inspiration
- Confidence
- Agency to make choices