**SAKHI**

**What is Sakhi?**

Sakhi is more than just a group—it’s a sisterhood dedicated to empowering girls aged 5 to 18. Founded with a heart full of hope and a mission rooted in community, Sakhi aims to nurture young girls into confident, independent, and socially aware individuals. The word “Sakhi” itself means “friend” or “companion,” and that perfectly reflects what this group is all about: friendship, support, and growing together.

At its core, Sakhi believes every girl deserves the chance to learn, lead, and shine. Whether through skill-building workshops, community service activities, or cultural celebrations, Sakhi creates a space where girls can explore their talents, discover new passions, and develop important life skills. From learning basic first aid to understanding environmental conservation, every activity is designed to inspire growth and responsibility, all while having fun.

Community service is a cornerstone of Sakhi’s spirit. The group encourages girls to look beyond themselves and give back to the society that surrounds them. Through volunteering and social awareness projects, members learn the value of kindness, empathy, and teamwork. Whether helping organize a local cleanliness drive, supporting animal shelters, or spreading awareness about important social issues, Sakhi girls become compassionate changemakers in their neighborhoods.

Mental health and wellness are also a priority within Sakhi. The group promotes a healthy, positive mindset through activities that encourage mindfulness, gratitude, and emotional expression. Girls are taught to recognize their emotions, manage stress, and support one another through life’s ups and downs. This nurturing environment helps build resilience and confidence, empowering girls to face challenges bravely.

Leadership development is woven into every aspect of Sakhi. Girls are encouraged to take initiative, speak up, and lead projects and events. They learn the importance of respect, inclusivity, and collaboration, becoming role models not only within Sakhi but also in their schools and communities. This emphasis on leadership ensures that every girl discovers her unique voice and power.

Sakhi also celebrates India’s rich cultural heritage while embracing inclusivity and diversity. Members participate in traditional festivals, learn folk dances and songs, and explore stories from different regions, helping them appreciate their roots and respect others’ backgrounds. This cultural awareness strengthens their sense of identity and broadens their worldview.

Above all, Sakhi is a fun, warm, and welcoming space. It’s a place where girls make lifelong friends, share laughter, and support each other like family. The group operates with flexibility—members can join or leave anytime, and there is no pressure of attendance or strict rules. This voluntary nature respects each girl’s individual circumstances while encouraging commitment and passion.

Parents’ consent and involvement are valued, ensuring a safe and supportive environment for all members. Together, the community of Sakhi strives to create a future where girls are independent, aware, and ready to shape the world positively.

In essence, Sakhi is a journey—a journey of friendship, growth, and empowerment. It’s where young girls find their strength, learn valuable life lessons, and blossom into confident, responsible women. By joining Sakhi, girls don’t just become part of a group—they become part of a movement that believes in the power and potential of every girl.

**Why Sakhi?**

Sakhi exists because every girl deserves a safe, supportive space where she can grow, learn, and thrive. In today’s world, girls face many challenges—whether it’s lack of confidence, limited opportunities, or social barriers. Sakhi is here to break those barriers and empower girls from ages 5 to 18 to become independent, aware, and strong individuals.

The name “Sakhi” means friend, and that’s exactly what this group offers—a circle of friendship, trust, and encouragement. It’s a place where girls build meaningful friendships, support each other through challenges, and celebrate each other’s successes. More than just fun and games, Sakhi focuses on skill-building, leadership, mental health, cultural awareness, and community service, helping girls become well-rounded and responsible citizens.

Sakhi also answers the need for social awareness and empowerment right where it matters—starting in communities like East Delhi and eventually beyond. By nurturing leadership and independence in girls, Sakhi hopes to create a future generation of confident women who will inspire positive change.

Simply put, Sakhi is about believing in every girl’s potential and giving her the tools and support to shine bright. Because when girls thrive, communities and the world thrive too.

### Mission Statement

Sakhi’s mission is to empower girls aged 5 to 18 by providing a safe, inclusive space where they can build valuable skills, gain confidence, and develop leadership qualities. We are dedicated to fostering social awareness, mental well-being, and independence through engaging community service, cultural activities, and fun learning experiences. By nurturing friendship, respect, and responsibility, Sakhi aims to inspire every girl to realize her full potential and become an active, compassionate contributor to her community.

### Vision Statement

Our vision is to create a vibrant and supportive community where every girl grows into a confident, independent, and socially conscious individual. We imagine a future where girls are equipped with the skills, knowledge, and courage to lead positive change, embrace diversity, and champion equality. Sakhi envisions a world where young girls stand strong together, uplift one another, and create lasting impact for themselves and society at large.

### Who Can Join Sakhi?

Sakhi welcomes all girls and young volunteers aged **5 to 18 years** who are eager to learn, grow, and make a positive difference in their community. Whether you’re curious, creative, or passionate about helping others, Sakhi is the perfect place to build new skills, make friends, and become more confident.

Since Sakhi is a community-focused group based in East Delhi, we especially encourage girls from this region to join, but everyone who shares our values of respect, inclusivity, and kindness is welcome.

**Parents or guardians** of participants under 18 are kindly requested to provide consent before joining, ensuring a safe and supportive environment for all.

Whether you want to explore new hobbies, take part in community service, or simply have fun while learning important life skills, Sakhi is open to YOU—come as you are, and be part of something special!

**RULE BOOK**

### 1. **Age of Members and Volunteers:**

Girls aged **5 to 18 years** are eligible to join as members or volunteers.

### 2. **Parental Consent:**

Parental or guardian consent is required for all members and volunteers

### 3. **Voluntary Participation:**

Joining or leaving the group, whether as a volunteer or participant (girl), is completely voluntary. There are **no mandatory attendance or commitments**.

### 4. **Respect & Inclusivity:**

Everyone—volunteers, girls, families—is treated with respect and dignity. Discrimination or exclusion of any kind is **strictly prohibited**.

### 5. **Safety and Child Protection:**

* All volunteers must adhere to **child safeguarding policies** to protect girls from harm.
* Any suspected abuse, neglect, or unsafe situations must be **reported immediately** to group leaders.
* Volunteers must never be alone with minors; always work in **pairs or groups**.

### 6. **Confidentiality:**

Personal information of girls and families is confidential. Volunteers must **never share sensitive information** outside the group.

### 7. **Appropriate Conduct:**

Volunteers must behave **professionally and responsibly** during all interactions with girls and families, both during activities and online.

### 8. **Communication:**

Maintain respectful, positive, and clear communication within the group and with families.

### 9. **Parental Involvement:**

Parents/guardians are encouraged to be informed about the group’s activities and may be invited to participate or observe.

### 10. **No Bullying or Harassment:**

Bullying, harassment, or intimidation is **not tolerated** among volunteers or girls.

### 1 **Dress Code:**

Volunteers and participants should dress **modestly and appropriately**, respecting local cultural norms.

### 12. **Substance Use:**

No volunteer or participant should consume or be under the influence of alcohol, drugs, or any substance during group activities.

### 13. **Use of Media & Social Media:**

* No photos or videos of girls can be taken or shared without **explicit parental consent**.
* Volunteers must maintain professionalism on social media when posting about the group.

### 14. **Inclusivity:**

The group welcomes girls from **all backgrounds**, regardless of religion, caste, socioeconomic status, or disability.

### 15. **Conflict Resolution:**

Any disagreements should be resolved respectfully and privately with group leaders.

### 16. **Respect for Cultural Sensitivities:**

Volunteers must respect cultural and religious beliefs of participants and their families.

### 17. **No Political or Religious Advocacy:**

Avoid promoting political or religious views during activities to maintain a neutral and inclusive environment.

### 18. **Volunteering Roles:**

Volunteers may support in mentorship, education, awareness sessions, events, and other activities as per their interest and skills.

### 19. **Transparency in Fundraising:**

Any fundraising must be transparent, with clear communication about how funds are used.

### 20. **Feedback:**

Volunteers and participants are encouraged to give feedback to improve the group’s activities and impact.

### 2 **Emergency Procedures:**

Volunteers must know and follow emergency protocols during events or outreach.

### 22. **No Financial Transactions:**

Volunteers must not ask for or accept money from girls or families in connection with group activities.

### 23. **Respect Group Decisions:**

Members should support decisions made by group coordinators regarding activities and policies.

### 24. **Positive Environment:**

Create an encouraging and supportive atmosphere for girls to grow confident and independent.

### 25. **Flexibility:**

Members can join or leave at any time without obligations or penalties.

### 🏅 LEVEL STRUCTURE

| **Level Name** | **Badge Count** | **Symbol** | **Description** |
| --- | --- | --- | --- |
| **Beginner Sakhi** | 0–19 badges | 🌱 Leaf | Just getting started! Full of curiosity and courage. |
| **2. Explorer Sakhi** | 20–39 badges | 🧭 Compass | Actively learning and trying new skills. |
| **3. Pathfinder Sakhi** | 40–59 badges | 🔦 Lantern | Finding her way with confidence and independence. |
| **4. Trailblazer Sakhi** | 60–79 badges | 🔥 Torch | Leading by example, inspiring others. |
| **5. Flamekeeper Sakhi** | 80–99 badges | 🔥🔥 Twin Flames | Protects the spirit of the group, a mentor to others. |
| **6. Star Sakhi ⭐** | 100–124 badges | ⭐ Star | A role model with consistent dedication across themes. |
| **7. Crown Sakhi 👑** | 125–149 badges | 👑 Crown | Near-legendary, an all-rounder and leader. |
| **8. Legend Sakhi ✨** | 150+ badges | ✨ Glowing Aura | Honoured for lifelong commitment. May receive honorary roles or medals. |

**Tasks list**

**🌱 Environment & Nature**

Plant a tree and document its growth for 3 months

Create a compost bin at home or in a nearby garden

Design and maintain a small kitchen garden

Take care of a potted plant for 2 months

Visit a forest or botanical garden

Identify 10 local trees and their benefits

Make eco-friendly Holi colours

Make a bird feeder

Conduct a cleanliness drive in a park

Volunteer for a tree-planting event

Recycle old newspapers into gift wrappers

Make a "No Plastic" pledge and stick to it for 30 days

Do rainwater harvesting

Campaign drive for water conservation

Organize an e-waste collection drive

Create a reusable cloth bag from old clothes

Learn and try new agricultural modern techniques.

Visit a farm and help for a day

Save electricity at home for one month

Create a leaf/rubber stamp art piece

**📘 Education & Learning**

Teach a younger sibling or friend a new skill

Read 10 novels and write reviews

Maintain a daily diary for 30 days

Create different study techniques which can help learn better and try it

Create a mini dictionary of new words

Write a poem and recite in front of group

Make a craft using geometry

Learn basic budgeting with pocket money

Write a small story and illustrate it

Translate a Sanskrit poem to English

Visit a library and borrow 5 books

Watch a documentary and share the summary

Learn how to use an encyclopedia or atlas or map

Make a book of random facts u learnt

Research about different historical woman leader

Do 15 minutes of reading every day for 1 month

Complete a crossword or sudoku book

Present about different states about our country in a unique way

Write a letter to your future self

Learn cursive handwriting or calligraphy

**🌺 Culture & Tradition**

Cook a traditional meal of your culture

Learn a folk dance

Make a rangoli during a festival

Decorate a diya and gift it

Make traditional greeting cards for Diwali

Dress in traditional attire and explain its origin

Learn a regional song and perform it

Learn to say "Hello" in 10 Indian languages

Create a scrapbook of Indian monuments

Visit a museum or heritage site

Interview a grandparent about their childhood

Attend a local cultural event

Paint a tribal art form (Warli, Gond, etc.)

Celebrate a festival from another culture

Make an Indian state map with food, clothing, art

Watch a regional movie and summarize

Try mehendi and design your own pattern

Make a video about your favorite tradition

Organize a "Culture Day" with friends

Write about a forgotten Indian custom

**💖 Community Service**

Organize a toy/book donation drive

Help at a local NGO for a day

Teach a helper's child basic English

Make handmade cards for hospital patients

Participate in a blood donation awareness drive

Distribute food or water to the needy

Create a first-aid kit for your school/home

Volunteer for an animal shelter

Create posters on anti-bullying

Help your sibling or neighbor with studies

Distribute handmade masks or hygiene kits

Organize a clothes donation drive

Create a safety chart for emergency numbers

Write positive messages and stick around colony

Teach basic mobile use to an elder

Help digitize old photos or letters for elders

Collect books for a local library

Teach a friend how to ride a cycle

Serve water to delivery workers or guards

Help make care packages during winter

**🧠 Mental Health & Wellness**

Practice deep breathing for 10 days

Maintain a gratitude journal for 2 weeks

Learn 3 yoga poses and perform daily

Spend 2 hours device-free daily for a week

Share a happy story with a group

Learn about emotions and name 5 positive ones

Create a "calm corner" in your room

Write a letter to your role model

Make a vision board of your goals

Meditate for 5 minutes a day for 10 days

Say 3 good things to yourself every day

Perform a random act of kindness

Make a self-care checklist

Learn basic emotional first aid

Read a book on mindfulness

Teach a friend how to journal

Listen without interrupting for a day

Make a list of your top 10 strengths

Decorate a rock with an inspiring quote

Create a "mood tracker" chart

**🎨 Skills & Hobbies**

Learn to knit or crochet

Sew a button onto a shirt

Learn to bake cookies or cake

Paint with watercolors or acrylics

Make handmade jewellery

Write a short story or poem

Learn 5 magic tricks

Try a DIY science experiment at home

Make origami animals

Create a scrapbook of your favorite things

Write and perform a skit

Record a podcast or video on any topic

Make paper quilling art

Decorate your room with a handmade craft

Learn to juggle or balance objects

Make a recycled-material model

Build a LEGO structure from imagination

Make a friendship bracelet

Design your own board game

Make a nature mandala from leaves, stones

**🏃‍♀️ Physical Fitness**

Skip 100 times in one go

Learn and perform a full dance routine

Climb 5 flights of stairs without stopping

Run or walk 1 km daily for a week

Hold a plank for 1 minute

Practice 10 Surya Namaskar

Learn and demonstrate 5 stretching exercises

Participate in a relay or sports event

Join a weekend trek or nature walk

Take part in a yoga workshop

Master a hula hoop for 2 minutes

Learn a martial arts move

Cycle for 5km in a day

Walk barefoot on grass for 10 days

Learn basic gymnastics moves

Build a mini obstacle course

Try a Zumba session

Perform 20 sit-ups in one go

Practice skipping every day for 10 days

Do a dance workout to 3 songs

**💡 STEM**

Make a volcano experiment with baking soda

Build a basic electric circuit model

Learn about solar energy and make a model

Observe the moon for 7 days and record phases

Research 3 female scientists and present

Create a science fact poster

Visit a science museum and write about it

Learn binary code and write your name

Build a pulley or lever model

Watch a science show and share a summary

Make a working model of a windmill

Try coding a basic animation online

Plant seeds and record growth scientifically

Create a paper robot with moving parts

Learn about magnets and perform 3 tricks

Make a floating boat out of foil

Conduct a rainbow density jar experiment

Make a model of the solar system

Track and graph daily temperatures for a week

**🛠 Life Skills**

Make a phone call to order something or book

Learn how to iron a handkerchief or shirt

Wash your own plate daily for 2 weeks

Help cook 5 basic dishes (roti, rice, dal, etc.)

Learn to fold clothes neatly

Pack a travel bag efficiently

Memorize emergency contact numbers

Use Google Maps to find a location

Write a formal email

Use a basic sewing kit

Organize your school bag or desk

Practice giving a short presentation

Read and explain a bus/train schedule

Set and follow a weekly cleaning plan

Make a shopping list and follow it

Understand basic nutrition labels

Create your own calendar or planner

Help manage a birthday party or event

Budget a pretend ₹1000 for the week

Learn how to wash and hang clothes

**👯 Leadership & Teamwork**

<li>Lead a group activity at school</li>

<li>Organize a mini game session</li>

<li>Plan a picnic or playdate with friends</li>

<li>Create a team name and cheer</li>

<li>Help resolve a small group conflict</li>

<li>Be a buddy to a new group member</li>

<li>Organize a classroom birthday surprise</li>

<li>Make a “kindness tree” with friends</li>

<li>Host a Kahoot quiz on any subject</li>

<li>Be the leader in a team project</li>

<li>Co-write a skit or poem with a friend</li>

<li>Coordinate a shared project online</li>

<li>Make a presentation with 2–3 friends</li>

<li>Host a mini awards day</li>

<li>Help plan a cultural or festival event</li>

<li>Start a group journal or scrapbook</li>

<li>Conduct an interview with a team member</li>

<li>Present a group art display</li>

<li>Perform a flashmob or dance with team</li>

<li>Lead a nature walk or awareness campaign</li>

**🌍 Global Awareness & Citizenship**

<li>Learn about the United Nations and its goals</li>

<li>Write a letter to a girl in another country</li>

<li>Create a peace poster for International Peace Day</li>

<li>Watch a video on a global issue </li>

<li>Learn about the rights of the child (UNCRC)</li>

<li>Research about 3 inspiring women from different countries</li>

<li>Host a "world cultures" potluck or virtual meet</li>

<li>Make a presentation on global warming</li>

<li>Join a virtual penpal platform</li>

<li>Celebrate a global day (Earth Day, UN Day, etc.)</li>

**🛍 Entrepreneurship & Innovation**

<li>Set up a mini pop-up store (handmade crafts, bookmarks)</li>

<li>Design packaging for a DIY product</li>

<li>Calculate cost and pricing for a pretend item</li>

<li>Sell one handmade product to a friend or family member</li>

<li>Brainstorm 3 small business ideas</li>

<li>Watch a video on women entrepreneurs</li>

<li>Create a logo for your brand idea</li>

<li>Make a pitch video for your pretend business</li>

<li>Conduct a pretend customer survey</li>

<li>Organize a Sakhi mini flea market</li>

**🎭 Performing Arts**

<li>Prepare a 1-minute monologue from a play or movie</li>

<li>Lip sync a famous scene and perform it</li>

<li>Learn a mime act</li>

<li>Create a funny puppet show</li>

<li>Write and direct a 2-minute skit</li>

<li>Perform a folk song with actions</li>

<li>Choreograph a group dance</li>

<li>Record yourself imitating a famous voice</li>

<li>Attend a theatre performance or watch online</li>

<li>Organize a mini "open mic" at home or school</li>

**🍴 Food & Nutrition**

<li>Make a healthy fruit chaat</li>

<li>Learn to identify healthy vs junk food</li>

<li>Create your own smoothie recipe</li>

<li>Record your food intake for 3 days</li>

<li>Decorate a healthy snack plate</li>

<li>Learn about traditional superfoods in India</li>

<li>Watch a cooking video and recreate a dish</li>

<li>Make a food pyramid chart</li>

<li>Learn to cook with zero waste</li>

<li>Visit a local vegetable market</li>

**📷 Media & Creativity**

<li>Make a 1-minute documentary about your day</li>

<li>Create a slideshow of your favorite memories</li>

<li>Design a digital poster on Canva or similar</li>

<li>Create a short comic strip</li>

<li>Write a blog post on something you love</li>

<li>Make a GIF or meme related to school life</li>

<li>Take and edit 5 photos of nature</li>

<li>Curate a digital photo gallery</li>

**🐾 Animal Care & Kindness**

<li>Feed a stray animal</li>

<li>Visit an animal shelter</li>

<li>Make a poster about animal rights</li>

<li>Create a feeding bowl or water station</li>

<li>Learn about 3 endangered Indian species</li>

<li>Watch a wildlife documentary</li>

<li>Make toys or blankets for rescued animals</li>

<li>Start a mini bird census in your locality</li>

<li>Write a story from a pet’s point of view</li>

<li>Observe an ant/bee trail and sketch it</li>

**🎓 Academic Enrichment**

<li>Learn 10 new words in a foreign language</li>

<li>Create a trivia quiz for your friends</li>

<li>Watch an educational YouTube channel and take notes</li>

<li>Join a virtual museum tour</li>

<li>Take a free online course</li>

<li>Make flashcards for any subject</li>

<li>Teach a topic to your sibling or friend</li>

<li>Watch a TED-Ed video and explain it</li>

<li>Make your own board game based on school subjects</li>

<li>Attempt a brain teaser or riddle book</li>

**🧵 Domestic & Crafting Skills**

<li>Stitch a small cushion or pouch</li>

<li>Make your own hair accessories</li>

<li>Reuse old clothes into something useful</li>

<li>Decorate a tote bag</li>

<li>Learn to hem or repair a torn edge</li>

<li>Help decorate the house for an event</li>

<li>Try hand embroidery or patchwork</li>

<li>Weave paper or fabric strips into a mat</li>

<li>Make your own apron</li>

<li>Organize your wardrobe by color</li>

**⛺ Outdoor Exploration**

<li>Go on a sunrise walk</li>

<li>Take part in a picnic with nature-based games</li>

<li>Draw a map of your neighborhood</li>

<li>Collect natural materials for a craft</li>

<li>Track animal prints on a trail</li>

<li>Lie on the grass and cloud-watch for 20 minutes</li>

<li>Go on a tree-identification walk</li>

<li>Make a weather observation journal</li>

<li>Learn 5 types of rocks or soils</li>

<li>Do a star-gazing session</li>

**💬 Communication Skills**

<li>Practice a debate with a sibling or friend</li>

<li>Learn to introduce yourself in 2 languages</li>

<li>Host a storytelling session</li>

<li>Write a formal letter to a school principal</li>

<li>Record a speech on a topic you care about</li>

<li>Learn how to interview someone</li>

<li>Share a daily good news story for 1 week</li>

<li>Use emojis to write a sentence/story</li>

<li>Practice telephone etiquette</li>

<li>Roleplay ordering food in a restaurant</li>

### 🌍 Global Awareness & Citizenship

<li>Research a UN Sustainable Development Goal and create a poster</li>

<li>Learn greetings in 5 foreign languages</li>

<li>Write a letter to a pen pal from another country</li>

<li>Watch a world news segment and discuss it</li>

<li>Identify flags of 20 countries</li>

<li>Learn about a global charity and share its mission</li>

<li>Organize a small fundraiser for a cause</li>

<li>Debate on a current global issue in your group</li>

<li>Create a cultural exchange presentation</li>

<li>Make a world map with your dream travel places</li>

### 🎭 Performing Arts & Creativity

<li>Learn and perform a short monologue</li>

<li>Write and direct a short play with friends</li>

<li>Learn to play a musical instrument (basic level)</li>

<li>Choreograph a dance to a traditional or modern song</li>

<li>Make and wear a costume for a role-play</li>

<li>Record a song cover or poem recital video</li>

<li>Create shadow puppets and perform a story</li>

<li>Learn basic stage makeup techniques</li>

<li>Organize a talent show in your group</li>

<li>Design a poster for a performance event</li>

### 💼 Entrepreneurship & Financial Literacy

<li>Create a simple business plan for a lemonade stand or craft sale</li>

<li>Learn about saving and interest by opening a mock bank account</li>

<li>Research different jobs and share about one you like</li>

<li>Track your expenses for a week and analyze spending</li>

<li>Make price tags and sell handmade crafts to family</li>

<li>Learn how to make a bill or receipt</li>

<li>Interview a local shop owner about their business</li>

<li>Learn the basics of advertising and create an ad</li>

<li>Role-play a customer and seller interaction</li>

<li>Create a mock budget for a birthday party</li>

### 🌲 Outdoor Exploration & Adventure

<li>Identify 10 bird species in your area</li>

<li>Learn basic knots used in camping or sailing</li>

<li>Plan and pack a day hiking trip</li>

<li>Build a simple shelter using natural materials</li>

<li>Learn how to read a compass and use it</li>

<li>Track and identify insects in your garden</li>

<li>Try fishing or learn about it from an expert</li>

<li>Stargaze and learn about Dhruvtaara</li>

<li>Collect and classify different types of rocks</li>

<li>Write a nature poem while outdoors</li>

### 🔧 Technology & Innovation

<li>Build a simple DIY robot or mechanical toy</li>

<li>Learn basic computer coding using block-based languages</li>

<li>Create a stop-motion animation using clay or toys</li>

<li>Make a simple website or blog</li>

<li>Research famous inventors and their inventions</li>

<li>Create a tech glossary with definitions</li>

<li>Learn how to fix a minor tech issue (like a slow phone)</li>

<li>Try using voice assistants like Siri or Google Assistant</li>

<li>Make a digital photo album or slideshow</li>

<li>Record and edit a short video on your phone</li>

### 🍳 Culinary Arts & Nutrition

<li>Make a healthy snack and share the recipe</li>

<li>Learn to use 3 different kitchen tools safely</li>

<li>Create a weekly meal plan for your family</li>

<li>Make a traditional Indian sweet</li>

<li>Try a recipe from a different Indian state</li>

<li>Organize a cooking competition with friends or family</li>

<li>Make your own smoothie or juice blend</li>

<li>Learn about portion sizes and balanced meals</li>

<li>Prepare lunchbox meals for 3 days</li>

<li>Grow a herb like mint or coriander to use in cooking</li>

### 🧩 Critical Thinking & Problem Solving

<li>Solve 5 logic puzzles or brain teasers</li>

<li>Play a strategy board game with friends or family</li>

<li>Participate in a scavenger hunt</li>

<li>Design your own puzzle or riddle</li>

<li>Learn how to budget time using a daily planner</li>

<li>Create a plan to solve a community problem</li>

<li>Conduct a simple scientific experiment and record results</li>

<li>Practice mindfulness by solving one problem calmly every day</li>

<li>Interview someone about how they solve problems</li>

<li>Write a story where the character solves a mystery</li>

### 🌸 Personal Growth & Reflection

<li>Write a letter to your future self about your dreams</li>

<li>Set 3 personal goals and track progress for a month</li>

<li>Create a "strengths and weaknesses" chart</li>

<li>Practice public speaking by presenting to family or friends</li>

<li>Learn to manage stress through breathing exercises</li>

<li>Keep a mood diary for two weeks</li>

<li>Read a biography of an inspirational woman</li>

<li>Share a personal story of overcoming fear or challenge</li>

<li>Create a vision board for your next school year</li>

<li>Practice daily affirmations for confidence</li>

### 👫 Friendship & Social Skills

<li>Plan a surprise for a friend or family member</li>

<li>Practice active listening during conversations</li>

<li>Write thank-you notes to three people who helped you</li>

<li>Learn how to resolve conflicts peacefully</li>

<li>Organize a group picnic or outing</li>

<li>Help a friend with homework or a project</li>

<li>Learn how to introduce yourself confidently</li>

<li>Make friendship bracelets and gift them</li>

<li>Volunteer to be a buddy for a new student</li>

<li>Share your favorite hobby and teach it to others</li>

### 🛡 Safety & First Aid

<li>Learn how to call emergency services and what to say</li>

<li>Practice basic first aid for cuts and bruises</li>

<li>Create an emergency evacuation plan for home</li>

<li>Identify safe places in your neighborhood</li>

<li>Learn fire safety tips and practice a drill</li>

<li>Make a home safety checklist</li>

<li>Learn how to swim or water safety basics</li>

<li>Practice wearing a helmet and other safety gear</li>

<li>Understand internet safety and privacy rules</li>

<li>Learn how to help someone who is choking</li>

### 👧 MENSTRUAL HEALTH & HYGIENE

<li>Track your menstrual cycle for three months.</li>

<li>Learn how to use a sanitary pad.</li>

<li>Practice hygienic disposal of menstrual products.</li>

<li>Create your own period emergency kit.</li>

<li>Watch a video or attend a session on menstrual health.</li>

<li>Talk to an elder or guardian about periods confidently.</li>

<li>Learn natural ways to reduce period cramps.</li>

<li>Discuss myths and facts about menstruation.</li>

<li>Attend a menstrual health awareness workshop.</li>

<li>Visit a gynecologist or attend a Q&A session.</li>

<li>Help distribute period products in your local area.</li>

<li>Make a short presentation on menstrual health.</li>

<li>Journal about your first period experience.</li>

<li>Learn about PMS and how to manage mood swings.</li>

<li>Understand period syncing with friends.</li>

<li>Talk to a boy about periods to break taboos.</li>

<li>Learn about the biology of menstruation from a textbook.</li>

### ⛰️ EMERGENCY & SURVIVAL SKILLS

<li>Pack an emergency go-bag with basic supplies.</li>

<li>Memorize 3 emergency contact numbers.</li>

<li>Learn basic first-aid skills (cuts, burns, fainting).</li>

<li>Practice the STOP-DROP-ROLL fire escape method.</li>

<li>Watch a survival video or documentary.</li>

<li>Role-play an earthquake or fire drill.</li>

<li>Learn how to purify water using boiling.</li>

<li>Learn to use a water filter or purification tablets.</li>

<li>Participate in a mock natural disaster drill.</li>

<li>Build a temporary shelter using bedsheets and sticks.</li>

<li>Learn basic knot tying.</li>

<li>Understand how to signal for help.</li>

<li>Learn about safe food during a disaster.</li>

<li>Create your own emergency contact card.</li>

<li>Try lighting a candle or fire safely (with adult supervision).</li>

<li>Learn how to navigate using the sun or stars.</li>

<li>Practice conserving water in daily life.</li>

<li>Make a mini first-aid box.</li>

<li>Learn what to do if someone is unconscious.</li>

<li>Understand the basics of CPR </li>.

<li>Create a checklist for home safety.</li>

<li>Learn how to cook one meal without gas/electricity.</li>

<li>Learn about climate change and its survival implications.</li>

<li>Participate in a cleanliness or disaster awareness drive.</li>

<li>Learn the signs of heatstroke and dehydration.</li>

<li>Join a self-defense session.</li>

<li>Understand different types of natural disasters.</li>

<li>Create a poster on disaster readiness.</li>

<li>Practice a home lockdown emergency drill.</li>

<li>Learn how to call for help using a mobile or landline.</li>

### 🛈 STREET SMARTS & PERSONAL SAFETY

<li>Memorize emergency helpline numbers (100, 1091, 112).</li>

<li>Role-play situations like getting lost in a mall.</li>

<li>Learn to identify unsafe situations and red flags</li>.

<li>Keep a whistle or safety alarm in your bag.</li>

<li>Learn how to protect your phone and identity online.</li>

<li>Create a digital safety checklist.</li>

<li>Understand good touch vs. bad touch.</li>

<li>Talk about how to safely use public transport.</li>

<li>Create a buddy system plan for travel.</li>

<li>Learn basic map reading.</li>

<li>Learn self-defense moves like elbow jab and palm strike.</li>

<li>Understand the concept of safe adults and trusted people.</li>

<li>Practice walking confidently alone.</li>

<li>Create a list of safe places in your neighborhood.</li>

<li>Learn how to send live location through WhatsApp</li>.

<li>Join or create a neighborhood watch group.</li>

<li>Write about a time you felt unsafe and how you handled it.</li>

<li>Participate in an online safety workshop.</li>

<li>Talk to a police officer or NGO representative about safety.</li>

### ⚖️ MENTAL HEALTH, RESPONSIBILITY & INDEPENDENCE

<li>Start a gratitude journal.</li>

<li>Meditate for 5 minutes daily for a week.</li>

<li>Learn the basics of mental health and emotional hygiene.</li>

<li>Watch a short film about teenage mental health.</li>

<li>Take a break from social media for 1 day.</li>

<li>Share your worries with a trusted friend or elder.</li>

<li>Learn about anxiety and how to manage it.</li>

<li>Make a calming box with items that relax you.</li>

<li>Create a daily routine chart.</li>

<li>Wake up early and make your bed every day for a week.</li>

<li>Help cook a family meal once a week.</li>

<li>Clean your room and organize your books.</li>

<li>Try going to the market and buying groceries</li>

<li>Make a budget and track expenses for a week.</li>

<li>Help someone younger than you with homework.</li>

<li>Be responsible for a house chore for a month.</li>

<li>Learn to do your own laundry.</li>

<li>Sew a button or do a basic stitch</li>.

<li>Write a letter to your future self.</li>

<li>Join a community drive.</li>

<li>Talk about body image and self-love.</li>

<li>Attend a workshop on inclusivity and respect.</li>

<li>Write a poem or blog on being a strong girl.</li>

<li>Learn about different cultures.</li>

<li>Celebrate a festival from another region.</li>

<li>Help a friend or family member in need.</li>

<li>Learn how to write an email.</li>

<li>Take care of a plant or pet.</li>

<li>Organize a small event or game for younger kids.</li>

<li>Celebrate all your completed tasks with a badge ceremony!</li>

### Sakhi Badges & Accomplishments

At Sakhi, every step you take toward learning, growing, and serving your community is a celebration! Our badges are symbols of your hard work, new skills, and commitment to making a difference.

**When will you receive a Sakhi badge?**  
You will earn badges by actively participating in activities that focus on:

* **Skill Development:** Learning and mastering new skills like leadership, communication, creative arts, environmental care, and self-defense.
* **Community Service:** Taking part in social awareness projects, helping others, and contributing to your neighborhood.
* **Personal Growth:** Showing responsibility, independence, respect for others, and a positive attitude.
* **Teamwork & Friendship:** Building strong friendships and supporting your fellow Sakhi members.
* **Cultural & Social Awareness:** Understanding and respecting different cultures, traditions, and social issues.
* **Mental & Physical Wellness:** Engaging in activities that promote your mental health, confidence, and physical well-being.

**What will you accomplish?**  
By earning badges, you’ll not only gain valuable skills but also become a confident, aware, and empowered individual ready to face challenges and lead with kindness.

Every badge is a step closer to becoming a true **Sakhi — a friend, a leader, and a changemaker.**

Keep exploring, learning, and growing with Sakhi. Your journey to independence and impact starts here!

### Conclusion

Sakhi is more than just a group — it’s a community where girls and young volunteers come together to grow, learn, and support each other. Here, every member’s voice matters, every effort counts, and every achievement is celebrated. By joining Sakhi, you step into a safe, inclusive space filled with friendship, empowerment, and opportunities to make a positive impact in your community.

Together, we will build confidence, develop skills, raise awareness, and inspire independence — all while having fun and creating memories that last a lifetime. Whether you’re here to learn, lead, or simply be part of something meaningful, Sakhi welcomes you with open arms.

Let’s walk this journey hand in hand, supporting each other to shine brighter, reach higher, and become the strong, compassionate leaders of tomorrow.

Welcome to Sakhi — your journey begins now.

### Thank You

Thank you for taking the time to learn about Sakhi and considering joining our vibrant community. Your interest and enthusiasm mean the world to us. Together, we can create a space where every girl feels empowered, supported, and inspired to grow.

We look forward to welcoming you as a Sakhi — a friend, a guide, and a fellow traveler on this incredible journey of self-discovery, learning, and service.

Here’s to friendship, growth, and making a difference — side by side, as Sakhi.

With warmth and excitement,  
**Your Sakhi Team**