

KADAM WEBSITE CONTENT

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‘CONTACT US’ PAGE

- LOCATION
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BLOODY PURE

WHAT WE DO

At #BloodyPure, we have come together to build a society that is free of menstrual prejudice. We intend to change the way menstruation is treated in India. We are set to make sure that menstruation is not a “girl’s problem”. We iterate the role of men in menstruation while simultaneously reiterating that menstruation is not a problem or a disease, but a biological process to be looked at. Our aim is to strike a chord with the school children (both boys and girls) to create awareness and normalize periods. We concentrate on school children because that is where the learning starts.

India is home to around 120 million adolescent girls— that’s roughly 10% of the population. A girl menstruates on an average of five days a month, 12 months a year, and the cycle carries on till she reaches menopause between the age of 30–40. Periods are normal and healthy, yet many girls across the rural and urban India struggle to manage this monthly occurrence. Menstrual taboos are still aplenty. Most of the women, even those working in corporates too feel shy to take leave because of the menstrual cramps. They label it as stomach ache. They are moulded by the system which considered menstruation as a problem or a disease. At #BloodyPure, we strive to break it.

IMPACT

The #BloodyPure campaign was initiated in August 2019; from then we have organized --- events across 4 cities covering more than ---- students involving more than --- volunteers spending totally around --- hours of volunteering.

Through #BloodyPure campaign we also provide cloth pads to girls in rural areas through online fundraising. We have collaborated with Rebelle Pads, a cloth pad manufacturer where we get 4 cloth pads, 1 wet pouch and 1 cloth bag at ₹192. We have provided 80 kits to girls in a Government school in Tholasampatti Village, Salem and 70 kits to girls in SGRD School, Amritsar. Total 150 kits are distributed with the help of the BloodyPure Memberships, contributing to our mission to reduce the monthly waste production from the mainstream plastic sanitary napkins.

SEX'ED:

WHAT WE DO:

At Kadam, we realize the lack of proper sexual education and awareness in the Indian educational system. We feel that since there have been no proper steps taken by the system to spread awareness and positive education in regards to topics such as consent, will, rape, pregnancy, sexually transmitted diseases (STDs), contraception, and many other vital topics, it stems numerous sexual and social issues in Indian society. This in turn leads to a great divide in our population's understanding and perceptions of sexuality.

Our Sex'Ed initiative combats this issue head on. We have consolidated a number of qualified medical students, doctors, and experts who are not only well-versed with these issues from both a medical and legal standpoint, but are also, they themselves, strong advocates of spreading positive sexual education and awareness.

Our main goal is to remove the stigmas and taboos associated with sexuality and educate the public in all aspects of sexual education. We aim to achieve an atmosphere of inclusivity and learning about one's own body, sexuality, intercourse, contraception, pregnancy, STDs, miscarriage, abortion, consent, will, rape, and other core topics that are essential for a growing society.

IMPACT:

The Sex'Ed initiative was conceptualized in early 2020, and was launched during the unprecedented 2020 coronavirus crisis. Although initially aimed at college students, due to the extenuating circumstances of the pandemic, we pivoted to an online webinar based system during the crisis. This allowed us to spread awareness and sexual education, even though we could not do so in person.

On May 17th, 2020, the first webinar in a series of talks, meetings, and webinars, was held. Wherein, we had a panel of 4 medical students speak on a variety of sexual education topics. This was followed by a rather informative Q&A section wherein the audience clarified any further doubts or misconceptions that they previously had. It was a smashing success, and through feedback we were able to curate the talk for further sessions.

On June 7th, 2020, we held our second webinar of the series wherein we almost doubled the size of our audience, and had a panel of 6 medical students speak on the same topics. With an updated presentation that included new graphics, illustrations, and videos, the information was easily assimilated by the audience. During the Q&A section of the talk we received multiple in-depth questions from the audience. This too was a resounding success.

GALLERY: TBA

WHERE WE WORK:

During the planning and conceptualization of the Sex'Ed initiative we had initially planned on conducting seminars in various colleges, aimed at college students aged 17 to 24. However due to the coronavirus crisis of 2020, thanks to our pivot to an online webinar based approach we were able to broaden our targeted demographic to any and all individuals who were interested in gaining a positive sexual education.

Through our various social media platforms we reached out to hundreds of individuals and through registrations we amassed an audience from a much wider age group, from across the country, with even a few international audience members.

Moving forward we will continue to hold online webinars, as well as reaching out to colleges to hold seminars in person once the crisis is over.

REGISTER:

Was the reproduction chapter in Biology skipped for you by your teacher? Have you heard things from your friends or peers that don't make sense? Have questions about sexuality but don't know who to ask or are too shy to ask? Worried about being judged or embarrassed for not knowing something? Want to learn more or debunk myths and misconceptions related to sex? Interested in sexual education and spreading sexual awareness in your circle or community?

If so, register below to join our next session where we will have a qualified panel of medical experts to speak and clarify all your doubts in a safe and inclusive space.

Register now to take charge of your sexuality.

RAKSHA KAKSHA:

WHAT WE DO:

Raksha Kaksha is a budding initiative in which we developed both a platform and an outreach program rolled into one. Through our unique platform we encourage underprivileged youth to explore, harness, and hone their innate talents and abilities, while simultaneously offering them an avenue to showcase and display their talents to the global audience through our social media platforms. This is done through competitions, drives, and special events wherein we offer these youngsters prizes, awards, and accolades while giving them guidance on how these talents can be utilized in future endeavors.

The outreach wing of Raksha Kaksha focuses on teaching female students the basics of self-defense. We at Kadam realize that we do not live in a perfect world, but we also realize that the necessary tools and knowledge required to thrive in an imperfect world do exist. By teaching these students in the art of self defense we prepare them to not only face any obstacle or adversity, but we also instill within them a sense of confidence and capability, which further translates to the empowerment of women in India. These classes are conducted by trained, and qualified, martial arts instructors and coaches, and usually occur over a month of special classes.

IMPACT:

Given that Raksha Kaksha is a new and dynamic initiative, it is still in its initial stages. We launched the program in (ENTER CITY) wherein we (ENTER DETAILS OF SELF DEFENSE PROGRAM)

We also launched our first art competition in June of 2020, wherein we (DETAILS OF NEW COMPETITION)

GALLERY: TBA

WHERE WE WORK:

Our primary demographic for this new and exciting endeavor is children aged (ENTER AGE RANGE) who come from difficult or underprivileged socioeconomic backgrounds. We identify and coordinate with schools in these areas to conduct our self defense classes. Wherein, our usual class consists of (ENTER STUDENT/CLASS INFO).

Our art programs and talent platform is also similarly targeted towards underprivileged youth, wherein we reach out to various benefactors and sponsors to engage and encourage youth in these target areas to participate. In doing so we are able to offer both cash and pride rewards to these youngsters, while grooming their talents so that they can be implemented in their careers further down.

ABOUT US:

WHO WE ARE:

“One person can make a difference and everyone should try” - John Fitzgerald Kennedy

“Let us remember: One book, one pen, one child, and one teacher can change the world.” – Malala Yousafzai.

Kadam was formed in (ENTER DATE) with the core belief that an act of kindness, however small or large, is possible by all of us, regardless of time, place, or schedule. All it takes is one step to do good. We believe that no matter how busy our lives get, we all have the capacity to do good and to give back, all that is needed is to take the first step of doing an act of kindness.

This core belief is shared amongst all of our volunteers, members, and officers, who comprise the very backbone of Kadam. We are a consortium of like-minded, young individuals, who have a passion to do good, give back, and better our society. We have (ENTER NUMBER) members and volunteers located across the nation, with our main branches located in (ENTER MAJOR CITIES). However, we also have a significant presence in cities such as (ENTER MINOR CITIES).

Our motto of doing good, one step at a time, has allowed us to achieve a great many things, and spread happiness and awareness to thousands of individuals across India. We will continue to keep taking steps forward, and as long as there is work to be done, we will do it, one step at a time.

Registered Society under the Indian Societies Registration act of 1860.

WHAT WE DO:

Our unique NGO dynamic allows any member or volunteer to come forward with an idea or an initiative and we give them the guidance, tools, and resources needed to implement their plans. Kadam at its core is nothing more than a network of passionate, young individuals who strive to make the world a better place. We provide them with the avenue to do so, as they see fit.

To this end, we have incubated numerous initiatives and activities across the country ranging from our major all India initiatives such as, battling menstrual stigma (#BloodyPure), spreading sexual education and awareness (Sex'Ed), teaching self defense as well as being a platform to encourage underprivileged youth to showcase and harness their talents (Raksha Kaksha). We have also worked with our members to initiate more local programs focused on issues such as child education, youth empowerment, women's rights, and environmental issues to name just a few. Furthermore, we also facilitate smaller activities such as distributing food packets and juice to the men and women who protect us on Independence Day, supplying relief materials and rehabilitation kits for the victims of the Gaja cyclone and the Kerala floods, visits to old age

homes and visually-impaired schools, distributing stationary to underprivileged students on International Literacy Day, and many more.

To know more about our Initiatives and Activities, click the links below

(Individual Links to all major initiatives)

(Link to Other activities)