



Saheli Trust

Himalayan Academy, Chandrabani, Seola Kalan, Dehra Dun
www.sahelitrust.com

....working for children & women



Saheli Self Help Group, Chandrabani



Saheli Trust is a duly registered non-governmental organization working for women and children in a village called Chandrabani, near Dehra Dun, Uttarakhand.

Started by Shruti Kaushik, an engineering graduate from Dehra Dun Institute of Technology, in April 2013, the trust aims to empowering



women and protecting children through education, knowledge of their rights under the Indian Constitution, financial independence, protection of women from domestic violence and providing a safe and healthy childhood to as many children as possible.

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About Saheli Trust: The trust was registered in April 2013 and has regularly audited accounts and properly maintained records open to inspection at any time. Donations to our trust are exempt from Income Tax under Sec 80G. The key person in the trust is Shruti Kaushik, who is the Secretary, while Mrs Manju Kaushik is the President. Dr Nitin Pandey, well known Pediatrician & environmental activist in the city, is the Patron.

Saheli Women's Helpline is a 24 * 7 helpline for women and children in distress in Dehradun. The number 9760371958 is well publicized and registered with the official Government's Women's Helpline and Children's Helpline. Every month we receive over a dozen calls for help.

Saheli Self Help Group which runs at the trusts office in Sewla Kalan, provides meaningful employment to 7 rural women, who previously had never ventured out of their homes. Through the SHG they not only earn & learn handicraft but also learn computers, spoken English and about the rights of women guaranteed under the Indian constitution. This project is supported Sir Ratan Tata Trust & Navajbai Ratan Tata Trust, Mumbai. It has a kiosk in Pacific Mall, Rajpur Road, Dehradun, where the products made are sold. Items like earrings, necklaces, lamps, wind chimes, clothes, shagun envelopes are made in the SHG.



Along with the Self Help Group, Saheli runs a **Shelter for Women & Children** in Distress in Chander Parisar, Sewla Kalan, Dehra Dun. The

shelter presently provides accomodation, support, food, medial, legal and emotional help to victims of domestic violence, abuse, dowry victims and ex-sex workers. The aim of shelter is to provide immediate assistance to women distressed women, teach them vocational skills and then gradually integrate them into society, while the children attend school, go to evening tuitions and have all their needs attended to.

As of June 2015, we have 2 adults, 4 adolescent girls and 5 young children staying on a long term basis while a number of women and children in distress at home seek shelter for a few days till the acute crises at home blows over and then go back in peace. We receive no government funding and are fully supported by our welwishers.

Little Angel's Creche is a creche for children between 1 & 4 years being run at Saheli Shelter in Chander Parisar, Sewla Kalan, Chandrabani. The creche aims at helping parents who are both employed and need help in looking after their children. Quality food, milk and baby care is provided with 1 Caretaker for 5 children. The creche works from 9.00 am to 5.00 pm six days a week. Facility for day care on as and when required basis is also available. The creche is full of toys and the caretakers are very sensitive women, who love to work with children.



How you can help.

1. **Know us :** See our work, know us better, help us improve and help us chart out our future course.
2. **Tell people about us:** Spread the word, share our website in your social network like Facebook. The more people get to know us, the strong Saheli will be.
3. **Volunteer or Intern with us:** Mail us your CV at shruti@sahelitrust.com and we will get back to you.
4. **Help us market our products:** whether through friends, through retail outlets you may know of. Each item we sell helps us improve the life of a woman.
5. **Buy Saheli products:** yourself. You can shop online at <http://www.sahelitrust.com/shop.asp>
6. **Donate:** Donations go a long way in helping us help women. If you are too busy to help us physically, a small donation will also work miracles. You can transfer the donation online or by mailing us a cheque. Please do let us know if you do by emailing us at info@sahelitrust.com
7. **Bank Details:**
Name of account: Saheli Trust
Name of bank: Allahabad Bank Jakhan, Dehra Dun
Type of Account: Saving
IFSC Code: ALLA0212835
Account Number: 50236632576
8. **Postal Address:** Shruti Kaushik, Himalayan Academy, Sewla Kalan, Chandrabani, Dehra Dun – 248001 Uttarakhand, India

“Adopt a Saheli Inmate”

Help us by donating for specific people in the shelter home.

Our aim is to gradually re-integrate the women into society in a maximum of 3 years. The children we have with us will stay with us until they complete their schooling and start working. So when you adopt a woman, you can do it for maximum 3 years and when you adopt a child you can do it till he / she gets a job. The option of withdrawing the support is there with you all the time, no questions asked. You can sponsor a child for Rs 3,000/- per month, which includes his /her food, studies, books, tuitions, medical and personal expenses. For adult women you would need to donate Rs 5,000/- per month, which also includes her rehabilitation expenditure & her legal expenses. You can donate annually or monthly as per your choice. Once you've confirmed your intention to "adopt" a particular person, you will receive:

- Opportunity to talk to her on phone/ visit her. She will recognize you as her sponsor.
- Email with details about her along with her photograph.
- Her annual progress report.
- Her rehabilitation plan

Contact Details

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