



Menstrual Health and Hygiene Management Programme

Good menstrual hygiene plays an important role in enabling women and girls to reach their full potential. Uddami India Foundation expanded its work in the area of feminine hygiene to ensure that girls and women are not limited by something as natural as their periods. The programme has been conducted among marginalised girls and women of Kolkata and South 24 Parganas. Uddami aims to spread awareness on menstruation and menstrual hygiene management and to ensure availability and accessibility of sanitary napkins to women and girls as per their need.



Psychological Wellbeing

Life Skills development and the psychological wellbeing of youth and young adults have always been a priority for Uddami. Along with Life Skills training, Uddami also offers one-to-one counselling sessions, workshops, art-based therapy and games for individuals and groups. Parents counselling is also done at our Parent Guidance Clinic through prior appointment.

Gender Resource Centre

The Gender Resource Centre of Uddami India Foundation provides opportunities for dialogues and conversation for gender development and women's empowerment. It also encourages discourse with young boys and men about equal rights and opportunity. Our activities include: support service, public awareness, education programmes, research documentation, networking and developing informed and skilled volunteers. We also collaborate with academic institutions, CBOs and voluntary organizations.



Uddami-Smile Twin e-Learning Programme

With a target to provide employment to around 160 youths every year, Uddami, with support from the Smile Foundation is conducting a GDA training programme. The programme targets to create healthcare professionals for hospitals, nursing homes, diagnostic centres and also for home-based care.



Rotary Community Corp

Uddami India Foundation is registered as Rotary Community Corp under Rotary Club of Calcutta Universe, West Bengal. There are more than 10,000 corps in 100 countries. Uddami plans and implements programmes in communities along with the Rotary Club in the areas of 'End Polio Drive', supporting the environment and disease prevention and treatment. The youth group of Uddami participated in an end polio campaign, planted 200 saplings in Amphan-affected Sunderbans and participated in disease prevention workshops conducted by Rotary.

Moments at Uddami



Women's Day celebration



Mental Health Training



End Polio Drive



Meditation

Stay Connected



Donate



Volunteer your time



Join us as intern



Campaign for the cause



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Sustainable Livelihood



Empowerment



Strengthening Womanhood



Marginal to Mainstream



Skills training



Translating dreams into reality



Empowering the disadvantaged for sustainable livelihood

UDDAMI INDIA FOUNDATION



www.uddamiindiafoundation.org

Dedicated to change

Uddami India Foundation is a non-profit organization located at Prince Anwar Shah Road in South Kolkata.

Computer training at Uddami started informally in 1999 with a very humble but noble vision of empowering the underprivileged youth of our society by nurturing their talent to have a sustainable livelihood and a better life. To allow the future of Uddami Computer Training Centre (UCTC), a trust named Uddami India Foundation (UIF) was formed in 2005 by its graduates cum Trustees. UCTC, the flagship programme and the focal point of UIF, continues to provide free computer access and job-oriented practical skill training to youth and women from low-income communities. With each passing year the work of UIF has expanded. Along with working towards sustainable livelihood for youth, UIF is also working in the fields of women's health, psychological wellbeing and gender equality.

UIF believes in investing in education, empowerment and economic self-sufficiency of young women and men of our society.



Our core services



Sustainable Livelihood for Youth

- Socio-economic empowerment
- Transforming youth / Transforming society
- Strengthening voice
- Translating dreams into reality
- Converting the marginalised to mainstream



Strengthening Womanhood

- Working towards equal rights and responsibility
- Know your body - addressing adolescent health issues
- Healthy mind / Healthy body - working on mental health



Gender Equality

- Towards equal rights and responsibility
- Combating gender-based violence through public awareness
- Creating opportunities for dialogue and conversation

Impact

860
youths provided
with computer
training

61%
of youth
beneficiaries
were girls

513
students
provided with
job placement

347
young minds
encouraged to think
positive with life skills
and communication
training in 4 years

435
young girls and
women reached
through feminine
hygiene programme
in 5 months

Uddami Computer Training Centre (UCTC)

The Computer Centre provides young women and men from low-income backgrounds the opportunity to develop employable IT skills. Students learn MS Office, email communication, internet search techniques, digital data management and basic webpage designing. The Centre also now conducts training on a financial accounting system. Computer teacher training is also provided to the graduates of UCTC who wish to further develop their skills as a computer teacher.

Uddami India Foundation supports Uddami Computer Training Center (UCTC). The training center provides:



Practical computer training



Computer teacher training



Life Skills course



Spoken English classes