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Statistical Snapshots
Gender-Based Violence & the South Asian Diaspora

48%
experienced at least one form of GBV

41%
witnessed GBV in their households as children

25%
experienced child sexual abuse

On average,
It takes a survivor 7 attempts to leave an abusive household.

At Sakhi, we seek to make safety a sustainable reality.

We focus on the pressure points that isolate survivors from pathways to healing and self-actualization.
Dear Friends,

In a year marked by uncertainty for the gender justice movement, 2022 was Sakhi’s most impactful year.

**Sakhi worked with 600* survivors in 2022, our highest number ever.** We provided trauma-informed and culturally affirming counseling to 148 survivors, a 50% increase from the previous year. We received 1,850 calls during our expanded helpline hours of 10 a.m. through 10 p.m., a 24% increase from 2021.

Our 2022 Annual Report outlines the milestones and successes Sakhi achieved last year, along with our vision for the future of healing.

2022 was also a year of challenges for survivors. The gender justice movement suffered numerous setbacks. The repeal of Roe v. Wade has had adverse ripple effects that are still unfolding. The deaths of South Asian community members to gender-based violence have resulted in untold grief and outrage for survivors and their families. Survivors continue to deal with barriers and challenges resulting from the COVID-19 pandemic and its complications. These losses have led to survivors needing community, now more than ever.

Beyond our impact in 2022, Sakhi is embracing a future to bring healing to our community. In 2023, Sakhi and the Ramesh and Kalpana Bhatia Family Foundation are launching the South Asian Safe Families Initiative. Thanks to an investment of $3 million over ten years, this new initiative seeks to fill the gap in resources tailored to South Asian survivors and their families. Sakhi will provide culturally affirming and trauma-informed mental health counseling for survivors and their families to explore their healing jointly. Through this program, our vision is to stop the never-ending, heartbreaking cycle of intergenerational trauma.

We are proud to share Sakhi’s 2022 Annual Report with you: It is a testament to our community, board, and staff coming together to build a space of healing and justice.

From all of us at Sakhi, thank you for your commitment to our movement.

In Solidarity,

Beesham A. Seecharan, Board Co-Chair
Sunanda Nair-Bidkar, Board Co-Chair
Kavita Mehra, Executive Director

*This number was updated from 739 to 600 on 04/28/23 to reflect updated reporting standards.*
We dedicate this report to all the beautiful souls lost to gender-based violence in 2022. The ones we know of and the ones that we do not and will not know.

Last year we lost 10 members of our community to disturbing acts of gender-based violence. Their deaths are stark reminders of the frequency and magnitude of violence that perpetuates in South Asian families.

May They Rest In Power.
About Sakhi

OUR MISSION
Sakhi for South Asian Women exists to represent the South Asian diaspora in a survivor-led, survivor-centered movement for gender justice, and to honor the collective and inherent power of all survivors of violence.

OUR WORK
Founded in 1989, Sakhi builds power with survivors in New York City who have encountered interpersonal or community violence.

Sakhi is committed to serving survivors through a combination of efforts including—but not limited to—direct services, advocacy, technical assistance and community outreach.

OUR OUTCOMES
Sakhi is a sanctuary and a space of healing. We work with survivors, allies, and partners to advocate for systemic changes in policy and practice at the local, state, and federal levels. The outcomes of our journey include:

SAFETY
• freedom from violence and fear
• housing, food, and healthcare security
• economic independence

POWER
• agency for self-determination
• access to education

HEALING
• hope
• emotional well-being
• ownership of one’s present and future

LIBERATION
• access to happiness
• leadership in the advocacy space

We envision a world in which we are all equipped with the tools and network that can enable us to pursue safety, healing, and joy on our own terms.
Our Impact in 2022

In 2022, we received over 1,850 helpline calls, a 24% increase from 2021. Sakhi’s helpline is NYC’s only gender-based violence helpline staffed by speakers of South Asian languages.

We worked with 600 survivors*, our highest number ever, starting at six years old. We worked with survivors to engage in personal advocacy in eight South Asian languages. This includes but is not limited to: crisis management, access to legal services & public benefits, food, housing & financial security, and mental health counseling.

“Sakhi has been my guardian angel since I arrived in New York and has helped me come back on my feet.”

Disrupting the cycle of violence

88 of those 700 survivors are youth who participated in Sakhi’s Youth Empowerment Program in 2022.

Economic justice is gender justice

147 survivors participated in our Economic Empowerment program this past year.

Food justice is a basic right

85 survivors made 250 trips to one of our Food Justice Program locations stocked with culturally appropriate food.

Housing is key to safety

$700,000 Sakhi furnished over $700,000 in rental assistance for safe, independent housing. 73 survivors worked with Sakhi to find safe housing, 48 survivors received rental assistance, and nine survivors successfully left rental assistance and now live on their own.

“In the two years that Sakhi helped me with rent, I have saved so much money that I can close my eyes and pay rent for the rest of my life!”

Healing requires care

145 survivors participated in our trauma-informed and culturally affirming counseling programs—a 50% increase from 2021.

“You were able to help me make sense of a lot of situations that have happened, and most importantly you made me realize that the abuse was not my fault.”

Sakhi is survivor-centered. In 2022, Sakhi distributed $25,000 to survivors experiencing crisis. These funds promoted safety by meeting basic needs.

*This number was updated from 739 to 600 on 04/28/23 to reflect updated reporting standards.
Responsibly Expanding Our Capacity to Serve

A 24% increase in expenses between FY 2021 and FY 2022 attests to the expansion of our services to survivors of gender-based violence. A 10% increase in income attests to the robust support Sakhi has received from the community.

FY 2022 Assets

Grants/contributions receivable, net.............................................................................................. $1,257,150
Property and equipment, net............................................................................................................ $359
Prepaid expenses............................................................................................................................... $17,082
Other assets...................................................................................................................................... $89,715
Cash and cash equivalents........................................................................................................................ $808,311

FY 2022 Liabilities & Net Assets

Accounts payable & accrued expenses.............................................................................................. $59,234
Deferred rent liability......................................................................................................................... $8,640
Net Assets......................................................................................................................................... $2,104,743
OUR PROGRAMS

We welcome survivors of all gender identities and sexual orientations—including male, trans, queer, and non-binary survivors. Our community reflects diverse backgrounds including age, religion, ethnic origin, caste, linguistic, socioeconomic and educational backgrounds, and immigration status.

Anti-Violence

Each year, Sakhi’s Advocates work with South Asian survivors of gender-based violence and their families with intensive one-on-one support and field nearly two thousand calls on our helpline. The Anti-Violence team’s interventions include: crisis and case management; safety planning and ongoing emotional support; translation assistance and advocacy in court and at healthcare visits; weekly support groups; counseling referrals; and accessing shelter. Encompassed within our Anti-Violence work, Sakhi offers expert services to survivors of forced marriage, elder abuse, and sexual assault.

Mental Health

Sakhi has long been a part of the movement to open a dialogue around mental health, especially as it relates to gender-based violence. Since 2017, Sakhi has provided in-house mental health counseling in 1:1 and group settings. With a dedicated and growing team of trauma-informed mental health service providers, we currently provide mental health services in Hindi, Urdu, Bengali, Punjabi, and Gujarati.

Economic Empowerment

Sakhi’s Economic Empowerment Program exists to ensure the financial stability and economic security of survivors of gender-based violence. Sakhi recognizes that economic control is a common form of gender-based violence. Between 94-99% of survivors of gender-based violence have experienced financial abuse. Sakhi believes that self-determination and self-access—the ability to make decisions for one’s self and access a pathway to one’s own goals—is key to an individual’s long-term safety and security. Sakhi supports survivors in navigating the public benefits system, co-create individual career plans, and offer further case management services, such as legal and financial referrals for identity theft, debt consolidation, tax consultancy, and more.

Food Justice

Sakhi’s Food Justice Program (FJP) was established in 2019 and currently has locations in Manhattan and Queens. Sakhi’s (FJP) seeks to make more nutritious, shelf-stable, easy-to-prepare, and culturally familiar food available to survivors. This program was born out of our understanding of how destabilizing it is to be without basic necessities, particularly while recovering from trauma. As food offers a piece of home, we seek to ensure that survivors have access to the foods that they find nourishing and comforting.
Housing

In addition to years of experience providing housing counseling through our Economic Empowerment Program, in April 2019, Sakhi created its formal transitional housing program to provide tenant-based rental assistance.

Sakhi’s Housing Program provides program participants with the resources and support they need to find stable, supportive and safe housing for themselves and their dependents. Our program helps participants make on-time and full rental and utility payments.

Community Engagement

In the face of a culture that seeks to relegate domestic and intimate partners to an obscure “private life,” we seek to make violence a public issue. As a gender justice organization, Sakhi not only works one-on-one with survivors to address their individual needs and long-term safety, but also offers knowledge and tools for ending the cycle of violence through our Community Engagement Program. Sakhi organizes and co-sponsors forums, meetings, conferences, marches, panels, and other outreach and education events. We also work with community-based partners, the South Asian and mainstream media, schools, universities, religious institutions, and community and cultural centers to raise awareness about the issue of gender-based violence.

Youth Empowerment

In 2016, Sakhi developed our Youth Empowerment Program (YEP) as a way to support the healing of young survivors. We recognize that people of all genders and ages are affected by interpersonal and gender-based violence. In addition to supportive services for youth between the ages of 6-24, our program provides a safe space to freely explore issues around identity, family, and positive sexuality and gender.
Historically, there has been a lack of resources for gender-based violence in South Asian communities. Research on mental health and gender-based violence rarely adapts to the community. An average of 20,000 calls are placed to domestic violence hotlines daily in the United States, yet South Asian survivors are among the least likely to use these mainstream hotlines.

South Asian specific stressors such as immigration, socio-economic disparities, racism, and caste are seldom considered. Without considering these unique factors, South Asian families are at risk of transferring violence and trauma across generations, creating cycles of abuse. Exposure to violence may impair a child’s capacity for partnering and parenting later in life, continuing the cycle of violence into the next generation. Comprehensive research finds that children who have witnessed or experienced abuse are statistically more likely to become perpetrators themselves, fall victim to abuse, or enter into abusive relationships. However, targeted, culturally specific therapy strengthens bonds between parents and children and can interrupt this cycle.

In 2023, Sakhi will launch the South Asian Safe Families Initiative (SFI). Made possible by a groundbreaking $3 Million grant from the Ramesh And Kalpana Bhatia Family Foundation, SFI will support South Asian families with a culturally rooted approach. Over the next ten years, SFI will meet our community’s urgent needs while serving as a mental health innovation laboratory. Sakhi will identify and share new approaches to disrupt intergenerational cycles of violence in South Asian immigrant families around the United States and the world. SFI aims to demonstrate that genuine transformative change is possible when all relationship participants understand gender-based violence dynamics.
March 1
Sakhi Expands Helpline Hours

Sakhi extends its helpline hours from a 7-hour window, 10AM-5PM, to a 12 hour window, 10AM-10PM. The expanded hours afford survivors greater flexibility in reaching out to Sakhi for support and are a step towards establishing a

May 6
Sakhi Gala 2022: Defying Limits

For the first time in 3 years, Sakhi’s supporters convene to honor trailblazers and advance gender equity. Honorees include Alexis McGill Johnson, and Indra K. Nooyi, with a performance by Jay Sean. Click here to see photos from the event.

August 9
Statement on Deaths of Survivors

Along with partner organizations Manavi, Jahajee Sisters, and South Queens Women’s March, Sakhi issues a statement responding to Sania Khan’s murder and Mandeep Kaur’s death.

October 3
Sakhi Announces Groundbreaking $3 Million Grant

Sakhi and the Ramesh And Kalpana Bhatia Family Foundation announce a groundbreaking grant to establish the South Asian Safe Families, a pioneer program to explore sustainable healing over the next ten years to interrupt cycles of gender-based violence.

December 6
ENDGBV Awards Pooja Raj-Green “Advocate of the Year”

Senior Associate Director of Counseling & Youth Services Pooja Raj-Green is awarded “Advocate of the Year” by the Mayor’s Office to End Domestic and Gender-Based Violence.
The Juggernaut, July 1
Why South Asian Americans Overwhelmingly Support Abortion

The Juggernaut, July 25
Sania Khan’s Murder Spotlights Domestic Violence in South Asian Homes

Huff Post, July 27
TikToker Sania Khan Warned Us About South Asian Divorce Stigma. After Her Death, Will We Finally Wake Up?

AsAm News, September 7
Family Fights for Child Custody With Allegedly Abusive Father

City & State, October 3
Opinion: Domestic Violence Awareness Month Arrives in the Worst Year for Gender Justice in Recent U.S. History

NBC News, July 7
Asian Domestic Violence Survivors Are in More Danger After Roe Ruling, Experts

AP News, October 3
Sakhi for South Asian Women Awarded Groundbreaking $3 Million Grant

Inside Philanthropy, November 22
How Long-Term Support for Community Groups Can Help Break Cycles of Intergenerational Trauma

Brown Girl Magazine, June 28
Enduring The Fight for Freedom
Founders
Anannya Bhattacharjee
Mallika Dutt
Tula Goenka
Geetanjali Misra
Romita Shetty

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Sunanda Nair-Bidkar, Board Chair
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Krupa Sharma
Romita Shetty
Tamseela Tayyabkhan
Neeta Rastogi Singh

Our Team
Fairuz Ahmed, Housing Program Assistant
Iram Ahmedi, Intake Specialist
Shipa Akter, Advocate, Housing Program
Ananya Bhasin, Senior Advocate, Economic Empowerment Program
Bansi Bhatt, Advocate, Economic Empowerment Program
Shilpy Chatterjee, Helpline Advocate
Linda Cheriyan, Advocate, Community Outreach
Shariq Farooqi, Advocate, Anti Violence Program
Tan Hayat, Manager, Communications
Sakshi Kapur, Grants Management Associate
Aroob Khan, Special Projects Associate
Azaadi Khan, Manager & Counselor, YEP
Malini Khorana, Director, Finance & Operations
Priya Krishna, Special Projects Associate
Rezowana Linta, Senior Counselor
Rashmi Luthra, Director, Programs
Shubhekchya Malla, Manager, Anti-Violence Program
Kavita Mehra, Executive Director
Dr. Fhamida Mohasin, Manager, Anti-Violence Program
Zainab Muzaffar, Sr. Associate Director, Communications & Development
Rachana Parekh, Senior Counselor
Pooja Raj-Green, Sr. Associate Director, Counseling
Hana Ramdhany, Manager, Finance & Operations
Shyda Rashid, Senior Manager, Anti-Violence Program
Sirajum Sandhi, Advocate, YEP
Reshmi Sengupta, Associate Director, Economic Empowerment & Housing Program
Manisha Shah, Manager, Helpline
Namrata Sharma, Advocate, Economic Empowerment Program
Nisa Sheikh, Associate Director, Anti-Violence Program
Pria Sibal, Senior Manager, Housing Program
Sangey Sherpa, Advocate, Anti Violence Program
Mayuri Vedi, Special Projects Associate
Varsha Vijayakumar, Senior Associate, Communications
Jason Yoon, Manager of Institutional Giving
Ammar Zafar, Advocate, Housing & Economic Empowerment Program

Young Professionals Network
Ayman Mohammad, Co-Chair
Armaan Nathani, Co-Chair
Zain Khanna
Sana Michael
Zachary Patel
Sonia Mittal
Saadia Naeem
Ria Sabnis
Susan Varghese
Fiona Zhao
# Thank You to Our 2022 Supporters!

We are immensely grateful to our community of supporters for investing in survivors and helping us carry our mission to fruition.

## 2022 SUPPORTERS

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<th>$100,000+</th>
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<td>BRV Sharma Family Foundation</td>
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<td>GoFundMe.org</td>
<td>Bharati Narasimhan</td>
<td>Dr. Dina M. Siddiqi</td>
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<td>NYS Department of Health</td>
<td>Indra Nooyi</td>
<td>Bushra Mannan</td>
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<td>Karthik Venkataram</td>
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We thank you for continuing to support us in our survivor-led movement for gender justice.

If you or a loved one is looking for resources to leave or recover from abusive circumstances, please reach out to us.

**HOW TO SUPPORT SAKHI**

You can make a donation to support Sakhi’s survivor-centered work online at [sakhi.org](http://sakhi.org) or by mail to P.O. Box 1333 Church Street Station, New York, NY 10008-1333.

For questions or information regarding donations or other inquiries, please contact our Senior Associate Director of Communications & Development, Zainab Muzaffar at zainab.muzaffar@sakhi.org.

For any general inquiries, reach out to us at [contactus@sakhi.org](mailto:contactus@sakhi.org).