



Sakhi
for South Asian Women

ANNUAL REPORT

January - December 2022

Sakhi for South
Asian Women

Sakhi for South Asian Women 2022 Annual Report

TABLE OF CONTENTS

MESSAGE FROM OUR BOARD CO-CHAIRS & EXECUTIVE DIRECTOR	4
ABOUT SAKHI	6
OUR IMPACT IN 2022 BY THE NUMBERS	7
THE FUTURE OF HEALING	12
2022 MOMENTS TO REMEMBER	13
SAKHI PRESS & MEDIA COVERAGE	14
OUR TEAM	15
THANK YOU TO OUR SUPPORTERS	16

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%

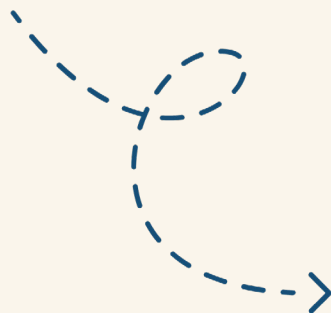
experienced
child sexual
abuse

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.



FROM OUR BOARD CO-CHAIRS AND EXECUTIVE DIRECTOR

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

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

2022 was one of the most regressive years for gender equality in modern US history. This moment has been marked by an unprecedented demand for our work with the community. We are pleased to share with you highlights of our impact this past year.

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."

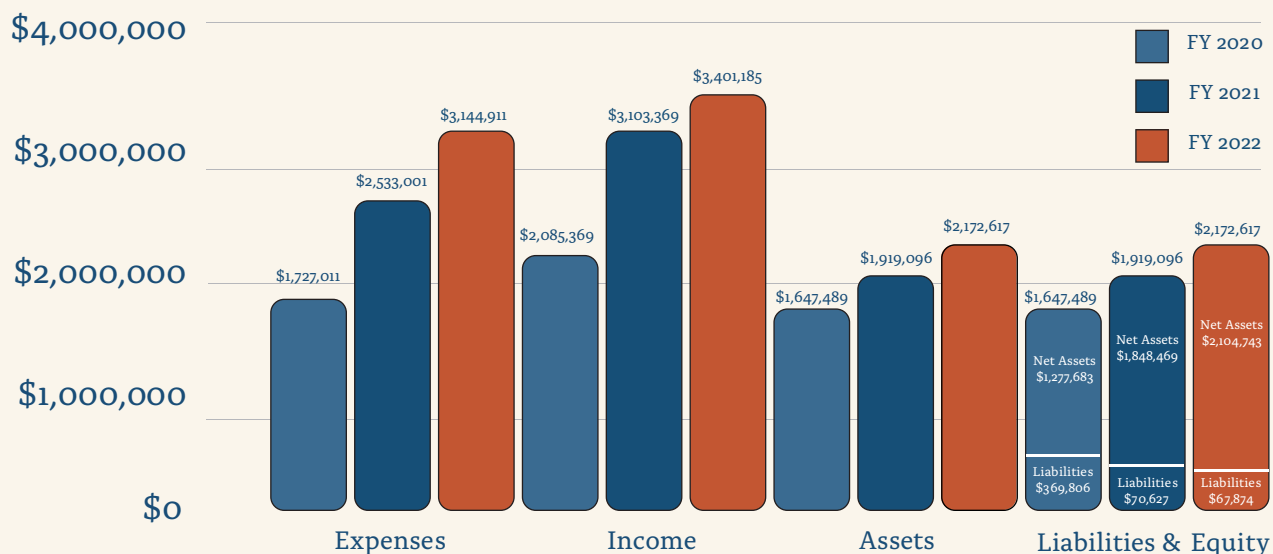
Sakhi is survivor-centered. In 2022, Sakhi distributed

\$25,000

to survivors experiencing crisis. These funds promoted safety by meeting basic needs.

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.





The Future Of Healing

Introducing the South Asian Safe Families Initiative.

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.

2022 SAKHI MOMENTS TO REMEMBER

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.

April 7

Sakhi Joins Virtual Town Hall Forum

Sakhi Counselor Rezowana Linta speaks at the Spring Virtual Townhall Forum sponsored by the Columbia Population Research Center on how COVID-19 has impacted immigrant communities in NYC.

June 24

Sakhi Marches Against *Roe v. Wade* Repeal

In response to the repeal of unrestricted abortion access established in *Roe v. Wade*, Sakhi joins in the historic demonstration in Washington Square Park. [Click here to read Sakhi's statement in response to the repeal.](#)

September 24

Annual Chatpati Mela

Sakhi's Community Engagement team attends Chhaya's Annual Chatpati Mela in Jackson Heights to raise awareness for Sakhi and celebrate South Asian and Indo-Caribbean art, culture, and activism.

October 27

Art Through Healing Community Event

Sakhi hosts a community event for survivors and their families to create artwork and explore how healing can be found through artistic expression.

browngirl

Brown Girl Magazine, June 28

Enduring The Fight for Freedom



NBC News, July 7

Asian Domestic Violence Survivors Are in More Danger After Roe Ruling, Experts

HUFFPOST

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

THE JUGGERNAUT

The Juggernaut, July 1

Why South Asian Americans Overwhelmingly Support Abortion

THE JUGGERNAUT

The Juggernaut, July 25

Sania Khan's Murder Spotlights Domestic Violence in South Asian Homes



The Quint, August 8

Domestic Violence in US' 'Model Minority': South Asian Women Suffer in Silence



AP News, October 3

Sakhi for South Asian Women Awarded Groundbreaking \$3 Million Grant

Inside Philanthropy

Inside Philanthropy, November 22

How Long-Term Support for Community Groups Can Help Break Cycles of Intergenerational Trauma

OUR TEAM

Founders

Anannya Bhattacharjee
Mallika Dutt
Tula Goenka
Geetanjali Misra
Romita Shetty

Board of Directors

Beesham A. Seecharan,
Board Chair
Sunanda Nair-Bidkar,
Board Chair
Bushra Mannan, *Treasurer*
Nilufer R. Shaikh, *Secretary*
Radhika Nayar
Shaheen Rushd
Dr. Meera Shah
Dr. Dina M. Siddiqi
Nalini Tiwari Greenan
Rupal Patel
Sumeet Salwan

Advisory Board

Indrani Goradia
Adil Nathani
Neha Desai Shah

Emeritus Board

Dr. Margaret Abraham
Meeta Anand
Manisha Mehrotra
Deepti Mittal
Nandini Nathani
Nandini Mongia
Chandni Prasad
Dr. Subadra Panchanadeswaran
Vidya Sachit
Krupa Sharma
Romita Shetty
Tamseela Tayyabkhan
Neeta Rastogi Singh

Our Team

Fairuz Ahmed, *Housing Program Assistant*
Iram Ahmed,
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

2022 SUPPORTERS

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.

\$100,000+	\$99,999–25,000	\$24,999–10,000	\$9,999–5,000
Housing and Urban Development	Brooklyn Community Foundation	Anand-Delaquis Family Foundation	Cadambi & Shashi Janardhan
NYS Office of Victim Services VOCA Program	BRV Sharma Family Foundation	Beesham A. Seecharan	Deepti & Dr. Suneet Mittal
NYS Office for the Prevention of Domestic Violence	GoFundMe.org	Bharati Narasimhan	Dr. Dina M. Siddiqi
NYS Department of Health	Indra Nooyi	Bushra Mannan	Gauraang Khurana
NYS Department of State	Jerome Chazen Fund to Address Domestic Violence	Citigroup Inc.	Givinga Foundation
Ramesh and Kalpana Bhatia Family Foundation	Nandini Jhaveri Nathani & Adil Nathani	Chandni & Dr. Mukesh Prasad	John Van De Weert
Stavros Niarchos Foundation	Neha Desai Shah, SNACK Pack Foundation, The Shah Family Giving Fund	Deepti Jain	Joya Dass
Trinity Church Wall Street Philanthropies	NYCC - DOVE Initiative (Citywide)	Emergency Food & Shelter Program	Lavesh Samtani
U.S. Department of Justice	NYCC - Elder Abuse Prevention Program	Harry S. Black and Allon Fuller Fund	Madhu Goel Southworth
	NYCC - Initiative to Combat Sexual Assault	Indrani & Hemant Goradia	Maneesha Mukhi
	NYCC - AAPI Community Support	Interpublic Group	Mani Sabapathi
	NYCC Member Shahana Hanif	Karthik Venkataraman	Meera Oza
	Robert Wood Johnson Foundation	Mastercard	Nandini Mongia & Rajan Gupta
	Romita Shetty & Nasser Ahmad	Dr. Meera Shah & Leena Shah	NYCC Member Sandra Ung
	The New York Community Trust	McKinsey & Company	Prakash Mehta
	The NYC Fund for Girls and Young Women of Color	MUFG Union Bank, N.A.	Sai & Siddarth Swarup
	The Tides Foundation	NYCC Speaker Adrienne Adams	Sandeep Vardhan
	van Ameringen Foundation	NYCC Member Shekar Krishnan	Sedesh Doobay
		NYCC Member Linda Lee	Dr. Subadra & Balasubramanian
		NYCC Member Darlene Mealy	Panchandeswaran
		NYS Coalition Against Domestic Violence	Sunwink PBC
		Dr. Nilay Shah	Poorna Jagannathan
		Nilufer R. Shaikh	Tali & Boaz Weinstein Philanthropic Fund
		Preethi Krishna & Ram K. Sundaram	Tamseela Tayyabkhan & Sanjeev Khanna
		Paula Arrojo & Franco Finstad	The John P. and Anne Welsh McNulty Foundation
		Planned Parenthood Federation of America	The New York Women's Foundation
		Rupal Patel	
		Santushi Kuruppu & Manroop Jhooty	
		Shaheen Rushd & Jeremy Silverman	
		Shefali & Sumeet Salwan	
		Dr. Sulabha & Dr. Nirav Patel	
		Sunanda Nair-Bidkar & Dr. Urvish Bidkar	
		The Marion E. Kenworthy-Sarah H. Swift Foundation	
		Thomas & Nalini Tiwari Greenan	
		The Rina & Bharat Parikh Foundation	
		Uthra, Sundra & Gayathri Kodyialam	
		V. Buntly Bohra	
		Vidya & Ajay Satchit	



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 saksi.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@saksi.org.

For any general inquiries, reach out to us at contactus@saksi.org.



Sakhi

for South Asian Women



www.sakhi.org



@sakhinyc



@sakhinyc



@sakhiny



Sakhi for South Asian Women

Sakhi for South Asian Women

P.O. Box 1333
Church Street Station
New York, NY 10008-1333

Office: 212-714-9153
Email: contactus@sakhi.org

Helpline: 212-868-6741
Textline: 305-204-1809
Email line: advocate@sakhi.org