

Urimai Kural Trust

Striving for inclusion and Equality

Annual Report for the period April 2025 - March 2026



Registered office

Urimai Kural Trust – Striving for inclusion and equality

Plot num 29,






























Rangarajapuram 4th street

Santhoshapuram,

Chennai 600073

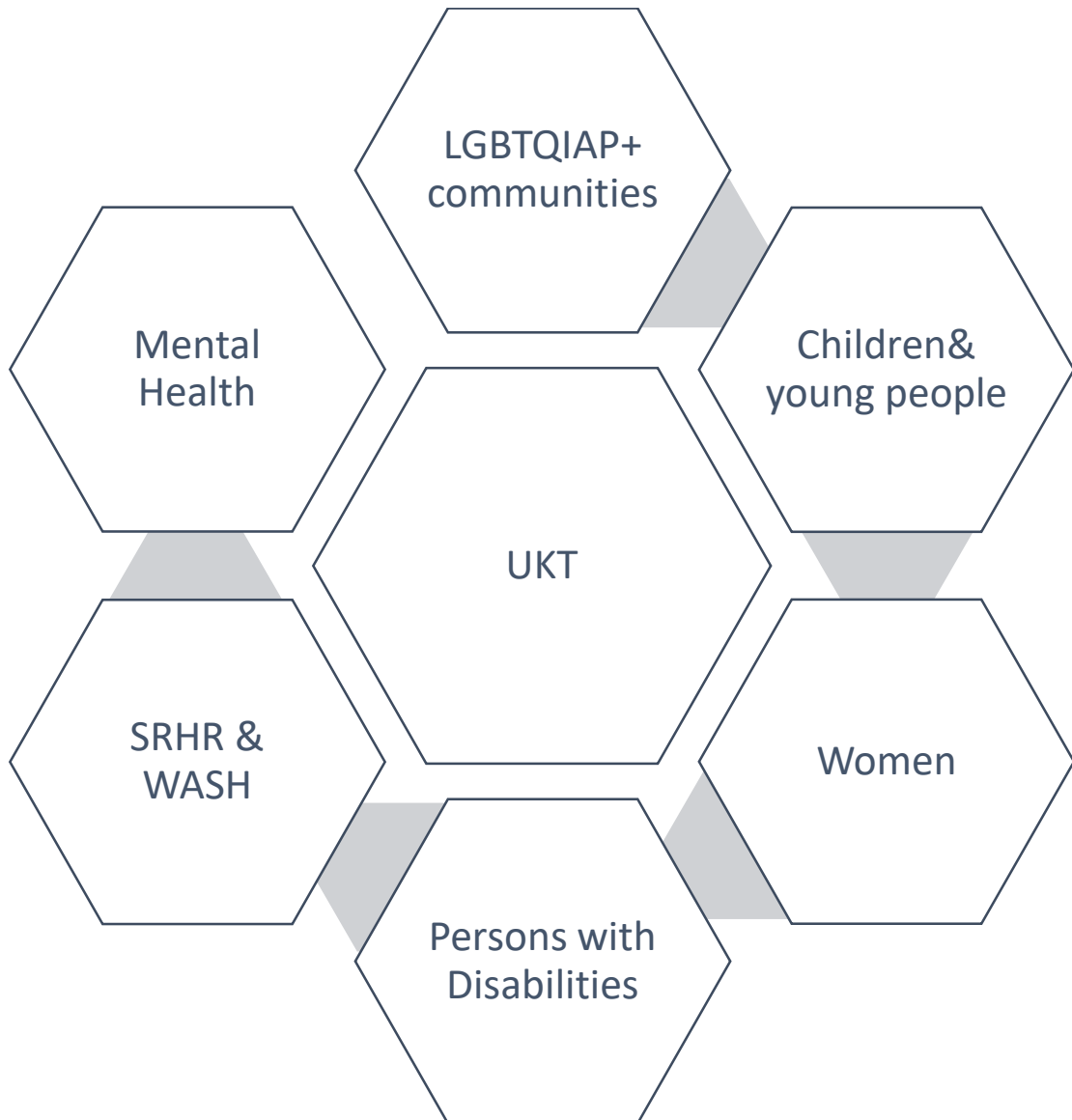
Urimai Kural Trust follows the footsteps of The Universal Declaration of Human Rights namely :

THE UNIVERSAL DECLARATION OF HUMAN RIGHTS

<p>1 Equality</p> <p>Everyone is born free and equal in dignity and with rights.</p> 	<p>2 Freedom from Discrimination</p> <p>You should never be discriminated against for any reason.</p> 	<p>3 Life, Liberty and Security</p> <p>Everyone has the right to life, liberty and personal security.</p> 	
<p>4 Freedom from Slavery</p> <p>No-one shall be held in slavery or servitude.</p> 	<p>5 Freedom from Torture</p> <p>No-one shall be subjected to torture or to cruel or degrading treatment.</p> 	<p>6 Recognition as Person Before Law</p> <p>You have the right to be treated as a person in the eyes of the law.</p> 	<p>7 Equality Before the Law</p> <p>You have the right to be treated by the law in the same way as everyone else.</p> 
<p>8 Remedy by Tribunal</p> <p>You have the right to remedy by competent tribunal.</p> 	<p>9 Freedom from arbitrary arrest</p> <p>No-one shall be subject to arbitrary arrest, detention or exile.</p> 	<p>10 Fair Public Hearing</p> <p>You have the right to a fair public hearing.</p> 	<p>11 Innocent until Proven Guilty</p> <p>You have the right to be considered innocent until proven guilty.</p> 
<p>12 Privacy</p> <p>No-one has the right to interfere with your privacy, family, or home.</p> 	<p>13 Freedom of Movement</p> <p>You have the right to freedom of movement in and out of the country.</p> 	<p>14 Asylum</p> <p>You have the right to seek asylum in other countries from persecution.</p> 	<p>15 Nationality</p> <p>You have the right to a nationality.</p> 
<p>16 Marriage and Family</p> <p>You have the right to marriage and to raise a family.</p> 	<p>17 Property</p> <p>You have the right to own property.</p> 	<p>18 Freedom of Belief</p> <p>You have the right to freedom of belief and religion.</p> 	<p>19 Freedom of Opinion</p> <p>You have the right to freedom of opinion and expression.</p> 
<p>20 Freedom of Assembly</p> <p>You have the right to freedom of peaceful assembly and association.</p> 	<p>21 Take Part in Government</p> <p>You have the right to take part in the government of your country.</p> 	<p>22 Social Security</p> <p>You have the right to social security.</p> 	<p>23 Work</p> <p>You have the right to desirable work and to join trade unions.</p> 
<p>24 Rest and Leisure</p> <p>You have the right to rest and leisure.</p> 	<p>25 Adequate Living Standard</p> <p>You have the right to a decent life, including food, clothing, housing, and medical care.</p> 	<p>26 Education</p> <p>You have the right to education.</p> 	<p>27 Participate in Cultural Life</p> <p>You have the right to Participate in the Cultural Life of Community.</p> 
<p>28 Social Order</p> <p>You have the Right to a Social Order that Articulates this Document.</p> 	<p>29 Mutual Responsibility</p> <p>We all have a responsibility to the people around us and should protect their rights and freedoms.</p> 	<p>30 Freedom from State or Personal Interference</p> <p>There is nothing in this declaration that justifies any person or country taking away the rights to which we are all entitled.</p>	



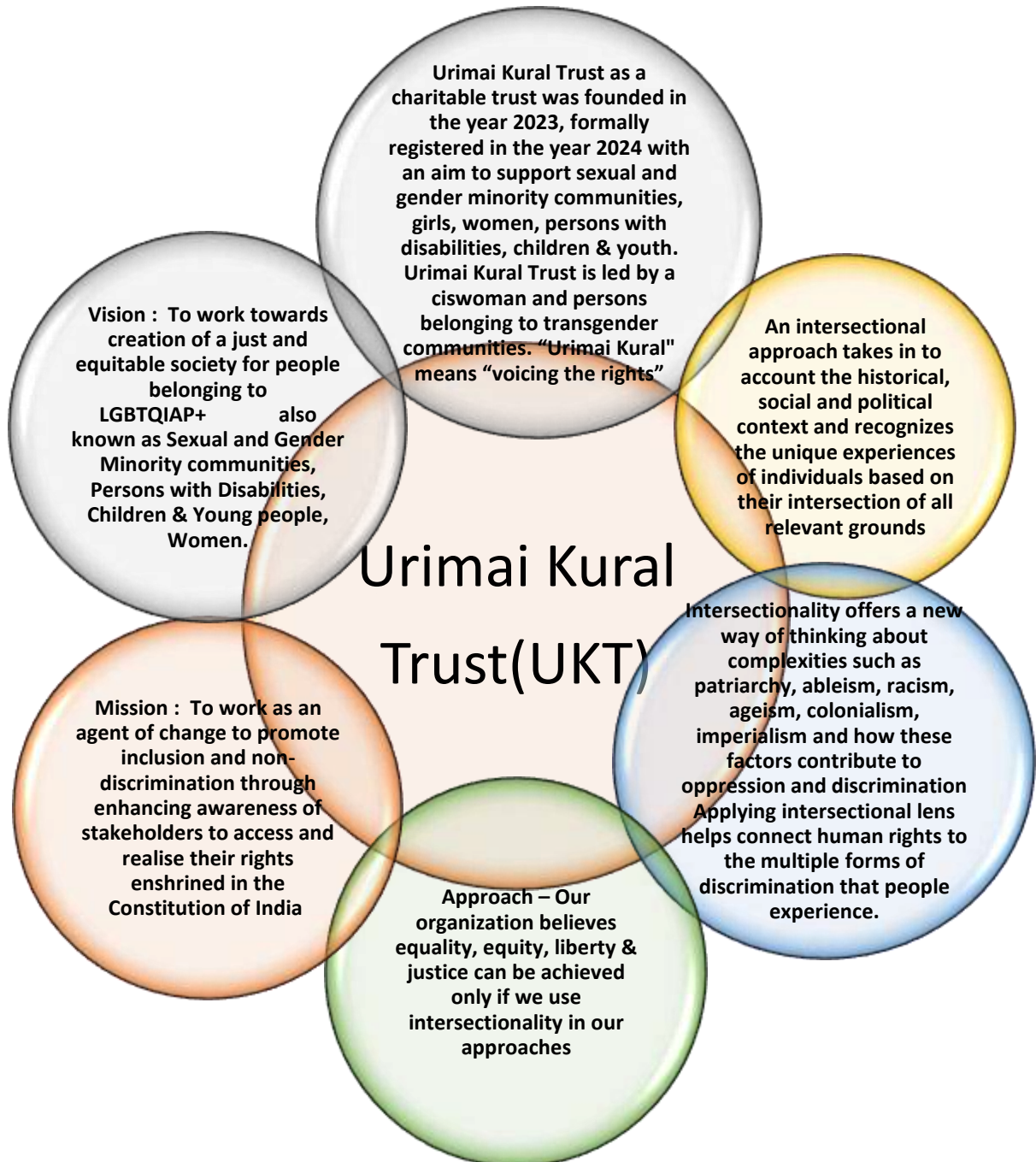
URIMAI KURAL TRUST



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About the Organization



From the Founder's desk

As I reflect on Urimai Kural's journey post registration, I am filled with gratitude and pride. We have deepened our understanding of critical areas namely caste, class, education status, colour, religion, location, sexuality, gender identities. The road ahead is challenging but we at Urimai Kural Trust will continue our commitment towards creating an equitable and just society for girls, women, LGBTQIA+ communities, persons with disabilities.

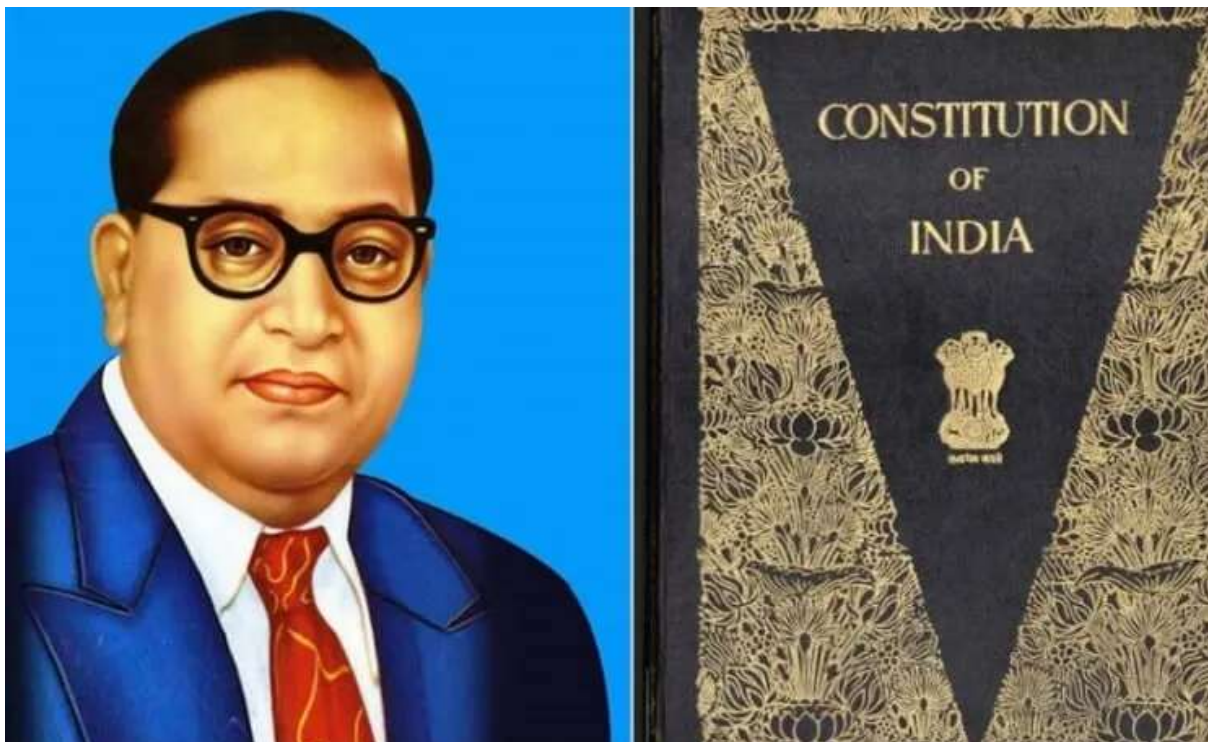
I reflect upon my personal journey as well. Hailing from a working class, I have known struggles all my life. I have faced challenge in accessing education. Worked in informal sector and have faced abuse. I did not have the resources for my empowerment. Hence, I thought of creating a trust which will not only empower people but also disseminate necessary resources.

To add more to my personal journey, my child came out as transgender person and has been fighting for the rights of LGBTQIAP+ communities. As we move forward, I would like to collaborate, scale and innovate. Together let us empower more lives, challenge more barriers and build a future where every community thrives.

With Heartfelt Gratitude

Ms. Janaki (She/Her)

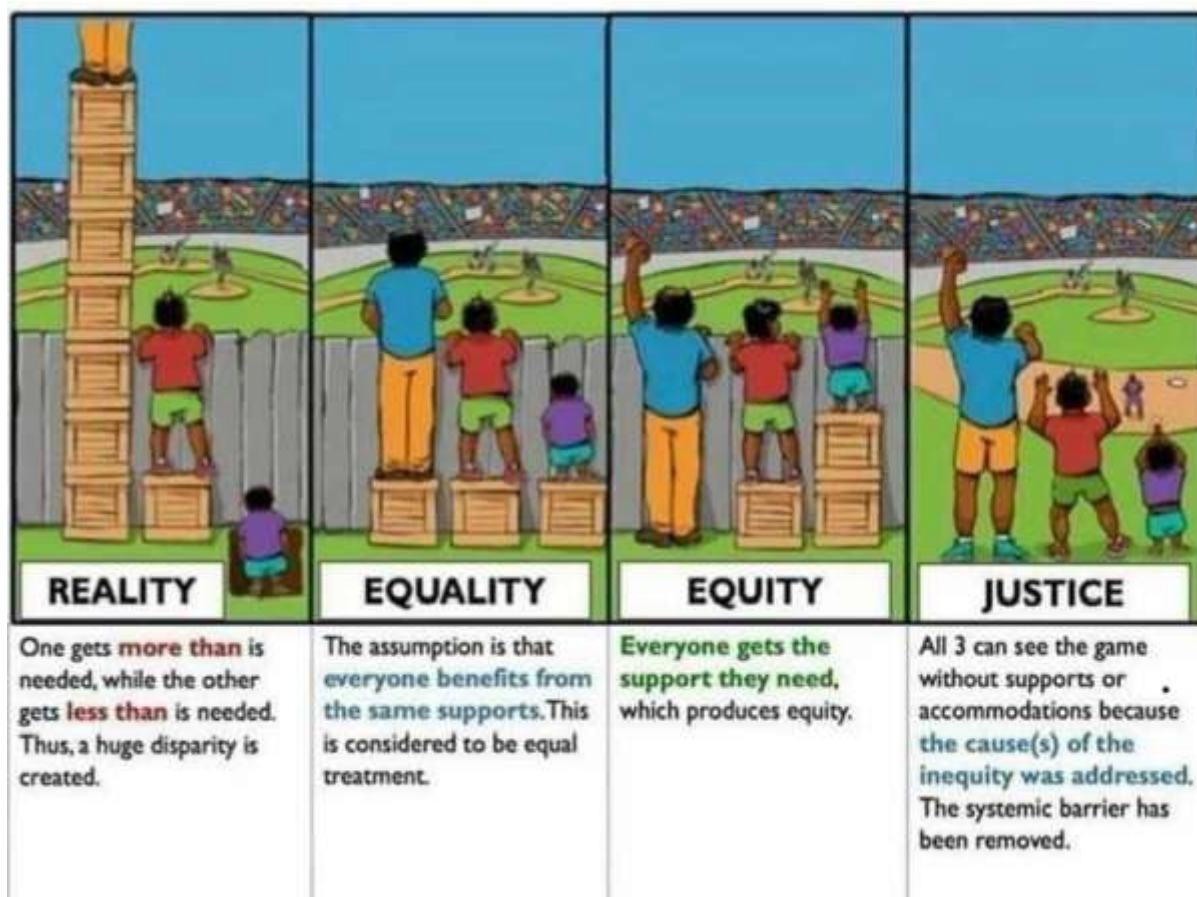
Founding Trustee



From the Director's Desk

I am immensely proud of our organization's two year journey. The Board and I have immensely learnt from one another and from the people who we worked with this year. Urimai Kural Trust chose its path to support marginalized communities (gender non-conforming children & young people, sexual and gender minority communities, girls, women, persons with disabilities) leaving no one behind. Sustainable Development, Peace & Security and Human Rights are intersectional. Sustainable development is possible only when social sustainability, economic sustainability and environmental sustainability is attained.

We work to achieve equality, equity, justice and inclusion by following the UN Sustainable Developmental Goals, Universal Declaration of Human Rights, The Constitution of India and other relevant UN conventions.



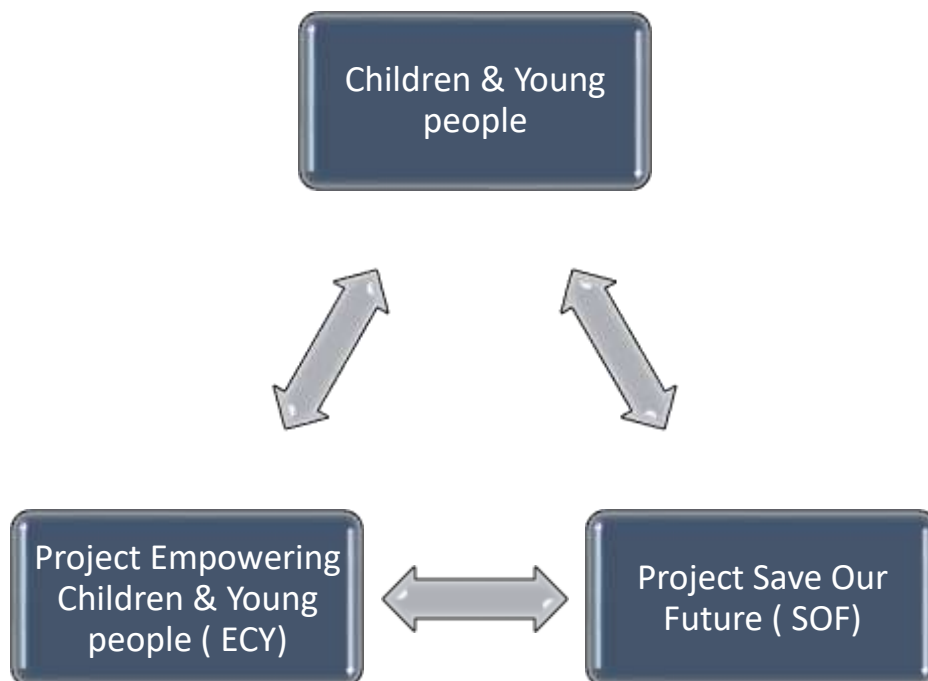


With heartfelt gratitude

Fred Rogers (He/Him)

Director

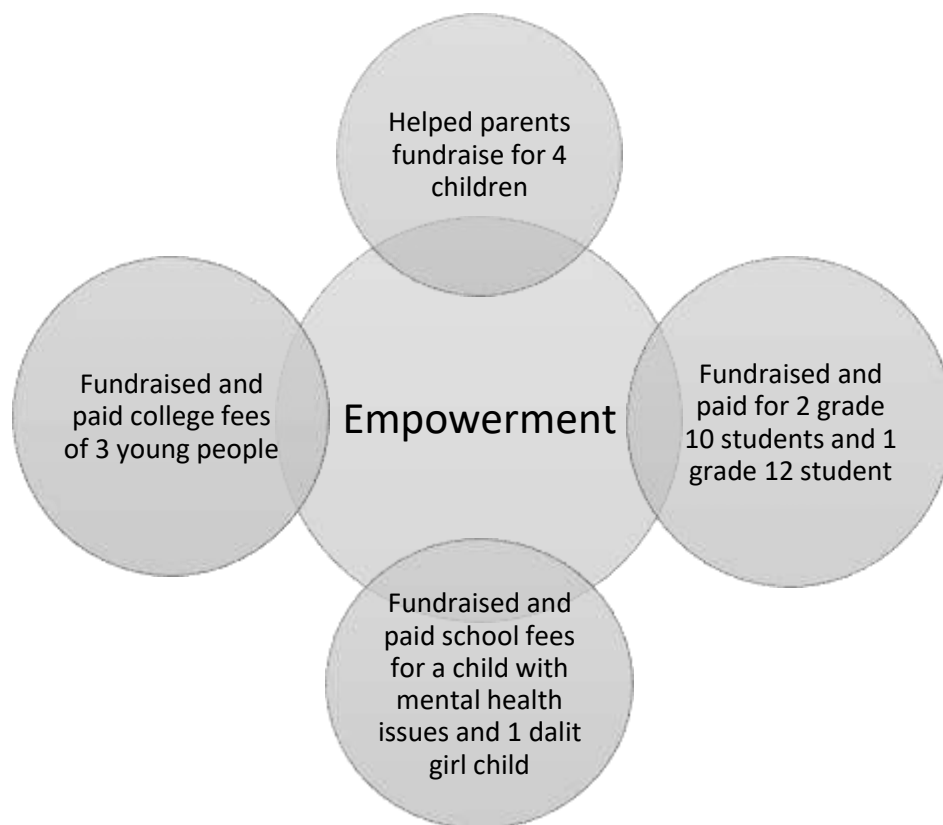
Children & Young people



Projects are in line with

- a) Universal Declaration of Human Rights Articles 25 & 26 Right to education & Good health**
- b) United Nations Sustainable Development Goals 3 and 4 (Good health and well-being ; Quality Education)**
- c) International Covenant on Economic, Social and Cultural Rights Articles 12,13 & 14 on Health & Education**

"The function of education is to teach one to think intensively and to think critically. Intelligence plus character — that is the goal of true education." - Martin Luther King Jr.



Project – Empowering Children and Young people (ECY)

Human Development Index is a composite measure of a country's average achievements in three basic aspects of human development namely health, knowledge and standard of living. India ranks 134th position out of 193 countries globally (2023-2024 report by UNDP). HDI is was created to emphasize / re-emphasize that people and their capabilities should be the ultimate criteria for assessing the development of a country and not economic growth. Way forward in addressing inequities is intersectionality which is clearly highlighted by HDI.

Education is the deliberate, systematic, and sustained effort to transmit , provoke or acquire knowledge, values, attitudes , skills or sensibilities as well as any learning that results from the effort. (Cremin, Public Education p 27) . Unified District Information System for Education (UDISE) data for 2023-2024 reveals girls and boys dropping out at preparatory and middle school at almost same percent whereas boys dropping out in secondary classes are more compared to girls. This data leaves out gender non-conforming children, transgender & gender diverse children.

Often Education and social change are interwoven. Education imparts knowledge, skills, attitudes, values shaping the social consciousness of an individual. Education acts as an agent in bridging

societal divides, promoting critical thinking & civic participation, empowering marginalized groups. In our country, education disparities has no bounds. Not one but various factors lead to educational inequity in India. Factors such as infrastructure, class, caste, religion, language, gender inequality, discrimination based on gender identity, discrimination based on sexuality identity and so on.

Empowering Children & Young people as a sustained project of UKT originated because of the struggles of the founder, director and significant other volunteers of our trust. Though we have not brought immense change in the socio-economically disadvantaged groups, we were able to bring in change in few families whose only source of income was through menial labour. We fundraised and paid fees for 3 college students. All of them are children of a single mother family system and mothers are struggling to sustain themselves. Hence they approached us at UKT for help. We were able to fundraise and pay their fees on time.

A single dalit mother whose child has mental health issues and who faced immense discrimination in his earlier school because of his mental health issues approached us to help them. We fundraised and paid for his school fees.

A dalit family whose daily income is meagre approached us to help them with their daughter's school fees. We at UKT fundraised and issued a cheque for the same.

A fisherman and his wife who are struggling to sustain approached us. Their child is doing grade 10 and they were in dire need of school fees. We at UKT fundraised and paid school fees.

A dalit single mother whose divorce case is still pending in family court(Madras) approached us to help her pay school fees for her 12 grader. We at UKT managed to fundraise and paid fees.

A single dalit grand parent approached us to help her with her grand child's school fees. The grand child is in grade 10 and if the fees was not paid before October 2025, the child would not be able to sit for her board exams. We at UKT managed to fundraise and issue a cheque.

We helped 3 dalit families to fundraise and pay the school fees of their 4 children. All 3 families sustain by doing daily wage work. Hence we helped them.

We donated 2 folding cycle to 2 children





Project SOF Chennai

SOF (Save Our Future) as another perpetual project was chosen by Urimai Kural Trust because of director and volunteers who are willing to take the project to a varying degree. SOF is in line with UN SDGs 3, 4,5,6, 8,10,11, 16 & 17. The age-old disparities stemming from caste, class, gender, gender identity, sexual orientation manifests in educational attainments in the country. The building of aspirational capital, familial capital, social capital, navigational capital & resistant capital is the ulterior motive of this perpetual project.

India as one of the World's largest and most growing economies, faces significant challenges in its education system. According to Unified District Information System for Education (UDISE) 2021 – 2022 around 3.5% of children aged 6 to 13 were out of school. Factors like poverty, inadequate infrastructure, lack of clean water, sanitation, gender bias, prevailing gender norms, caste status of children, child labour, early marriages of girl children, gender identity, sexual identity forces children to drop out.

A 2017 study based on 36 in-depth interviews conducted in Bengaluru, revealed that girls were kept at home for fear of rape, harassment and abduction after puberty. Parents are less motivated to invest in girls' education because they would be married off. Apart from household characteristics, the socio-political nature of the community also influences schooling access and school-going decisions.

A 2018 UNICEF report based on surveys conducted in 77 countries (India is one among the 77 countries) which contributes to 51% global population on urban poor children reveals shocking data on urban inequalities which limits access to essential services like education, health, infrastructure, access to water, sanitation, immunization, birth registration, stunting, child mortality among others.

Empowering adults /
parents/guardians through
organising programs
related to education,wash,
legal access ,justice,
policy,ineqaulities,health,
social justice.



Save Our
Future(SOF)
Project

Providing kits for survival,
sustenance & accessing
education.



Women Liberation Justice

Gender equality in India is the most desired state of form, which our Nation is craving to have for long. Women are one among the marginalized sections of Indian society. Deeply embedded in patriarchal structures and practices have contributed to India ranking 123 out of 189 countries in the UNDP Gender Inequality Index (GII) 2020 and 140 out of 156 countries in the year 2021.

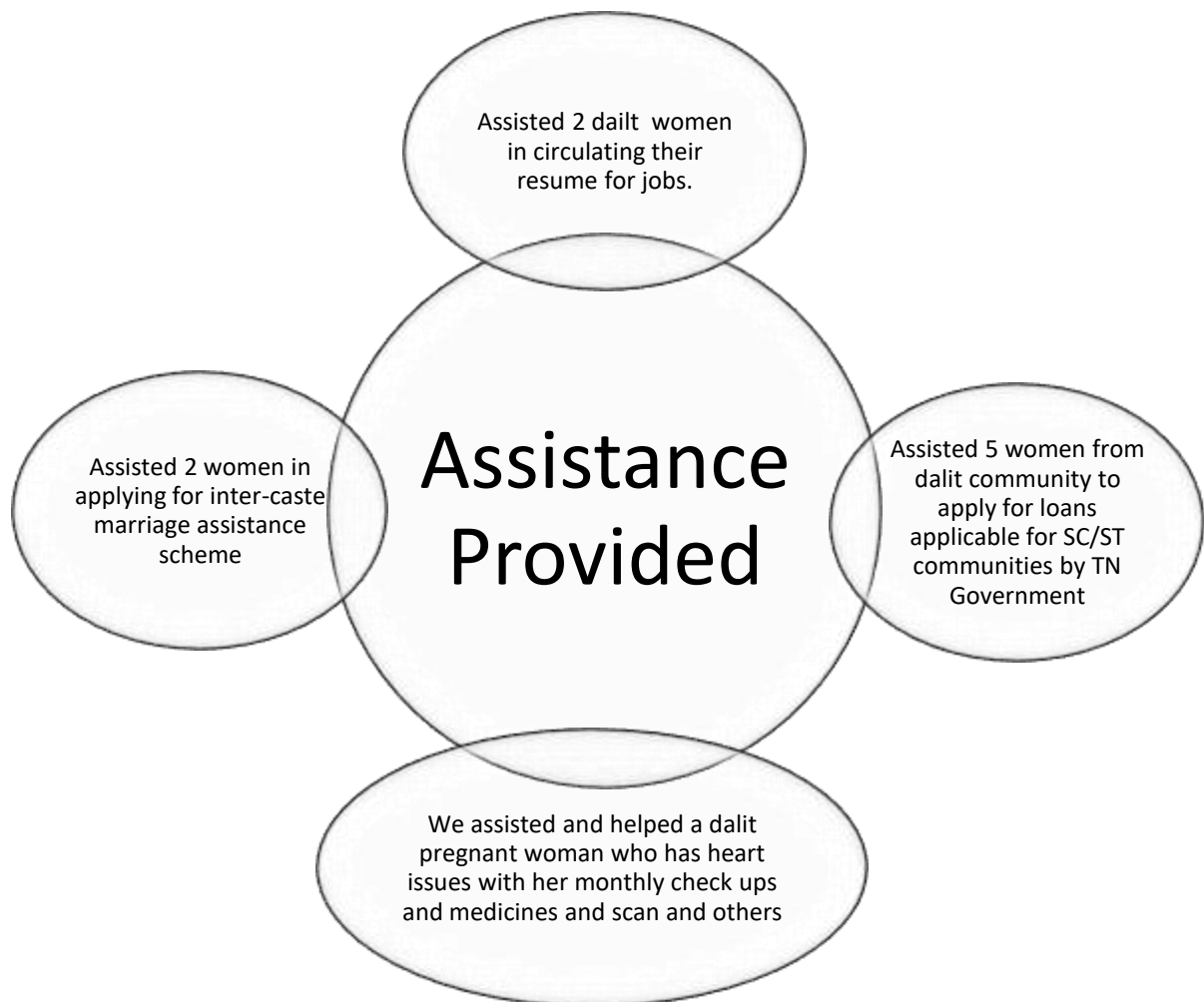
In terms of gender equality, women's presence in the Tamil Nadu workforce does not translate into parity. They are concentrated in low-paying, informal, or contract-based jobs with limited security or advancement. Wage gaps and discrimination—sometimes even on marital status—persist. Middle- and upper-class women may have professional opportunities, but they often struggle with societal expectations about marriage, motherhood, and obedience. For rural and working-class women, the challenge is even harsher: balancing domestic labour, caregiving, and long hours in low-wage sectors, often without safety nets or recognition.

Health inequality is particularly severe for Dalit women. Their access to quality healthcare—especially reproductive and maternal health services—remains limited due to poverty, discrimination, and lack of infrastructure in rural areas. Many are forced to rely on under-resourced government hospitals or unqualified local practitioners. In some cases, caste prejudice results in neglect or mistreatment by medical staff. Dalit women also experience higher rates of malnutrition, anaemia, and maternal mortality compared to women from upper castes. These health disparities are compounded by poor sanitation, limited awareness of rights, and barriers to accessing public health insurance. The lack of intersectional focus in health policy means that Dalit women's specific needs remain invisible within general women's welfare schemes.

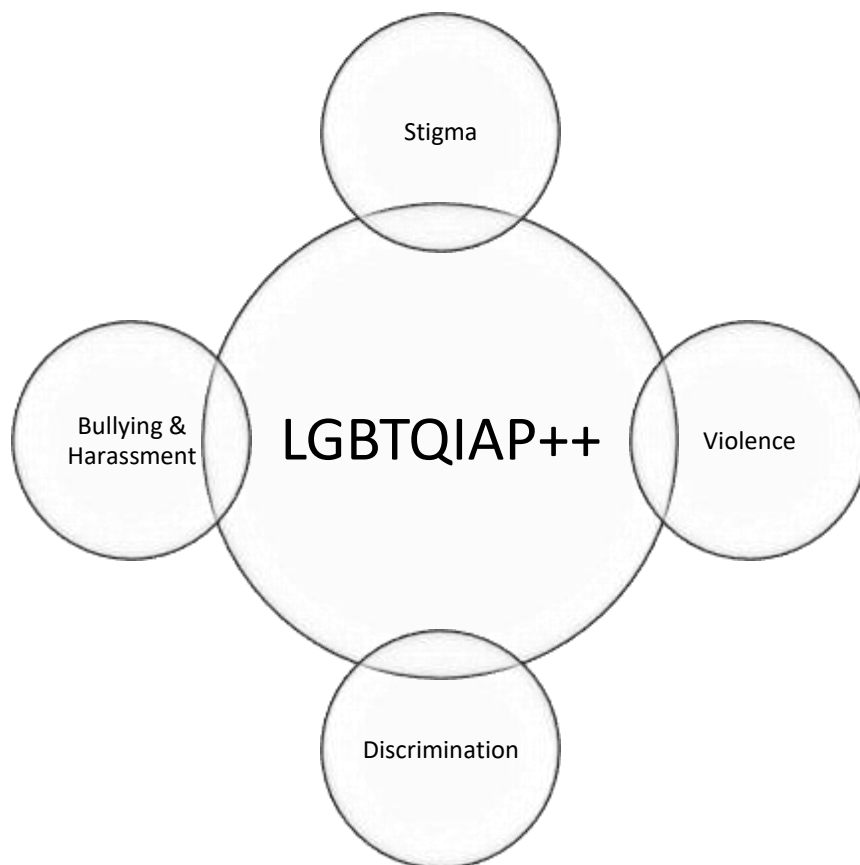
Urimai Kural Trust raised funds for a Dalit pregnant woman suffering from heart complications so she could afford her routine medical check-ups. The funds covered visits to a gynaecologist, ultrasound scans, blood tests, heart-related examinations, medicines, and other necessary

healthcare needs. This case reflects how even essential maternal and cardiac care—services that should be readily available through public healthcare—remain out of reach for marginalized women without external assistance. It exposes the systemic failure to provide equitable, affordable healthcare to those most vulnerable, and underscores the urgent need for intersectional health policies that prioritise Dalit women’s lives and wellbeing.

Urimai Kural Trust funded emergency medical care for a Dalit woman who works as a house help for several families. Having lost her husband the previous year, she had been struggling to support herself and her extended family. One day, she **fainted near the residence of the Trust’s director**, who immediately rushed her to a nearby polyclinic. There, she received treatment including **drips, Megavert tablets, Olfenac tablets, OPZ-D capsules, and Amyron supplements**. The Trust covered her medical expenses, ensuring she received necessary care that she otherwise could not afford.

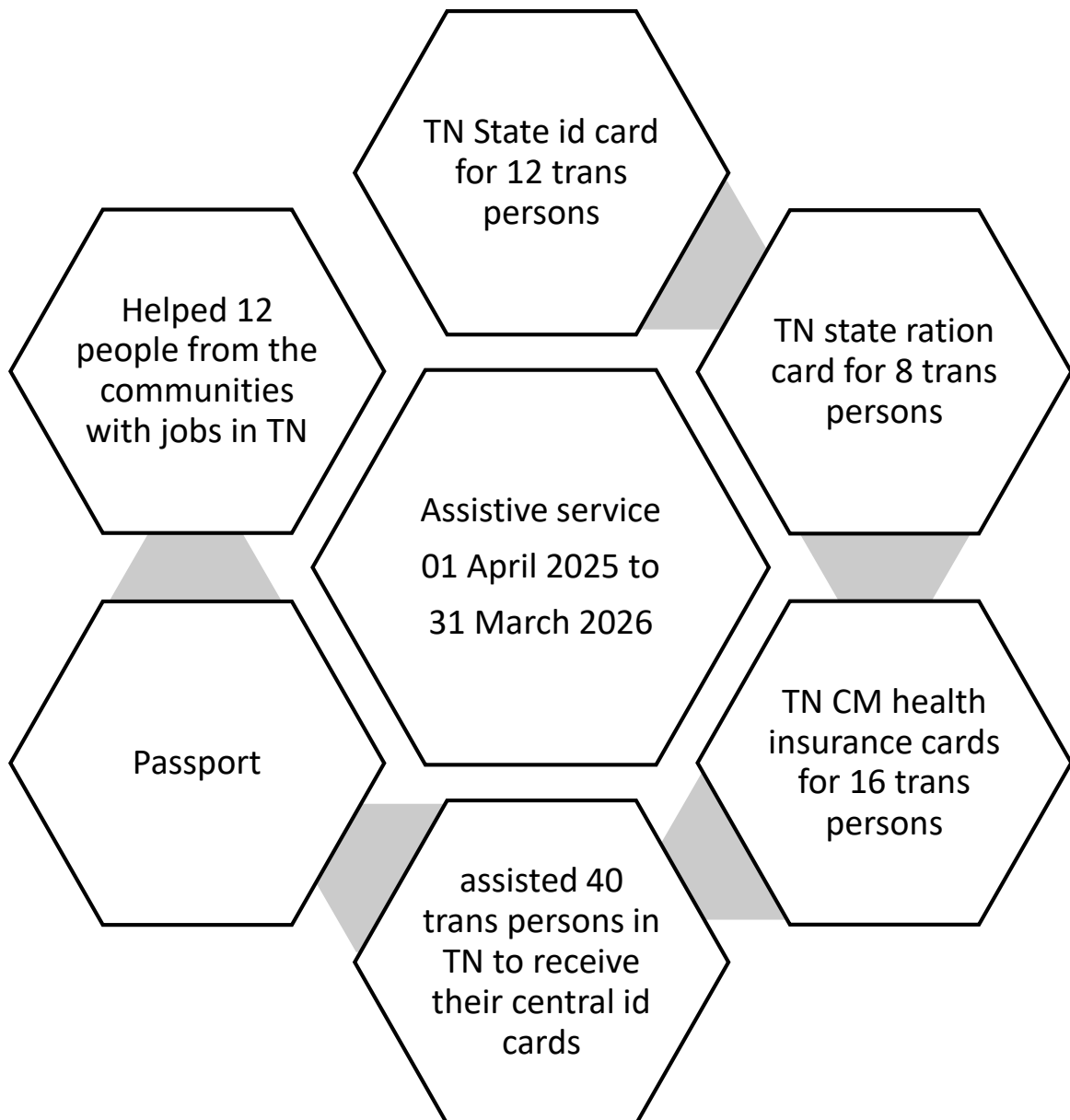


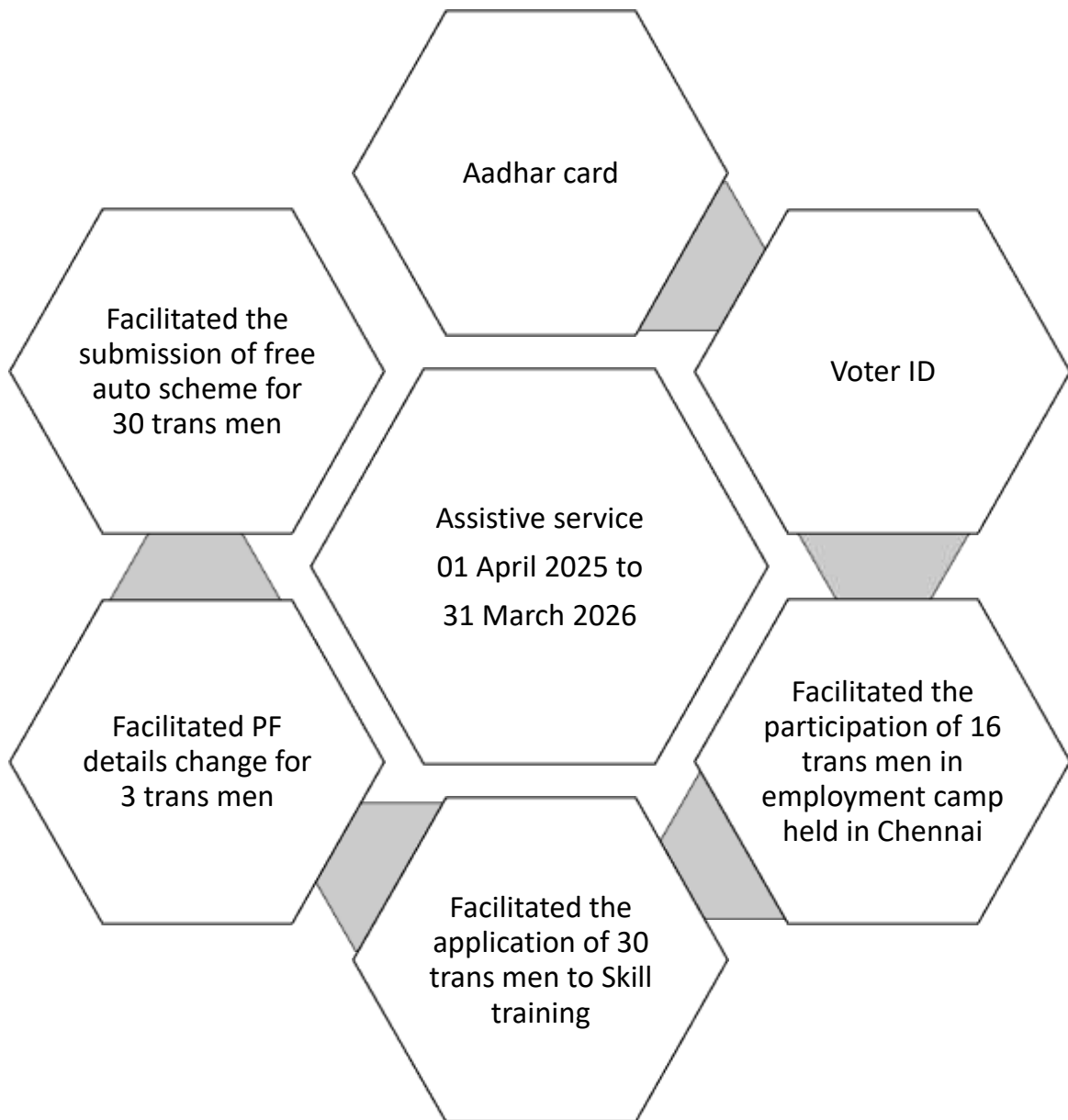
LGBTQIAP+ Communities



We all take immense pride in India's rich cultural history and human evolution. Human evolution in itself is dynamic in nature. Yet India's LGBTQIAP+ communities face harassment, bullying, stigma, violence, abuse owing to gender, gender identity, gender expression, sexuality identity. This prejudice and manifestations is evident in our natal families, educational institutions, workplaces, restroom usage, inpatient/outpatient medical care, shelter, employment. Collectively this violence leads to gender non-conforming children, children and young people who belong to LGBTQIAP+ dropping out of educational institutions and forced to take up menial jobs for sustenance.

Our Urimai Kural Trust's vision, mission is to work for every other marginalized community in India. Our work with the LGBTQIAP+ communities plays a crucial role as lgbtqiap+ communities are marginalized of the marginalized. With an intersectional approach, we have assisted communities in various spheres.





April 2025

Urimai Kural Trust co-organized a mixed media art journey on trans masculinity as a tribute to National Transgender Persons Day (ie) 15 April every year. It is first of its kind in Tamil Nadu history as its from the perspectives of a trans man and the journey is about trans masculinity. This event was organised to show case that AFAB transgender communities are neglected and to show how even within the transgender communities we are being neglected and how we fight for inclusion even from within.

The author's perspectives on the art pieces are

The Art of Pain and Power

My process was full of failures. Paints peeled, mirrors broke, installations didn't work as planned. But I kept going, using my own body as reference. Here's what the exhibition featured:

Alien Thing (Installation)

A raw piece representing complications from top surgery. For many trans men, top surgery is life-affirming, but medical negligence often leaves us scarred. We're treated like lab rats paying to be cut open without proper care. Even after paying, the "alien" parts never leave our bodies.

Cyberbullying (Installation): This installation displayed real slurs and hate comments hurled at trans men online. It's triggering, but necessary. A slur is a slur. It included the Kani case, where we believe a trans man was raped and the case diluted. The artwork showed how media erases our pain.

EYES (Mixed Media Art): Many trans men fight silent battles at home. This installation captured those voices the ones hidden, suppressed and muted by family pressure and fear of society.

STP (Installation): A practical and educational piece introducing the concept of Stand-To-Pee (STP) devices, especially to rural trans men. It bridged the gap in access and information.

HRT (Mixed Media Art): Hormone therapy is not just about testosterone, it's about the emotional and psychological shifts too. This piece captured the blend of dopamine, serotonin and physical change.

Bottom Evaluation (Installation): An installation on menstruation and the emotional distress it brings to many trans men. It asked: How far must we go to reclaim our bodies from the organs we didn't ask for?

Marital Rape (Installation): A bold piece exploring how domestic violence and marital rape impact trans men. It centered the body as both a site of trauma and resistance.

Bottom Growth (Oil Painting)

This work showed bottom growth after HRT a rarely spoken aspect of transition, yet vital to our self-image and identity.

Binder (Installation): In this rural-themed piece, I showed what I used before binders were accessible scarves and cloth. It honored our creativity and desperation to feel seen.

Genderbread Canvas (Textile Print): A self-portrait reimagined through the Genderbread concept an educational, visual representation of gender identity, expression, and biological sex.

Trans Men Torso (Oil Paint): Since trans men don't have representation in anatomy models, I made torso sculptures. These models allow us to see ourselves reflected in body art and structure.

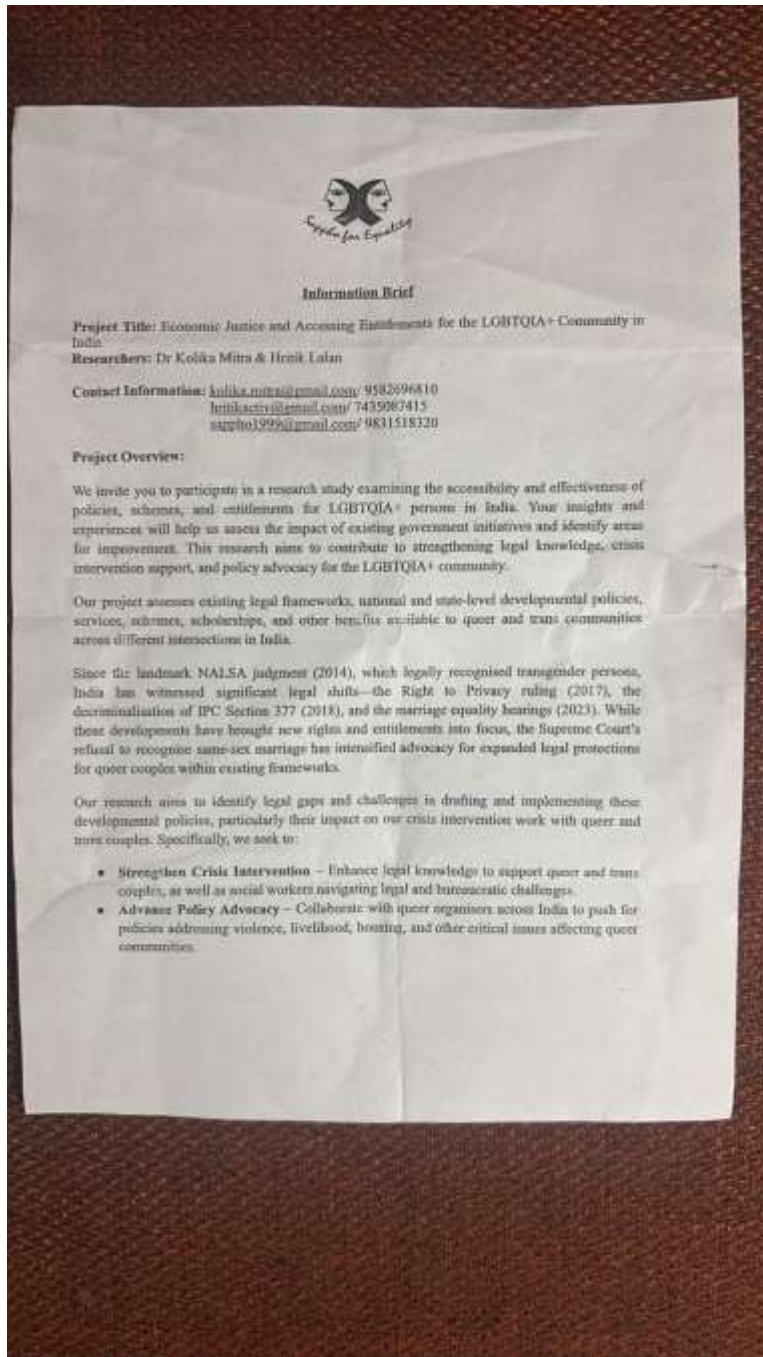
Glass Paintings: Using clay and oil on glass, I painted Frida Kahlo in trans flag colors and portraits of Periyar, Ambedkar, and Buddha icons of resistance, reimagined through a trans lens.

Trans Man History Tree (Installation): My favorite piece. A symbolic tree featuring 21 trans men's stories with QR codes. Each branch carried a lived experience a tribute to our presence and legacy.



The Art Exhibition concluded with a panel discussion on assigned female at birth transgender and gender diverse communities and the struggles faced by us. Paid 3k for 2 panelists as honorarium.

Our Director, Mr. Fred Rogers participated in the research project titled : Economic Justice and Accessing Entitlements for the LGBTQIAP+ Community in India by Sappho for Equality team and shared insights on strengthening Crisis Intervention, Advance Policy Advocacy, existing legal framework, national and state-level developmental policies, services, schemes, scholarships and other benefits available to LGBTQIAP+ communities in India.





Participation and What It Involves:

- You will be participating in either a focus group discussion or an individual interview.
- The focus group discussion will last approximately two hours and the in-depth interview will last for one hour.
- The session may be recorded with your consent for documentation purposes.
- Participation is entirely voluntary, and you can withdraw at any time.

Confidentiality and Anonymity:

- All responses will be kept confidential and used solely for research purposes.
- If you want to be anonymous, your name or other identifying details will not be included in any publications or reports.
- We ask all participants to respect each other's privacy by not sharing any information discussed outside the session.
- Data will be securely stored and accessible only to the research team.

Your participation will contribute to a deeper understanding of policy access for LGBTQIA+ individuals and may inform future advocacy efforts. Discussions may touch on sensitive topics, and support resources will be available should you need them. The collected data will be used for academic and research purposes, including publications and presentations. Thank you for your time and valuable insights!

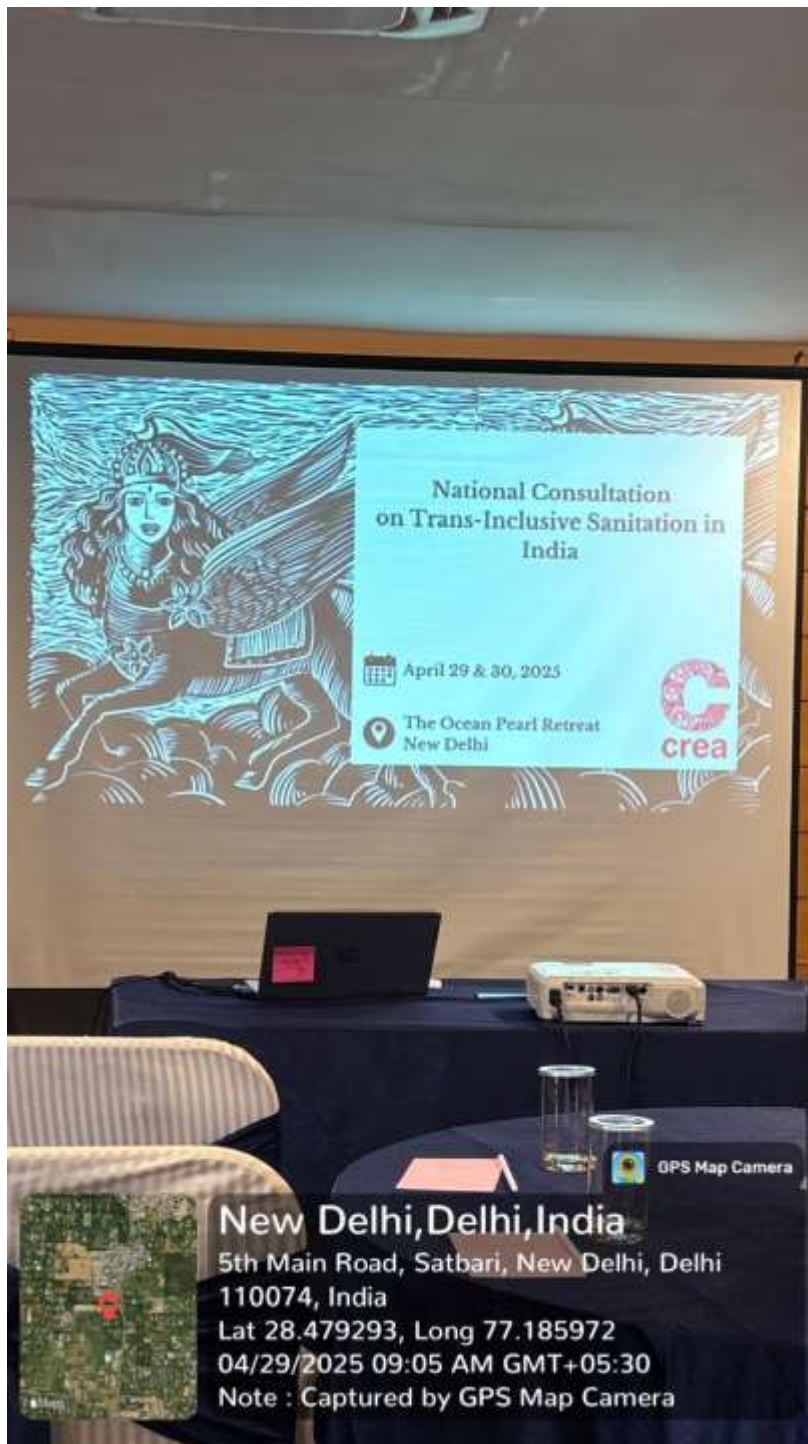
Our director, **Mr. Fred Rogers participated in the National Consultation on Trans Inclusive Sanitation held in Delhi on 29 April 2025 and 30 April 2025**. He spoke at length about how inclusive sanitation matters a lot and about his PIL in the Madras High Court seeking gender neutral washrooms in all public places. He also spoke about how policy changes can help reduce discrimination faced by transgender and gender diverse communities.

National Consultation on Trans Inclusive Sanitation
Date: 29-30 April 2025
Venue: The Ocean Pearl Delhi

Time	Topics
9:00 AM – 9:30AM	Registration
9:30 to 10:15 AM	Welcome address and Introduction of CREA Seema Jain, Conceptualization of the workshop Shalini Singh
10:15 to 11:00 AM	Context Setting- Understanding Trans-perspective & Rights for inclusive Sanitation Rituparna Neog, Abhina Aher
11 to 11:30 AM	Tea Break
11:30 AM to 1:30 PM	Lived Experiences & Barriers to access Sanitation Services/Rights Urmil Jadav, Bismaya Routray, Prabir Ghosh, Kadambari Moderator- Fred Roger
1:30 to 2:30 PM	Lunch
2:30 to 4 PM	Intersectionality in trans-inclusive sanitation-Caste, Class, Disability, Urban-Rural Grace Banu ,Kiran Nayek, Priya Patil , Francis Sundi Moderator-Nishtha
4:00 Pm to 4:30 Pm	Tea break
4:30 to 5:45 Pm	Sanitation Access and Impact on Health and Well-being- SRHR Rachana Mudraboyina , Vidya Rajput,, Pravin Sonawane Moderator: Simran Sheikh
5:45 pm to 6pm	Summing up of day 1

Day 2	
9:00 to 9:15 Am	Recap through menti – meter exercise
9:15 Am to 10:30Am	Sanitation Access and Impact Mental Health Rudrani Chettri, Tashi Choedup, Rahul Mitra Moderator: Aanchal Narang
10: 30 to 11:00AM	Tea Break
11:00 to 12 pm	Livelihood in Sanitation Debi Asharya, Vijay Arora, Meghna Sahoo
12 to 2 Pm	Governance, Policy and Need for Advocacy on Trans Inclusive Sanitation Akkal Padmashali, Raveena Bariha, VR Raman, Amruta Soni Moderator- Lavanya Arvind
2:00 to 3:00pm	Lunch
3:00 to 4:00 pm	Building an eco-system for Trans-inclusive Sanitation/ Recommendations Facilitated by: Anupama Easwaran
4 to 4:30 pm	Closing remarks and vote of thanks





Our director spoke on the benefits of having single occupancy gender neutral washrooms in all places. The points he made are

Gender-neutral restrooms play a crucial role in supporting the safety, dignity, and well-being of transgender and gender-diverse (TGD) communities. Their importance can be understood across several interconnected dimensions:

1. Safety and Reduction of Harassment

Many transgender and nonbinary people face verbal harassment, questioning, or physical intimidation when using gender-segregated restrooms. Gender-neutral facilities:

- Reduce the risk of confrontation or policing of someone's gender presentation.
- Provide a safer, lower-stress option for people who may otherwise avoid public restrooms altogether.

2. Affirmation of Identity and Inclusion

Gender-neutral restrooms signal that a space acknowledges and respects gender diversity.

- They affirm the legitimacy of identities outside the gender binary.
- They contribute to creating an inclusive environment in schools, workplaces, healthcare settings, and public venues.

3. Improved Mental and Physical Health

Fear of bathroom discrimination leads many TGD individuals to limit fluid intake or "hold it," which can cause:

- Dehydration
 - Urinary tract infections
 - Anxiety and chronic stress
- Accessible gender-neutral options directly reduce these health risks.

4. Practical Benefits for Many Groups

While especially important for TGD communities, gender-neutral restrooms also benefit:

- Parents with children of a different gender
- Caregivers assisting people of a different gender
- People with disabilities who rely on assistance

This broad utility helps normalize gender-neutral spaces as a practical, inclusive standard rather than an exception.

5. Compliance With Human Rights and Anti-Discrimination Principles

Many equality frameworks emphasize equal access to public accommodations.

- Gender-neutral restrooms help institutions meet these obligations.
- They reduce discriminatory barriers and foster environments where everyone can participate fully

6. Reduction of Social Stigma

The visibility of gender-neutral restrooms helps:

- Challenge rigid gender norms
- Promote understanding and normalization of gender diversity
- Reduce misconceptions about transgender people's presence in public spaces

7. Enhanced Privacy

Single-occupancy or all-gender restrooms typically offer greater privacy than multi-stall gendered restrooms, benefiting everyone regardless of gender identity.

May 2025

Our Urimai Kural Trust was invited to participate in the IDAHOBIT event by Australian Consul-General Ms. Silai Zaki – The Power of Communities on 15 May 2025 in Chennai. Our Director, Mr. Fred Rogers participated and spoke about assigned female at birth transgender and gender diverse communities and our struggles.

AUSTRALIAN CONSUL-GENERAL MS SILAI ZAKI
INVITES YOU TO AN EVENING
CELEBRATING

THE POWER OF COMMUNITIES



7:30 pm
Thursday
15 May 2025
The Flying Elephant
Park Hyatt Chennai, Guindy

RSVP by 10 May 2025



Our director was invited as a speaker in the event “**Beyond the Basics: Menstrual Health as Dignity, Inclusion & Policy Priority**” on 30 May 2025. The event was organized by Sanitation First India, South Chennai MP Thamizhachi Thangapandian Madam’s office in Chennai. Our director, Mr. Fred Rogers spoke about assigned female at birth transgender and gender diverse communities and why inclusive menstruation policy matters a lot.



The points He made are

Transgender and gender-inclusive menstruation matters because it recognizes a basic reality: **not all people who menstruate are women, and not all women menstruate**. Centering only cisgender women in conversations about periods can unintentionally marginalize transgender men, nonbinary people, and intersex people who also experience menstruation. Ensuring inclusivity has meaningful impacts on health, dignity, and social equity.

1. Health Equity and Access to Care

Transgender and nonbinary people who menstruate often face barriers in healthcare:

- Fear of discrimination or misgendering can deter them from seeking care for menstrual pain, irregular cycles, or reproductive health concerns.
- Medical forms, clinic signage, and provider assumptions often exclude them.

Inclusive approaches—language, training, and care protocols—help ensure that everyone gets safe, respectful, and necessary medical support.

2. Psychological Well-Being and Dysphoria Reduction

Menstruation can be a source of gender dysphoria for many trans men and nonbinary people.

- Gender-neutral language and inclusive products (like packaging that isn't hyper-feminized) can ease emotional stress.
- Respectful acknowledgment of their identities helps lessen isolation and shame.

3. Safety and Comfort in Public Spaces

Accessing menstrual products or using restrooms can be risky or uncomfortable for TGD individuals.

- Gendered expectations around who “should” buy pads, ask for period products, or use certain bathrooms can lead to harassment.
- Gender-inclusive policies—such as placing period products in all restrooms—promote safety and dignity.

4. Economic Justice

Period poverty affects transgender and gender diverse people, too.

- Stigma and discrimination can compound financial barriers.
- Inclusive distribution programs ensure that free or subsidized products reach everyone who needs them.

5. Accurate Representation and Visibility

Language like “people who menstruate” acknowledges the diversity of bodies and experiences.

- It avoids erasing women while also recognizing those outside the gender binary.
- Visibility helps shift public understanding and reduces stigma around both menstruation and gender diversity.

6. Inclusive Education

Many trans and nonbinary youth do not see themselves represented in menstrual education.

- Comprehensive, gender-inclusive curricula empower all students with essential health information.
- It reduces shame, confusion, and misinformation among TGD young people going through puberty.

7. Human Rights and Dignity

Everyone deserves respectful treatment when it comes to basic bodily functions.

- Period stigma combined with transphobia creates compounded marginalization.
- Inclusive menstruation practices affirm bodily autonomy, identity, and self-worth.

He also spoke about why inclusive gynaecologists and comprehensive SRHR education matters a lot. The points he made are

Inclusive gynaecologists and comprehensive Sexual and Reproductive Health and Rights (SRHR) education for all are essential components of an equitable, safe, and respectful healthcare system. They ensure that everyone—regardless of gender identity, sexual orientation, or anatomy—can access the care, knowledge, and autonomy they deserve.

1. Why Inclusive Gynaecologists Matter

a. Affirming Care for Diverse Bodies and Identities

Gynaecology has traditionally centered cisgender women, which can leave transgender men, nonbinary people, and intersex individuals feeling excluded. Inclusive gynaecologists:

- Use respectful, gender-affirming language.
- Recognize that pelvic and reproductive health needs vary across genders.
- Provide trauma-informed, nonjudgmental care.

b. Improved Access to Healthcare

Many transgender and gender-diverse (TGD) individuals avoid gynecological care due to fear of discrimination or misgendering. Inclusive providers help:

- Reduce healthcare avoidance and delays in diagnosis.
- Ensure timely screenings for cervical cancer, STIs, fertility concerns, and hormone-related issues.

c. Mental and Emotional Safety

Feeling seen and respected in medical settings reduces stress, dysphoria, and fear. Inclusive gynecology contributes to:

- Greater patient comfort during intimate exams.
- Stronger patient–provider trust.
- Improved mental health outcomes.

d. Better Health Outcomes for Everyone

Inclusivity improves clarity, accuracy, and communication. When providers tailor care to diverse bodies rather than assumptions based on gender, **the quality of care improves universally**, including for cisgender women who may also face stigma or dismissal of symptoms.

2. Why SRHR Education for All Is Necessary

a. Comprehensive Understanding of Bodies and Health

Sexual and reproductive health affects everyone. SRHR education:

- Teaches anatomy, consent, contraception, menstrual health, pregnancy, STI prevention, and bodily autonomy.
- Supports people across all genders in making informed decisions about their health.

b. Reduces Stigma, Shame, and Misinformation

Silence and taboo around sexual and reproductive health disproportionately harm marginalized communities. Universal SRHR education:

- Normalizes diverse bodies and experiences.
- Reduces myths and harmful gender stereotypes.
- Empowers young people with evidence-based knowledge.

c. Supports Transgender and Gender-Diverse Youth

TGD youth often receive no relevant guidance about puberty changes, menstruation, fertility, or sexual health. Inclusive education:

- Helps them understand their bodies without shame.
- Provides accurate information about transitioning, contraception, fertility preservation, and safe sexual practices.

d. Promotes Consent, Safety, and Healthy Relationships

SRHR education is strongly linked to:

- Lower rates of sexual violence and coercion.
- Better communication and boundary-setting.
- Respectful relationships free from gender-based violence.

e. Strengthens Public Health Outcomes

Comprehensive SRHR learning for all reduces:

- Unintended pregnancies
- STI transmission
- Unsafe abortions
- Health disparities across gender and socioeconomic groups

He also spoke about gender-based violence faced by AFAB TGD communities and how it impacts communities. Gender-based violence (GBV) experienced by **AFAB (assigned female at birth) transgender and gender-diverse (TGD)** communities is deeply connected to **menstrual inequity, healthcare discrimination, and bodily stigma**. These forms of violence are not only physical but also structural, psychological, social, and institutional. Menstrual and health inequities often place AFAB TGD individuals at heightened risk because their needs are overlooked, stigmatized, or actively rejected.

1. Stigma, Dysphoria, and Social Policing as Gender-Based Violence

a. Policing of Gender Expression

AFAB transgender men, nonbinary people, and gender-expansive individuals who menstruate often face harassment or violence when their gender expression “contradicts” societal expectations.

- Buying menstrual products or requesting them in public spaces invites misgendering, ridicule, or threats.
- Simply bleeding in public or needing menstrual care can expose them to outing and violence.

This policing is a form of gender-based violence rooted in enforcing binary norms.

b. Dysphoria as a Source of Vulnerability

Menstruation may trigger gender dysphoria, causing:

- Anxiety
- Social withdrawal
- Increased risk of emotional or psychological abuse

People experiencing dysphoria may be more vulnerable to manipulation, ridicule, or controlling behaviour from family members, partners, or peers.

2. Healthcare Discrimination as Institutional Gender-Based Violence

a. Denial of Care

AFAB TGD people often experience:

- Refusal of treatment
- Misgendering
- Dismissal of symptoms
- Coercive or unnecessary medical exams

These constitute **institutional violence** because they deny bodily autonomy and humane treatment.

b. Harm from Lack of Inclusive Gynaecological Care

When gynaecologists or clinics are not inclusive:

- Necessary screenings (UTIs, cervical cancer, endometriosis) are delayed or denied.
- Pain and reproductive issues go untreated.

The result is **preventable physical suffering**, which is a direct outcome of structural inequity.

c. Forced Disclosures

To access reproductive healthcare, AFAB TGD individuals often have to **out themselves**, exposing them to:

- Mockery
- Bias
- Verbal harassment
- Threats or coercion

Being forced to reveal gender history is a form of GBV when it creates danger or humiliation.

3. Menstrual Invisibility and Product Access as Structural Violence

a. Exclusion from Menstrual Product Programs

Many institutions provide free menstrual products only in “women’s bathrooms,” making access difficult or dangerous for TGD people who cannot safely use those spaces.

This exclusion:

- Forces people to choose between safety and health
- Reinforces gender norms through resource allocation

b. Violence Through Resource Denial

Lack of access to products leads to:

- Health complications

- Shame
- Vulnerability to exploitation (e.g., relying on unsafe partners or unsupportive family members for supplies)

Resource denial is a recognized form of GBV.

4. Interpersonal and Community Violence

a. Transphobic and Homophobic Abuse

AFAB TGD individuals may face:

- Verbal harassment (“You’re a girl, deal with it”)
- Physical violence for not conforming
- Control over their bodily functions, clothing, or product choices

b. Sexual Violence

Misconceptions about AFAB bodies often lead to:

- Fetishization
- “Corrective” sexual violence
- Violations of boundaries around menstruation or reproductive organs

These abuses exploit the intersection of gender identity and AFAB anatomy.

5. Mental Health Impacts as a Form of Slow Violence

The ongoing stress from menstrual stigma, dysphoria, and healthcare discrimination leads to:

- Depression
- Anxiety
- Avoidance of medical care
- Self-harm

These outcomes are not accidental—they are the result of structural neglect and social hostility.

6. Intersectional Layers: Class, Race, Disability, and Housing Insecurity

AFAB TGD people of color, disabled individuals, or those in poverty face:

- Higher exposure to policing in public spaces
- More barriers to safe menstrual products
- More hostile medical encounters

Structural violence intensifies at each intersection.

7. Why This is Gender-Based Violence

Because the violence:

- Targets people based on gender identity and perceived gender roles
- Enforces binary standards of womanhood and manhood
- Denies bodily autonomy
- Polices how AFAB bodies should function
- Punishes deviation from assigned gender roles

Menstrual inequity is not just a health issue—it is a **mechanism of control** over bodies that do not conform to societal norms.

3. Inclusive Gynaecology and SRHR Education Work Together And Prepares Stakeholders

- Education prepares individuals to understand their bodies and advocate for themselves.
- Inclusive providers ensure those individuals are heard, respected, and treated.
- Together, they create a system where **equity, dignity, and autonomy** become the standard—not the exception.

June

What Is Pride Month?

- Celebrated every **June** worldwide.
- Honors the **Stonewall Uprising** of June 1969, a turning point in LGBTQ+ rights.
- Recognizes the courage of those—especially transgender people and queer people of color—who fought against discrimination.

The Rainbow Flag

- Symbolizes the **diversity and unity** of the LGBTQ+ community.
- Colours represent values such as life, healing, sunlight, harmony, and spirit.
- Widely recognized as a symbol of inclusion and pride.

The Transgender Flag

- Designed by **Monica Helms (1999)**.

- Light blue and pink reflect traditional gender colors; white represents nonbinary and transitioning identities.
- Symmetrical design symbolizes that **gender identity is always valid**.

LGBTQ+ History and Struggles

- Pride Month reflects on decades of discrimination, activism, and resilience.
- Recognizes early activists and movements that pushed for rights, visibility, and acceptance.
- Emphasizes ongoing challenges still faced globally.

Celebration of Identity, Love, and Community

- Promotes living **authentically** and expressing one's identity openly.
- Celebrates love in all its forms.
- Encourages community connection through parades, events, education, and art.

Advocacy for Ongoing Rights

- Highlights continuing needs for:
 - Anti-discrimination protections
 - Safe and inclusive environments
 - Equal access to healthcare, housing, education, and employment
 - Support for LGBTQ+ youth and transgender individuals
- Reinforces commitment to achieving **full equality and dignity** for all.

Overall, Purpose of Pride Month

- To honour the past, celebrate the present, and advocate for a more inclusive future.
- To raise **rainbow flag**, **intersex flag** and the **transgender flag** as symbols of visibility, respect, and empowerment.

Institutionalising Excellence: A Strategic Roadmap for The Tamil Nadu Integrated Centre for Social Empowerment (TN- ITCSE)

DRAFT REPORT

Acknowledgements

We are deeply grateful to the Directorate of Children Welfare and Special Services, Directorate of ICDS, Directorate of Social Welfare, Department of Social Welfare, and civil society organizations for their generous support and rich insights. Their engagement, and support have been vital in mapping a practical and forward-looking path for the TN-ITCSE. We are also grateful to Dr. Archana Mehendale, Dr. Mary E John, Dr. Mohan Gopal, Dr. Ramakrishnan, Dr. Suresh Babu, Fred Rogers, Helen Sekar, Kumaresan, Manju Dhoundiyal, Parul Srivastav, Poonam Natarajan, Raj Cherubal, Sanghamitra Barik, Siddarth, Vaishnavi Jayakumar and Vidya Reddy for sharing their perspectives and ideas for the TN-ITCSE. The report draws heavily from their inputs.

This report has been prepared by a team comprising Bharti Ali, Vidhya S, Swagata Raha, and Arlene Manoharan with assistance from Gopika Nangia and Shruthi Ramakrishnan.

23 June 2025

A manuscript - entitled "Barriers and facilitators influencing access to primary eye care among transmasculine individuals in Canada: A Qualitative Analysis" was reviewed by our director. This manuscript was submitted to International Journal of Transgender Health.

24 June 2025 – Chennai District Social Welfare Officer organized a camp in Chennai Collectorate for ID cards of persons belonging to transgender and gender diverse communities. Our director on behalf of Urimai Kural Trust participated and facilitated the following

TN CMHIS – 8

Aadhar – 8

Voter Id – 8

Ration Card – 8

Life Skill Training – 8





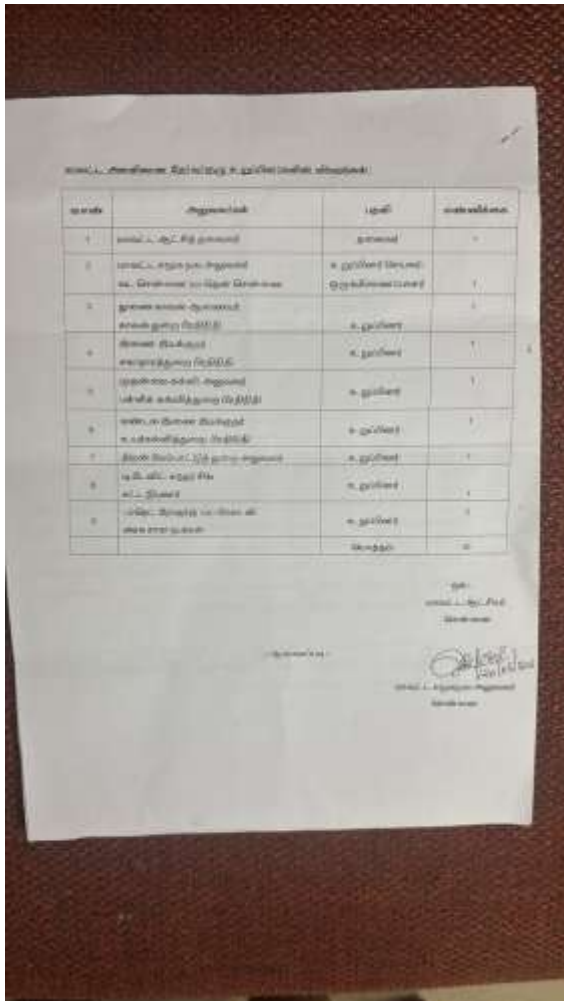


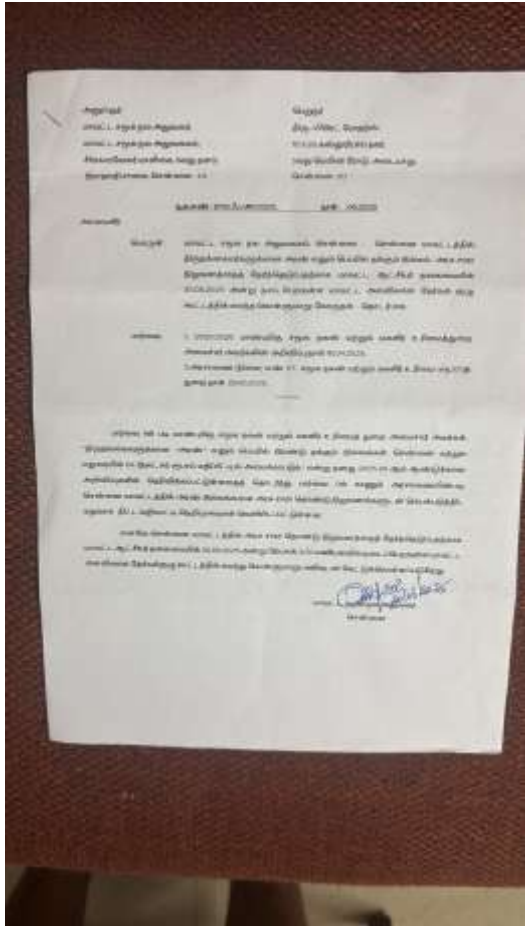
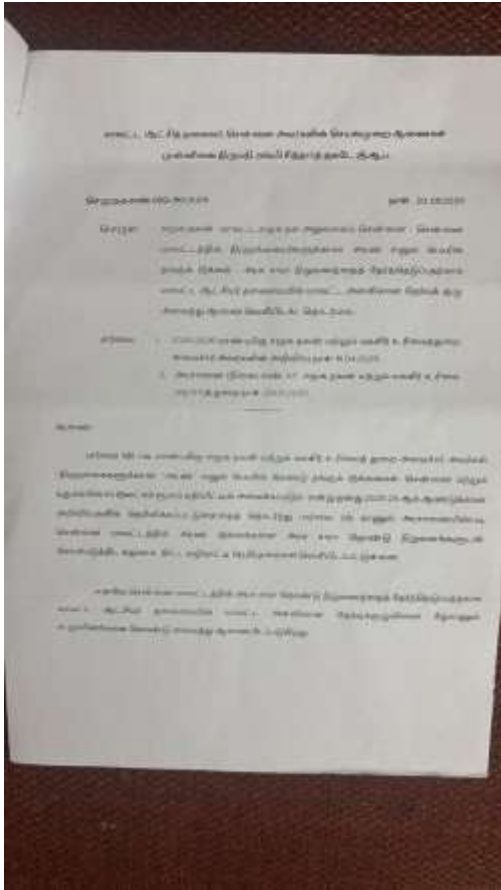
Our director, Mr. Fred spoke about the documentation difficulties for trans men to the DSWO and thanked her for the same.



30 June 2025

Our director was invited as communities' representative in selecting the NGO to which TN government initiative on housing scheme for transgender communities and intersex communities named Aran to be offered.





July 2025

11 July 2025 Chennai Collectorate organised a special employment camp for transgender communities. The jobs were offered by Private Employers. We at UKT enabled participation of 15 trans men and one trans man got placement letter too.



WAITING
AREA

திருநங்கை,
திருநம்பிகளுக்கான
சிறப்பு தனியார்துறை
வேலை வாய்ப்பு
முகாம்

GPS Map Camera

Chennai, Tamil Nadu, India

Rajaji Salai, Parrys, Chennai, Tamil Nadu
600001, India

Lat 13.095796, Long 80.292570

07/11/2025 11:01 AM GMT+05:30

Note : Captured by GPS Map Camera







S.No	Employer Name	Sector	Vacancy	Qualification	Salary
1	BLUEDART EXPRESS LTD	MANUFACTURING	65	10th-DEGREE	12000
2	SBI LIFE INSURANCE	BANKING, FINANCE	125	10th-DEGREE	12000
3	RARE PROFESSIONAL SERVICES	ENGINEERING	24	10th-DEGREE	23000
4	VIPRA ENGINEERS AND PROJECTS	ENGINEERING	6	Below B.E.C DEGREE	18000
5	GABO ENTERPRISES PRIVATE LIMITED	ELECTRONICS & HARDWARE, IT-ITES	8	ITI	12000
6	OSINFRACOM	REAL ESTATE, RETAIL	8	DEGREE, DIPLOMA, ITI	12000-18000
7	B-SUSTAIN ENERGY PROJECTS PVT LTD	ENGINEERING, MANUFACTURING	17	10th-DEGREE	12000 - 22000
8	ELMEC HEATERS& CONTROLLERS	MANUFACTURING	10	10th-DEGREE	R.12000 min
9	SAMEY SERVICES PRIVATE LIMITED	ENGINEERING, ELECTRONICS & HARDWARE	12	10th-DEGREE	16000 to 22000
10	SERVALS	MANUFACTURING	3	ITI, 12TH, 10TH	11000
11	LIC OF INDIA	FINANCE	5	DEGREE	10000
12	SIGHTSAVERS INDIA	HEALTH CARE	90	12th-DEGREE	9000
13	DM GRANTON ORGANIZATION	HEALTH CARE	35	DEGREE, DIPLOMA	14000 to 18000
14	GALAXY HEALTH INSURANCE	HEALTH CARE	50	DEGREE	15000
15	SURYODDAY SMALL FINANCE BANK	BANKING, FINANCE	20	DEGREE	15,000 - 20,000
16	GABO ENTERPRISES PVT LTD	ELECTRONICS & HARDWARE	8	12th-DEGREE	15000 - 25000
17	HDFC LIFE, T.NAGAR	BANKING	100	DEGREE	10000 + incentives
18	HDFC LIFE, T.NAGAR	BANKING	100	DEGREE	10000 + incentives
19	LIC OF INDIA	FINANCE	50	DEGREE	10000
20	CONNECTING TAMILNADU	IT-ITES	40	DEGREE	10.5 to 20k
21	RELIANCE NIPPON LIFE INSURANCE COMPANY	FINANCE	30	DEGREE	20000

Our director, Mr. Fred Rogers was invited as a resource person for an audience consisting of team members of SAATHI and other coalition partners. The topic was **“Key issues for Advocacy in Rights for Transmasculine Communities”**. The session was through zoom and it was on 18 July 2025

Dear Mr Fred,

This is to invite you to be a resource person for a Zoom online session 3.30-4.30 pm this Friday, July 18, 2025.

The audience consists of team members from nine states of India, involved in evidence-gathering and advocacy for access to health, education, social-legal protection for queer, trans and intersex persons. All are part of the Vistara coalition.

The topic for your session is **'Key issues for Advocacy in Rights for Transmasculine communities'**.

In this session, we would like to speak on issues where we need to advocate to make sure the provisions of the Trans Act are as accessible to transmasculine communities as they are (or will be) to transfeminine communities. Since the participants are pan-India, we would like you to focus on issues that may impact community members across different states, not restricted to one state. However, you may feel free to illustrate your talk with examples from TN or any other particular state, as needed. Housing, temp shelter, ration, Aadhaar, parenting/custody, medical and surgical care, partner rights, are all potential areas you may cover.

Along with identifying challenges, if you could also suggest possible solutions including training, sensitization, advocacy and litigation, it would be great.

August 2025

13 August 2025 Our director was invited to attend the Stakeholders Consultation organised by National Task Force which was constituted by the Hon'ble Supreme Court of India to address suicide prevention and student mental health and recommend solutions to address the same in higher

educational institutions. Our director participated in the same and shared his concerns with regards to students from AFAB queer and trans communities, minority stress and intersectional issues which impacts mental health.



Informal meet with Aus Con Vice Consul Mr. Calvin where our director was invited to be part of the informal meet up. Our director spoke about AFAB TGD Communities and our struggles to Vice Consul Mr. Calvin.

October 2025

With the support of few friends, our trust raised funds to support Project Payanam for trans men in Chennai.

Project: Payanam – The Journey
A free blood test initiative for Trans Men in Chennai, supported by Urimai Kural Trust.
Why this project?
Trans men still face discrimination, stigma, and misgendering.
Healthcare is a right – not a privilege!
Free tests include: Hormone Profile, CBC, Liver/Kidney Function, HbA1c, Blood Sugar
Free lab vouchers provided
Location: Urimai Kural Trust, Chennai
Date: Saturday, October 11, 2025
Time: 10 AM – 1 PM
To Register: WhatsApp/DM



🏳️‍🌈 திட்டம்: பயணம் – The Journey 🏳️‍🌈

சென்னையில் உள்ள திருநம்பிகளுக்கான இலவச இரத்த பரிசோதனை, உரிமை குரல் அறக்கட்டளையின் ஆதரவுடன்!

🏳️‍🌈 ஏன் இந்த திட்டம்? 🏳️‍🌈

இன்றும் திருநம்பிகள் பாகுபாடு, அடக்குமுறை, தவறான பாலின அடையாளம் குறிப்பிடுதல் போன்ற சவால்களை சந்திக்கின்றனர்.

சுகாதாரம் உரிமை – ஆடம்பரம் அல்ல!

🏳️‍🌈 இலவச பரிசோதனைகள்: ஹார்மோன் சோதனை, CBC, கல்லீரல்/சிறுநீரக செயல்பாடு, HbA1c, இரத்தச் சர்க்கரை இலவச ஆய்வுக் கூப்பன்கள் வழங்கப்படும்

📍 இடம்: உரிமை குரல் அறக்கட்டளை, சென்னை

📅 தேதி: சனி, 11 அக்டோபர் 2025

🕒 நேரம்: காலை 10 – மதியம் 1

📱 பதிவு: WhatsApp/DM



🌐 Urimai Kural Trust: Amplifying Voices, Nurturing Health 🏳️‍🌈 🏳️‍🌈

At the heart of Chennai's vibrant communities, **Urimai Kural Trust (UKT)** stands as a **grassroots organization committed to the well-being of transmasculine and gender-diverse individuals**. For too long, trans men and gender-diverse people have faced discrimination, invisibility, and barriers in accessing healthcare, social services, and safe spaces. UKT bridges this gap — not from a distance, but **from within the community**, ensuring that every initiative is **by the community, for the community**.

📍 Grounded in Compassion, Driven by Community



UKT understands that true change comes from **listening to lived experiences**. Through awareness programs, mental health support, and inclusive health initiatives, the trust fosters a sense of

belonging, dignity, and empowerment for transmasculine and gender-diverse people. Their grassroots approach ensures that interventions are **culturally sensitive, accessible, and relevant** — tackling not just health disparities but the social and psychological challenges of marginalization.

Health as a Right, Not a Privilege

One of UKT's flagship initiatives is providing **free blood tests for trans men and gender-diverse individuals**, including hormone profiles, CBC, liver/kidney function, HbA1c, and blood sugar checks. By offering **free lab vouchers and safe, respectful spaces**, UKT makes healthcare **affordable, affirming, and reliable**, empowering individuals to take charge of their health without fear or stigma.

Why UKT Matters

Urimai Kural Trust is more than an organization — it is a **movement of care, advocacy, and solidarity**. By centering transmasculine and intersex voices, UKT creates a **future where access, equality, and well-being are not privileges, but guaranteed rights**. Every program, every initiative, every conversation is a step toward **building a world where trans and gender-diverse people can live fully, safely, and healthily**.  

We at UKT supported 22 trans men in Chennai through this project for the months of October and November.