



# SEWA INTERNATIONAL'S TOILET AND HYGIENE PROJECT FOR THE GIRL CHILD – January 2021

## January 2021 Highlights

- Self defence pilot project
- Oracle Livelihood project.
- Free school bags distribution.

## I. Self Defence Training - Uttar Pradesh

### Area of work: Lucknow-Gorakhpur

#### Self-Defense for Women & Girls

Sewa international successfully organized a 3 day self defense training program in Lucknow from 9th to 11 Jan ,2021. We had a total of 42 beneficiaries who attended this training

We covered theory and practise sessions in the 3 day self defense training program. The participants belonged to underprivileged communities from slum areas and from low income sections of our society.

These slums are located in gomtinagar, Lucknow.

#### Program details are as follows:-

##### DAY-1

#### Motivation & theory sessions on :

- How to avoid being a target
- Awareness - The foundation of prevention. Assault prevention must begin with education. In this module, participants will get information of self-defense & awareness . Discussions on the myths and misconceptions.
- Participants will learn how to be aware of their daily environment and how to decrease incidents of being a targeted for assault.
- The “Illusion of Safety”

#### Physical Techniques:

- How, when and where to strike
- What to do from the floor
- Learning the four vulnerable zones
- Escape from grabs and chokeholds
- The most effective preventions.

##### DAY-2

#### Motivation & theory sessions on :

- How to handle a confrontation: verbally, mentally, and psychologically
- The power of body language and non verbal cues
- Effective tips on how to be safer and more aware

#### Physical Techniques:

- Assertiveness- one of the most effective techniques in avoiding assault.
- Participants will practice using assertive body language, eye contact, and verbal confrontation skills.
- Usage of Weapons for self defense – usage of hitting pads, Wrestling mats, short sticks

##### DAY-3

#### Motivation & theory sessions on :

- Law & Police related information
- Medical & Health related information

#### Physical Techniques:

- Learning the techniques of Basic Kicks. Releases - Punches –Strikes
- Most effective throws and floor Techniques



Figure:Self defense training program at lucknow & gorakhpur,UP.

## II. Orcale Livelihood project

**Area of work: Karnataka**

We are executing four different programs mentioned as follows:

- 1)Computer training &spoken english classes.
  - 2)Free tailoring classes for women & girls.
  - 3)Hand wash station installation.
  - 4)Menstrual hygiene awareness campaign.
- as a part of CSR program by oracle.

Beneficiaries of these program are from lower (middle)class families and people who have lost their jobs due to the on going pandemic.

We are also offering placements for these beneficiaries through our recruiting partner.

## \*Free Computer and english training classes.

We are coaching basic computer hardware/software concepts,MS applications,Trouble shooting,,etc to the students.

English will cover greetings,handling job live situations,debates etc.,

We currently have 21 students in january batch.

Our recruiting partner vaahan will be taking spot interviews for the students who have completed their training with us in december and january.



*Figure 2: Free computer and spoken english classes at basavanagudi,bengaluru.*

**\* Free Tailoring course for women and girls.**

We are conducting free tailoring course for the women and girls .

We have multiple training centers spread across bengaluru and chikmanglur districts of karnataka.

We are teaching both basic and advanced tailoring concepts to the beneficiaries.

We have 3 active centres in bengaluru & 1 centre in sringeri.

- 1)Ajithashree,bull temple road ,basavanagudi,bengaluru-18people.
- 2)Smruthi,Naganna circle,padmanbnagara,bengaluru-21people.
- 3)Narendra nele,sanjay nagar,laggere,bengaluru-30people.
- 4)Kavadi center,sringeri,chikmangluru-10people.



**Figure : Free tailoring centres in bengaluru and sringeri (Karnataka)**

These training centers will be conducted till march 2021. Currently we training 79 women across different locations.



We have been conducting conducting menstrual hygiene awareness camps at various locations across Karnataka. In January we completed 9 camps across Karnataka covering over 477 beneficiaries.

Details are as follows:-

sl no	Date	Location	District	No of beneficiaries	Targetted groups
1	14/12/2020	Ayurvedic college-hubli	Hubli	80	support staff of the ayurvedic college
2	11/1/2021	Ajithshree,bull temple road	Bengaluru	25	Hospital support staffs,women learning Tailoring ,Low income women from KG nagar,sunkenahalli.
3	04/01/2021	KEB,Colony hubli	Hubli	70	Low income group women from Hubli, Hubli Municipality working women and their children
4	18/01/2021	Ajithshree,bull temple road	Bangalore	60	BBMP workers from Basavanagudi area
5	18/01/2021	Madwal Govt HPS School Higher Secondary school , Ankalgi ,	Belgaum	42	Std 10t & 12th girl students of the school Madwal Govt HPS School
6	18/01/2021	Sathya Sai Baba School ,Hiriyur	Chitradurga	50	Low income women
7	18/01/2021	NSF Ankalgi School	Belgaum	30	Std 10t & 12th girl students of the school Madwal Govt HPS School NSF Ankalgi School
8	19/01/2021	Vedavathi school,Hiriyur	Chitradurga	50	Backwardcommunity women,Adolescent girls below poverty line
9	20/10/2021	Sunadbatti mandir	Hubli	70	Backward women, Women from Railways

477

### III. Free school bags distribution.



Karnataka government has passed the orders to reopen schools in January. Students were welcomed with new school kits (School bag, note book) donated by Sewa International. School kits were distributed across various schools in Karnataka.

*Thank you and warm regards,*

*Team Sewa International - Sanitation & Hygiene Project for the Girl Child*

[www.toilets-sewausa.org](http://www.toilets-sewausa.org)