



**SEWA INTERNATIONAL'S  
SHE PROJECT**

# **SHE & SHE-CAF Newsletter - Feb 2023**

**SHE - SANITATION, HYGIENE AND  
EMPOWERING THE GIRL CHILD**



# FEB 2023 - KEY HIGHLIGHTS

## SANITATION

- Inauguration of 41 newly constructed toilets across Magadi, Karnataka in partnership with HSP ( Hindu Seva Prathishthana)
- Ongoing construction of 6 toilets in Myandipatti government school, Madurai. This project is funded by donors of EKAM USA.
- Ongoing construction of 18 toilets across 3 identified schools in Ayodhya, Uttar Pradesh with generous funds from Google, California.
- Ongoing construction of 30 toilets across 5 identified schools in Lucknow and Viratnagar with generous funds from North Jersey LEAD.
- Ongoing construction of 6 toilets across Government schools in Lucknow. This project is funded by few individual Sewa donors
- Construction of 5000 liters overhead tank in AP model school , government school in Kakinada, Andhra Pradesh. This project is funded by donors from Sewa LA chapter



Ongoing construction of 60 new toilets across schools in Lucknow, Ayodhya, Viratnagar & Madurai.  
Inauguration of 41 newly built toilets in Magadi, Karnataka.  
Total student beneficiaries - 7,947+



## MENSTRUAL HYGIENE

- Menstrual health and hygiene camps conducted in schools across Madurai and Kohlapur
- Distribution of reusable cloth sanitary napkin kits to adolescent girl students
- Total beneficiaries covered -375

### Focus Areas:

- Menstrual health and awareness sessions.
- Distribution of reusable cloth sanitary napkins to girl students from class 7 - 10 and SHE-CAF beneficiaries.
- Q&A sessions with students.

## SHE-CAF

- Beneficiaries undergoing the training: 563
- Beneficiaries completed their trainings and got jobs/self employed: 1213
- Target Beneficiaries: Covid impacted women from Urban, Rural & Tribal areas, Transgender community, Migrant workers.
- Ongoing programs: Regional skill development (kalamkari art, wrought iron idols, wooden cutlery, puppets, dolls, crochet, arni embroidery, aquaculture, Kaudi blankets, Bandhej, medicinal plants etc), weaver empowerment, micro enterprise, livestock rearing, skill development trainings (computer, beauty, tailoring, digital literacy etc), tribal livelihood, Agri farming etc.
- Programs planned: women's day celebrations across CAF locations





# FEB 2023 - KEY HIGHLIGHTS

## YOGA AND MENTAL WELLNESS

- Piloting yoga workshop & a 7 day yoga training for students and few teachers. Topics covered includes basic yoga asanas, session on mental well-being, breathing techniques for physical health & mental health, special asanas for adolescent girls for menstraul health & wellbeing.
- Personality development and mental wellness workshops for adolescent girls
- distributing yoga mats to all student beneficiaries



## SPOTLIGHT

- Creating the concept of model village by providing multiple interventions in village clusters to increase the program impact.

### Focus Areas in identified village clusters:

- improved sanitation facilities in schools with provision of water for drinking and sanitation
- Menstrual health and awareness sessions.
- Distribution of reusable cloth sanitary napkins to girl students from class 7 - 10
- Yoga, self defense, personality & mental Wellness programs for students
- SHE-CAF programs for women in these villages

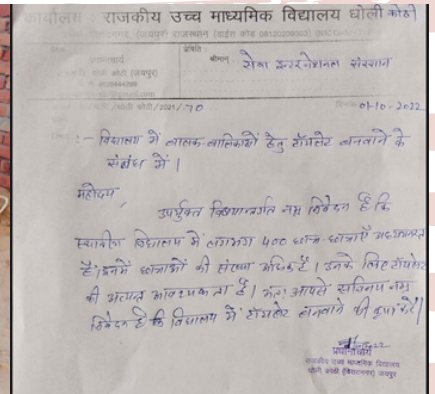
## SPOTLIGHT

- Organized various group activities for women beneficiaries across program locations.
- Volunteering activities with our beneficiaries to instill Sewa Manobhavana and build a community network.
- Multiplying impact while inculcating Sewa Manobhavana!
- Cross Leveraging talented SHE-CAF beneficiaries in other Sewa programs





# SANITATION - NEW TOILET CONSTRUCTION



## Ongoing construction of 60 new toilets across Lucknow, Ayodhya, Viratnagar and Madurai. Inauguration of 41 New toilets built in Magadi,Karnataka

- Completed the construction of 41 toilets in Magadi, Karnataka; facilitated inauguration of these toilets by donor team and senior karyakarthis
- Ongoing construction of 60 toilets across Lucknow, Ayodhya, Viratnagar and Madurai; key donors - Google, North jersey LEAD, few individual USA donors..
- Provision of overhead tank, water source & wash basin unit. Building a new septic tank for the toilet units.

School Name	Region	No of units installed	Total strength	Girls	Boys
Government high school,Mayandipatti	Madurai,TN	6	552	417	135
Rajakiya uccha prathamik vidyalaya	Viratnagar,RJ	6	600	250	350
Pradhanacharya rajkiya balika uccha madhyamik	Viratnagar,RJ	6	156	84	72
Rajkiya uccha madhyamik vidyalaya	Viratnagar,RJ	6	550	276	223
Purva Mdhyamik Vidyalaya Bendawa-Mohanlalgunj	Lucknow,UP	6	127	68	59
Purva Madhyamik vidyalaya Dehewa-Mohanlalgunj	Lucknow,UP	6	300	185	115
Prathamik vidyalaya Atrouli-Mohanlalgunj	Lucknow,UP	6	284	137	147
Purva Madhyamik vidyalaya Maya Bhikil	Ayodhya,UP	6	183	107	76
Composite Vidyalaya Beniya Maya	Ayodhya,UP	6	186	186	0
Purva Madhyamik Vidyalaya	Ayodhya,UP	6	137	89	48
<b>Total</b>		<b>60</b>			



# MENSTRUAL HEALTH & YOGA



## Menstrual Health and Awareness for Adolescent girls

Conducted menstrual camps for adolescent girls in schools across Tamil Nadu and Maharashtra  
Beneficiary Outreach:375

### Key Activities:

- Awareness to students on women's health and hygiene; Awareness on menstrual hygiene through educational videos and other collateral.
- Discussions on menstrual health & biological changes that happen to a girl upon puberty.
- We had beneficiaries interact with our volunteer/gynecologist to answer all their fears and queries about puberty and menstruation.
- Talk about the various myths in the society so that girls face puberty with positive mind set.
- Distributed reusable cloth sanitary napkins, These are eco friendly, washable & reusable for up to 2 yrs.

## Mental wellness and Yoga

- Piloting mental wellness and Yoga workshops across school in Rajasthan, Uttar Pradesh and Tamil Nadu.
- Total beneficiary reach : 750+



# SHE-CAF

CREATION OF LIVELIHOOD OPPORTUNITIES THROUGH SKILL DEVELOPMENT TRAINING FOR WOMEN FROM COVID AFFECTED FAMILIES

## SHE-CAF program Highlights

### Ongoing Program Highlights

Current Outreach: 15 States

- Karnataka, Kerala, Andhra Pradesh, Telangana, Tamil Nadu, Maharashtra, West Bengal, Rajasthan, Odisha, Madhya Pradesh, Bihar, Gujarat, Chhattisgarh, Himachal & Uttar Pradesh.

Ongoing Trainings across States

- **Kerala – Thrissur**; Livestock rearing( goat, poultry), Aquaculture
- **Karnataka – Bangalore Urban , Chamarajanagar, Hubli** ; Regional skill development – stitching Kaudi blankets, batik printing; Beauty and bridal makeup; Bridal flower making & Arni embroidery; Yoga/Fitness trainer certification; Micro enterprise(Rotti making)
- **Telangana – Dorepally**; Banjara embroidery
- **Andhra Pradesh - Pulluru village,Srikalahasti**; Regional skill development – Kalamkari block and hand painting
- **West Bengal – Phulia**; Weaver empowerment; Nakshikanta embroidery
- **Rajasthan – Viratnagar,Bilwari**; Tailoring & embroidery
- **Maharashtra – Nanded,Palghar** ; Microenterprise (papad, jam, bakery, pickles and powders), tailoring, bags making
- **Odisha – villages of Chandaka block of Khordha district**; Live stock rearing (Goat rearing), mushroom cultivation
- **Uttar Pradesh – Ayodhya, Gorakhpur**; Bakery training, digital literacy
- **Madhya Pradesh – Singhrauli**; Natural farming
- **Gujarat – Kutch,Bhuj, Khavda and Lakhpur** - Microenterprise (making products from cow dung and cow milk), embroidery; stitching; bandhej, making mud work products;
- **Tamil Nadu – Tiruvannamalai** ; weaver support
- **Chattisgarh – Taragaon village, Bastar**; Sisal fibre handicraft, wrought iron idols
- **Himachal- Kangra, Talwara**; micro enterprise (products making)
- **Transgender – Bangalore Urban, Telangana, West Bengal**; Mirco enterprise (Sai Krupa Hotel, Sweekriti paper





# SPOTLIGHT

## PILOTING MODEL VILLAGE IN SELECT VILLAGE CLUSTERS TO CREATE LARGER IMPACT



VILLAGE CLUSTERS IN RAJASTHAN AND UTTAR PRADESH

To increase SHE program impact and the overall development of girl children and women, we are piloting multiple program interventions across select village clusters

programs in each identified school in this cluster - improved sanitation facilities, water for drinking and sanitation, menstrual health and awareness, personality development, mental wellness through yoga, self defense

programs for women in these village clusters - skill development programs to empower women



# SPOTLIGHT

**GROUP ACTIVITIES FOR SHE-CAF WOMEN TO INSTILL SEVA MANOBHAVANA, BUILD A COMMUNITY NETWORK AND MULTIPLY PROGRAM IMPACT**



CHATTISGARH, TAMIL NADHU, TELANAGANA ,  
MAHARASHTRA, KARNATAKA, WEST BENGAL, TAMIL NADU,  
UTTAR PRADESH, RAJASTHAN , KERALA

**Our SHE-CAF beneficiaries participated in multiple group activities organized in schools and communities. These activities build a community network, leverage their talent across other SHE programs and instill seva manobhavana in them.**



## OUR CORE TEAM



Anil Dadheech



Anita Kant



Neha Kaushal



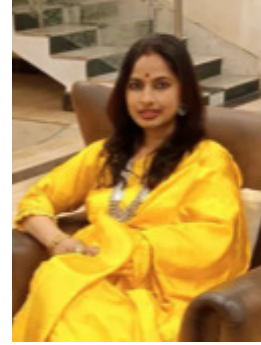
Rajini Hodigere



Jayanth Bhat



Radhika Sheshadri



Shalini Mishra

### REDEFINING AND ELEVATING THE SHE PROGRAM

Building upon the success and momentum of the toilet and hygiene program started in 2015, we have developed new programs in the past 2 years to promote the development and empowerment of the Girl Child. These efforts include: providing sanitation facilities for students in schools, promoting menstrual awareness and education, distributing cloth sanitary napkins, providing skill development opportunities for covid impacted women and girls, hosting self defense workshops, and providing health check-ups for women and girls.

To contextualize these efforts, we have revamped our project micro site at [www.she.sewausea.org](http://www.she.sewausea.org), where we will share updated information on our projects, outcomes and deliverables, as well as our monthly newsletters, annual reports, and project videos and images. We encourage you to visit the site, post and share about our work, and support our efforts by giving directly on our secure payment site: [www.she.sewausea.org/donate](http://www.she.sewausea.org/donate).

Thank you for your continued support.

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