



# SEWA INTERNATIONAL'S SHE PROJECT

## Donor Report

**SHE - Sanitation, Hygiene and  
Empowering the Girl Child**

**ESTEEMED DONOR - ASHA DALAL & RADHA MUNVER  
NORTH JERSEY CHAPTER**

**SEP 2023**



# SEWA'S PILLAR PROGRAMS

Can you imagine not having a Toilet?

About **49% of** School Children across India do not have access to school toilet facility



## Sanitation

There are several 'rights' given to citizens of India but the right to a safe, secure, and healthy life at home and in schools is not one of them. Thus, we believe a "Right to Sanitation Facilities", especially for our women and girl children who face several challenges everyday just to attend nature calls in a safe and secure environment, is much needed.

SHE team is committed to providing such toilet facilities in communities, neighbourhoods, and schools, where they are not available so that we can ensure both dignity and safety to women and girl children.



**790 Toilets Benefitting**  
**53,989+ School children**  
**7,927+ Families**



## Hygiene



**45,000+ Adolescent Girls**  
**12 Indian States**  
**27+ Districts**

According to one study, only 36% of India's 355 million menstruating females use sanitary napkins, while the rest use old rags, and such other life-threatening materials to manage their flow.

Sewa International's SHE team has been researching better methodologies for menstrual hygiene which are safe & eco-friendly. Our answer is reusable cloth sanitary napkins. Cloth napkins are made by local women from a lower economic background, they can be washed and reused for up to 2 years. Menstrual hygiene awareness sessions and distribution of reusable cloth sanitary napkins across India.



## Empowerment

Self-defense & mental wellness (Yoga) program to create awareness and teach self-defense techniques & Yoga to girls & women across India. This program hires highly trained & experienced trainers who conduct physical techniques, motivation and theory sessions on self-defense, yoga to adolescent girls & women across India.

SHE-CAF Livelihood opportunities through skill development training to support COVID impacted women from poor economic background families. The program includes training in tailoring, computer courses, beauty & wellness, regional skill development, weaver empowerment, micro enterprise, livestock etc...

**Self-defense & Yoga,**  
**Livelihood**  
**Program for COVID**  
**Impacted women**



# NEED ANALYSIS SANKARA , CHATTISGARH



## Key requirements:

- 4 new toilets in Shaskiya purv madhyamik shaala- Sankara village, Chattisgarh
- soak pit; overhead tank
- water provision for sanitation; wash basin installation
- menstrual health and yoga & self defense workshop

**State:** Chattisgarh

**District:** Sankara village, Durg

**Name of the identified school:**

Shaskiya purv madhyamik shaala, Sankara

**Total School Strength :** 183 students, 7 staff

**Requirements at the school post survey and an**



- 4 new toilets/urinals in this school for students and teachers.
- Construction of new soak pit for sanitation.
- Overhead tank to provide water for sanitation; Water connection inside the toilet units.
- Wash basin outside the toilet block.
- Menstrual awareness workshop with distribution of reusable napkin kits
- Yoga and mental wellness workshop with distribution of yoga mats

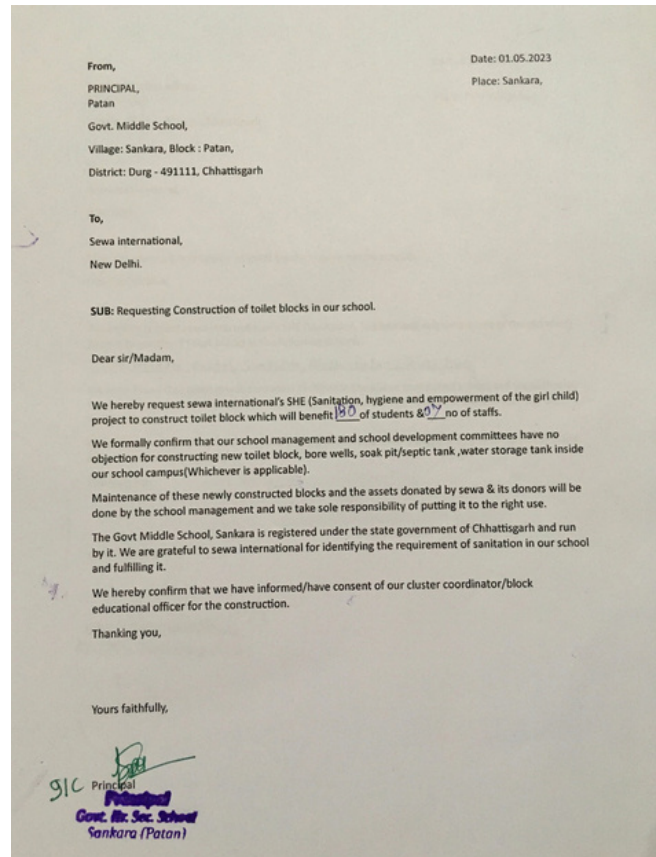
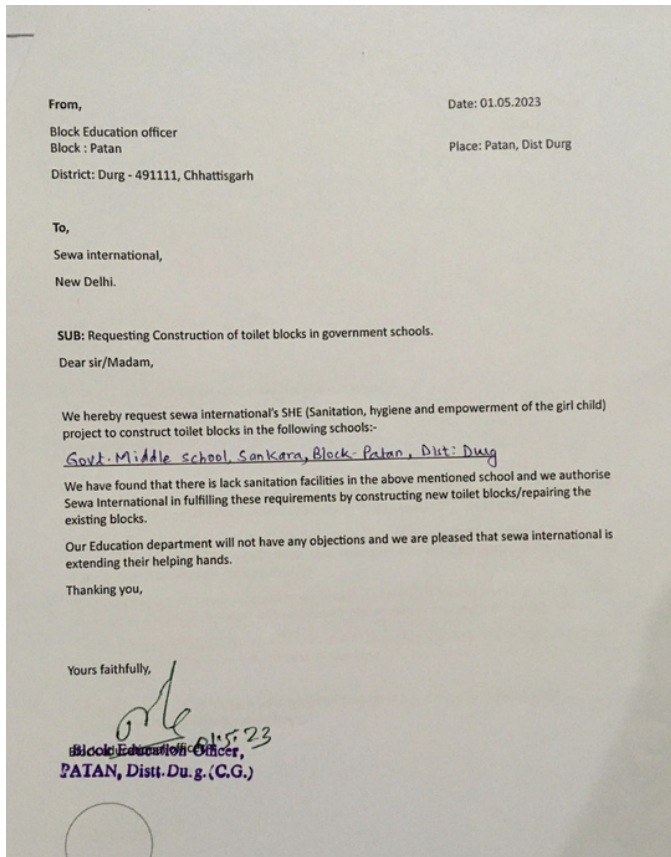
The identified school was facing challenges with its water and sanitation facilities, leading to significant health issues among the students.

Sewa has received a formal request letter from this school. With the support and necessary approvals from the Block Education Office of the Chattisgarh Government, Sewa is actively engaged in a project to enhance the sanitation infrastructure within these schools.

Thanks to the generous contributions from students of the Sewa Colorado chapter (भरत मित्र) and donors Asha Dalal & Radha Munver of the North Jersey Chapter, Sewa is actively involved in multiple initiatives aimed at improving health, hygiene, and education at this school. The funds raised by Colorado students have been allocated for the construction of one toilet.

**The funds contributed by Asha Ji and Radha Ji have been used for the construction of 3 toilets, creating awareness about menstrual health and hygiene, providing reusable napkin kits to all adolescent student beneficiaries and conducting yoga and mental wellness workshops.**

# GOVERNMENT APPROVALS



## Scope of Work

- 1 toilet block with 4 toilet units for girl students
- 1 soak pit construction
- Overhead tank (500 ltrs) that can supply water for all the toilet units
- Water connection with taps and pipes to the toilet units to provide water facilities inside the toilet units
- Wash basin outside the toilet block
- Menstrual awareness workshop, Yoga, Self defense and mental wellness sessions planned for the girl students in this school.

## Project construction dates:

July- Aug 2023

Post construction, Sewa will provide 6 months maintenance of the toilets before handover to the local authorities. Regular visits, any minor repairs, awareness and training to the school on long term maintenance of the toilets will be done during the maintenance period.

# PICTURES DURING CONSTRUCTION



# COMPLETED PICTURES



# MENSTRUAL AWARENESS, YOGA AND SELF DEFENSE



# THANK YOU FOR SUPPORTING US



## OUR REACH



790  
Toilets



45,000+  
adolescent girls



53,998  
Students



16  
Indian States

**HELP US IN OUR MISSION TO EMPOWER WOMEN AND GIRL CHILD**

**#EMPOWER A GIRL, EMPOWER A COMMUNITY**

**\$650 TO BUILD A NEW TOILET IN A SCHOOL**

**\$10 TO SUPPORT AN ADOLESCENT GIRL WITH MENSTRUAL AWARENESS AND PROVIDE REUSABLE NAPKIN KITS**

**\$35 TO SUPPORT A GIRL WITH MENTAL WELLNESS, YOGA AND SELF DEFENSE TRAINING**

**\$350 TO EMPOWER AN UNDERPRIVILEGED WOMEN THROUGH SKILL DEVELOPMENT TRAINING AND LIVELIHOOD SUPPORT**

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