Empowering the Girl Child

Recognizing the power and strength of girls, at SHE we are enabling the girls by equipping them with

1. Teach them self Defence fight the social injustices and move forward to maximize their potential.
2. Soft skills to succeed in the marketplace.
3. Vocational training to encourage older girls to learn sewing at our centers, and also teach them to make reusable cloth menstrual pads for sustainability.

Donate now!

Empowering the Girl Child

“Girls are one of the most powerful forces for change in the world: When their rights are recognized, their needs are met, and their voices are heard, they drive positive change in their families, their communities, and the world.”
The ability to protect oneself physically from harm is a basic human right that should be accessible to everyone, especially women and children.

Teaching children self-defense is something we often overlook in today’s society, but it is of utmost importance. In an age when the Crimes against women and children are huge problem, it is important to ensure that our women/children can defend themselves if the need arises.

SHE teams’s Self-defense program is conceived to create awareness and teach self-defense techniques to girls & women across India.

The program has been piloted in Uttar Pradesh where highly trained trainers conduct physical techniques, motivation and theory sessions on self-defense to adolescent girls & women across India.

Our Reach

Self defense training for over 500+ girls across Uttar Pradesh

Livelihood workshops for over 2000+ women across Karnataka

400+ students have been trained under skill development program

SHE team started livelihood training program amidst Covid to help families impacted during the Pandemic. It’s a free tailoring class for women who are from lower economic backgrounds empowering them with skills & enabling them to get jobs and support their families.

It’s a 3 months duration course where they are taught from the basics of tailoring to advanced concepts. Upon completion of the course, many women have acquired jobs in the garment industry, many of them are working with Sewa in making reusable cloth sanitary napkins which are distributed for free.

Offering appropriate educational facilities to every citizen at the right time is the key to a good human resource foundation. But the issue of increasing dropouts has been constantly affecting the education system in developing countries like India.

Building a strong base for children by providing good educational support creates the necessary condition to develop a literate society within the country.

SHE team is offering various career oriented basic computer classes for students who have discontinued studies due to poor economic conditions/lack of educational opportunities.

The program also ensures placements for the students after the course completion.

Skill Development Program