



**sewa**  
usa

# SEWA INTERNATIONAL'S SHE PROJECT

## Need Analysis Initial Report

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





Can you imagine not having  
a Toilet?

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







## Our Journey

In 2015, Sewa International started the “#Yes! I can go to school” program, and implemented the first pilot project by installing toilets at four government schools in Jigani, Bengaluru District, in South India. Girl's school attendance increased by 87%.

Since then, Sewa International has expanded the project to different locations across India. In the past five years, this project has benefited more than 9,92+7 families and 53,989 school children from various sections of Indian communities.

## Our Reach



790 toilets benefitting  
53,989 school children  
9,927+ families

14 Indian States  
27 Districts



35,000+ adolescent girls

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 and schools, where they are not available so that we can ensure both dignity and safety to women and girl children.

**Donate a toilet now!**



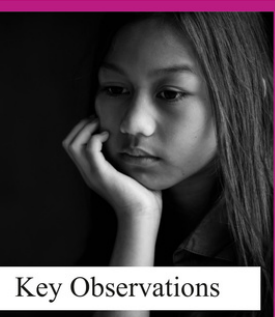
## Key Focus Areas

Our key focus areas

1. Building new toilets/repairing existing toilets in underprivileged schools with a higher percentage of girl children
2. Construction of menstrual rooms for adolescent girls and female support staff
3. Providing water for drinking and sanitation

## MENSTRUAL HEALTH & HYGIENE

## SELF DEFENSE AND YOGA



**Donate now!**

500\$

Sanitary Kits  
(Benefits 50 Girls)



35,000+  
Adolescent girls

**Our Reach**



Our team has conducted menstrual hygiene camps for higher primary and high school girls.

we have distributed more than 35,000 reusable cloth sanitary napkins to high school girl students

Donation Link: <https://sewausa.org/Support-Menstrual-Hygiene-Program-in-India>

1. Educate girls on women's health hygiene.
2. Create awareness on menstrual hygiene - we have worked with doctors & gynecologists and have come up with a short video that we play to beneficiaries at schools and communities to explain biological changes that happen to a girl upon puberty.
3. We have students interact with volunteer/gynecologist to answer their fears and queries about puberty and menstruation.
4. Talk about the various myths in society so that girls face puberty with a positive mindset.
5. Distribute reusable cloth sanitary napkins. This is washable, reusable to 2 yrs. (Features - eco friendly, soft, reusable & washable)

## Key Focus Areas



## SHE Self-Defence and Mental Health Training

### OBJECTIVE:

Sewa USA with its project SHE are spreading awareness about self-defence and mental wellness amongst young girls in India. The safety of girls is at risk and the only way to empower them is to equip them with techniques to defend themselves. Through this initiative, multiple workshops and training will be provided to the girls. The integrated impact of this intervention can also lower the number of drop-out girls from schools.

### OUTCOME:

- Increased self-esteem
- Increased awareness of surroundings
- Resistance against harassment/abuse
- Improved mental strength

"There's Only One Basic Principle Of Self-Defense. You Must Apply The Most Effective Weapon, As Soon As Possible, To The Most Vulnerable Target."

### WHY SELF DEFENCE AND MENTAL HEALTH TRAINING IS IMPORTANT?

In 2021, National Commission for Women received 31000 complaints about the crime committed against women. Empowering girls to handle physical conflicts and revive mentally after harassment/abuse, are two key aspects that propel the need for self-defence and mental health training in India.



# SCOPE OF WORK



- 12 new toilets across 3 rural schools in Gumla dist, Jharkhand
- Soak pit; overhead tank; water provision for sanitation; wash basin installation
- Yoga & mental wellness sessions for students ;Yoga mats for all
- Menstrual hygiene awareness camps for adolescent girls ;reusable cloth sanitary napkins for all adolescent girl students

**State:** Jharkhand

**District:** Gumla

**Block:** Bharno

**Number of schools identified:** 3 Govt Schools

**Total School Strength :** 1126 **Students, 19 staffs**

**Requirements post need analysis:**

- 4 New toilets/urinals in each school
- Overhead tank for providing water for sanitation and providing water connections to the toilet units
- Wash basin outside the toilet block
- Yoga and Mental wellness sessions with distribution of yoga mats.
- Menstrual hygiene awareness camps for adolescent girls with distribution of reusable sanitary napkin kits to all beneficiaries
- Teaching Self defense techniques for girls

Sewa has received request letter from district education department, govt of Jharkhand requesting Sewa to help with sanitation facilities in these identified needy schools.

For the overall development and ensure the well-being of girls throughout India, Sewa will implement various initiatives in the identified schools. These efforts will encompass areas such as sanitation, menstrual health, yoga, self-defense, and mental wellness.

Project name	Type	Region	State	toilet Units	School strength
Government updated high school,Duriya	Rural school	Gumla	Jharkhand	4	590
Government Middle school,Pahad Bangru	Rural school	Gumla	Jharkhand	4	80
Govt Rajkirit Utkramit madhya/ucch vidyalaya - Dumbo	Rural school	Gumla	Jharkhand	4	556



# SCOPE OF WORK- JHARKHAND



## Scope of Work

- Sewa will build 1 toilet block with 2 toilet units for Boys and 1 toilet block with 2 toilet units for girl students in each of the identified schools
- 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 health and hygiene awareness sessions and distribution of reusable cloth sanitary napkin kits for all girl students from 6th - 10th grade
- Self defense and Yoga workshop for all students from 6th - 10th grade; distribution of yoga mats to all students.

# JHARKHAND GOVERNMENT APPROVALS

To,  
Sewa International,  
New Delhi.

**SUB: Requesting Construction of toilet blocks in government schools.**

Dear sir/Madam,

We hereby request sewa international's SHE (Sanitation, hygiene and empowerment of the girl child) project to construct toilet blocks in the following schools:-  
\_\_\_Govt Middle School, Pahad Bangru, Block: Bharno\_\_\_

We have found that there is lack sanitation facilities in the above mentioned school and we authorise Sewa International in fulfilling these requirements by constructing new toilet blocks/repairing the existing blocks.

Our Education department will not have any objections and we are pleased that sewa international is extending their helping hands.

Thanking you,

Yours faithfully,

06/07/2023  
Block educational officer  
प्रखण्ड शिक्षा प्रसार पदाधिकारी  
मरनो (गुमला)

Village: Pahad Bangru, Block: Bharno  
District: Gumla, Jharkhand.

To,  
Sewa International,  
New Delhi.

**SUB: Requesting Construction of toilet blocks in our school.**

Dear sir/Madam,

We hereby request sewa international's SHE (Sanitation, hygiene and empowerment of the girl child) project to construct toilet block which will benefit 80 of students & 2 no of staffs.

We formally confirm that our school management and school development committees have no objection for constructing new toilet block, bore wells, soak pit/septic tank ,water storage tank inside our school campus(Whichever is applicable).

Maintenance of these newly constructed blocks and the assets donated by sewa & its donors will be done by the school management and we take sole responsibility of putting it to the right use.

The Govt Middle School, Pahad Bangru, is registered under the state government of Jharkhand and run by it. We are grateful to sewa international for identifying the requirement of sanitation in our school and fulfilling it.

We hereby confirm that we have informed/have consent of our cluster coordinator/block educational officer for the construction.

Thanking you,

Yours faithfully,

05/07/2023  
Principal - बरनो, गुमला

District: Gumla - Jharkhand

To,  
Sewa International,  
New Delhi.

**SUB: Requesting Construction of toilet blocks in government schools.**

Dear sir/Madam,

We hereby request sewa international's SHE (Sanitation, hygiene and empowerment of the girl child) project to construct toilet blocks in the following schools:-  
\_\_\_Govt Updated High School, Duriya, Block: Bharno\_\_\_

We have found that there is lack sanitation facilities in the above mentioned school and we authorise Sewa International in fulfilling these requirements by constructing new toilet blocks/repairing the existing blocks.

Our Education department will not have any objections and we are pleased that sewa international is extending their helping hands.

Thanking you,

Yours faithfully,

06/07/2023  
Block educational officer  
प्रखण्ड शिक्षा प्रसार पदाधिकारी  
मरनो (गुमला)

Village: Duriya, Block: Bharno,  
District: Gumla, Jharkhand.

To,  
Sewa International,  
New Delhi.

**SUB: Requesting Construction of toilet blocks in our school.**

Dear sir/Madam,

We hereby request sewa international's SHE (Sanitation, hygiene and empowerment of the girl child) project to construct toilet block which will benefit 590 of students & 12 no of staffs.

We formally confirm that our school management and school development committees have no objection for constructing new toilet block, bore wells, soak pit/septic tank ,water storage tank inside our school campus(Whichever is applicable).

Maintenance of these newly constructed blocks and the assets donated by sewa & its donors will be done by the school management and we take sole responsibility of putting it to the right use.

The Govt Updated High School, Duriya, is registered under the state government of Jharkhand and run by it. We are grateful to sewa international for identifying the requirement of sanitation in our school and fulfilling it.

We hereby confirm that we have informed/have consent of our cluster coordinator/block educational officer for the construction.

Thanking you,

Yours faithfully,

05.07.2023  
राजकीय उच्च विद्यालय, दुड़िया  
मरनो (गुमला)

To,  
Sewa International,  
New Delhi.

**SUB: Requesting Construction of toilet blocks in our school.**

Dear sir/Madam,

We hereby request sewa international's SHE (Sanitation, hygiene and empowerment of the girl child) project to construct toilet block which will benefit 556 of students & 22 no of staffs.

We formally confirm that our school management and school development committees have no objection for constructing new toilet block, bore wells, soak pit/septic tank ,water storage tank inside our school campus(Whichever is applicable).

Maintenance of these newly constructed blocks and the assets donated by sewa & its donors will be done by the school management and we take sole responsibility of putting it to the right use.

The Govt. Rajkirit Utkramit madhya/Uchh Vidyalaya Dumbo, is registered under the state government of Jharkhand and run by it. We are grateful to sewa international for identifying the requirement of sanitation in our school and fulfilling it.

We hereby confirm that we have informed/have consent of our cluster coordinator/block educational officer (NEO) for the construction.

Thanking you,

Yours faithfully,

05/07/2023  
Principal

New Delhi.

**SUB: Requesting Construction of toilet blocks in government schools.**

Dear sir/Madam,

We hereby request sewa international's SHE (Sanitation, hygiene and empowerment of the girl child) project to construct toilet blocks in the following schools:-  
\_\_\_Govt. Rajkirit Utkramit madhya/Uchh Vidyalaya-Dumbo, Block: Bharno, Dist: Gumla\_\_\_

We have found that there is lack sanitation facilities in the above mentioned school and we authorise Sewa International in fulfilling these requirements by constructing new toilet blocks/repairing the existing blocks.

Our Education department will not have any objections and we are pleased that sewa international is extending their helping hands.

Thanking you,

Yours faithfully,

05/07/2023  
प्रखण्ड शिक्षा प्रसार पदाधिकारी  
Block educational officer  
मरनो (गुमला)



# THANK YOU FOR SUPPORTING US



## OUR REACH



**790**  
Toilets



**35,000+**  
adolescent girls



**53,998**  
Students



**14**  
Indian States

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

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

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

**\$350 TO SUPPORT A COVID IMPACTED WOMEN WITH LIVELIHOOD SUPPORT**

**\$35 TO EMPOWER A GIRL CHILD WITH SELF DEFENSE; PERSONALITY DEVELOPMENT; MENTAL WELLENSS AND YOGA**

## OUR CORE TEAM



Anil Dadheech



Anita Kant



Neha Kaushal



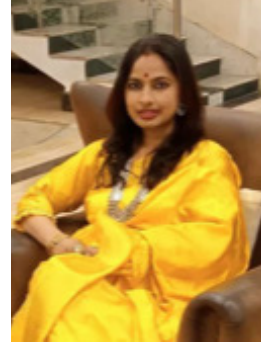
Rajini Hodigere



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.

Website : <https://she.sewausea.org>

Contact Us : [she@sewausea.org](mailto:she@sewausea.org)



# Sewa International, USA

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