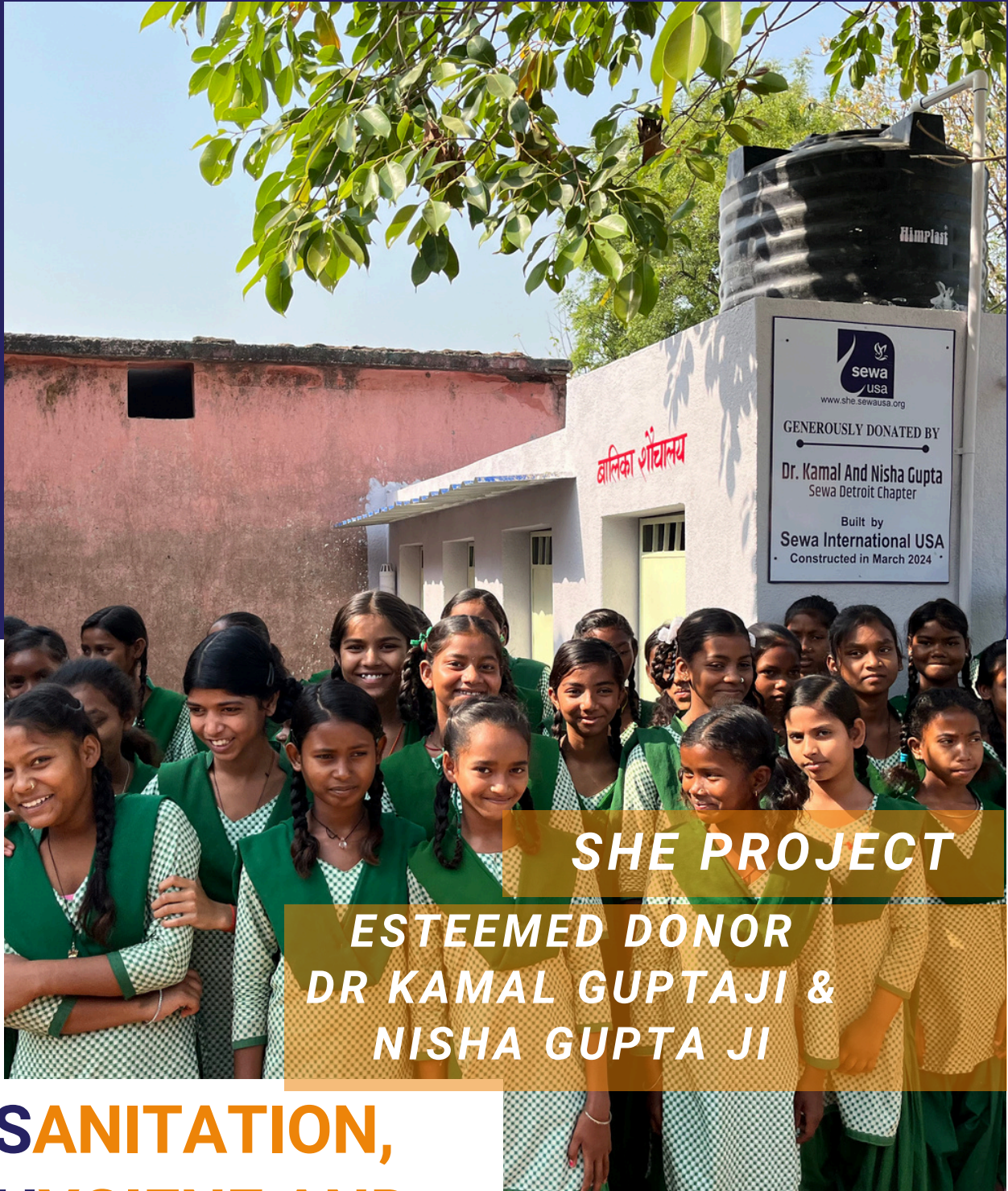


# Sewa International's



**SHE PROJECT**

**ESTEEMED DONOR  
DR KAMAL GUPTAJI &  
NISHA GUPTA JI**

**SANITATION,  
HYGIENE AND  
EMPOWERMENT OF THE GIRL CHILD**

## SHE PILLAR PROGRAMS: AN OVERVIEW

- SANITATION FACILITIES
- MENSTRUAL HYGIENE AWARENESS
- HEALTH AND EMPOWERMENT
- YOGA AND MENTAL WELLNESS
- SKILL DEVELOPMENT TRAINING



### SANITATION

#### Focus Areas:

- Construction of new toilets
- Repair of existing non functional toilets
- Hand wash stations
- Soak pit
- Overhead tanks
- Water provision for drinking and sanitation.



### HYGIENE & MENSTRUAL HEALTH

#### Focus Areas:

- Menstrual Hygiene Awareness Sessions.
- Distribution of reusable cloth sanitary napkins.
- Menstrual products manufactured by local women.



### EDUCATION

#### Focus Areas:

- 14 day Yoga & mental wellness workshop
- Self defense sessions to empower girl children
- Health camps, personality development sessions



### EMPOWERMENT

## SKILL DEVELOPMENT TRAINING

- Skill set and entrepreneurship training for COVID impacted women
- Provide underprivileged women from urban, rural and tribal India with financial stability through skill development trainings and livelihood opportunities; build confidence to overcome the trauma
- Help beneficiaries to get jobs or become self-employed
- Ongoing programs: Regional skill development, weaver empowerment, micro-enterprise, livestock rearing, tailoring, digital literacy, Agri farming, etc.

# SCOPE OF WORK



CLICK TO VIEW THE SCOPE OF WORK



- **State:** Jharkhand
- **District:** Ranchi
- **Block:** Sonahatu, Silli
- **Number of schools identified:** 5 schools
- **Total toilets to be built:** 20
- **Total School Strength :** 2151 Students, 50 Staff
- **Other interventions:** Menstrual hygiene, Yoga and self defense for students
- **Women empowerment:** 20 women will undergo skill development training in bamboo weaving/artifacts with market linkages & job placement.

## Key Requirements post need analysis:

- 20 new toilets/urinals across 5 schools
- Overhead tank for providing water for sanitation and providing water connections to the toilet units
- Wash basin unit outside the toilet block
- Yoga and Mental wellness course with distribution of yoga mats.
- Menstrual hygiene awareness camps for adolescent girls with distribution of reusable sanitary napkin kits to all beneficiaries
- Workshop on self defense techniques for girls
- Skill development training to provide financial stability for underprivileged women

School name	Region	State	Units to be Installed	School Strength	No. Of Girls	No. Of Boys
SS+2 ucchatar Madhyamik Vidyalaya-Sonahatu, Block: Sonahatu, District: Ranchi Jharkhand	Ranchi	Jharkhand	4	620	316	304
High School- banta Hazam, Block : Silli, Ranchi Jharkhand	Ranchi	Jharkhand	4	281	140	141
Utkramit Rajkiyakrit madhya vidyalaya- Bazar Tand Block: Sonahatu, Ranchi ,Jharkhand	Ranchi	Jharkhand	4	334	179	155
Utkramit madhya vidyalaya - Jamudag , block: Sonahatu, Ranchi, Jharkhand	Ranchi	Jharkhand	4	369	195	174
Utkramit Uccha vidyalaya - jamudag, block: Sonahatu. Ranchi, Jharkhand	Ranchi	Jharkhand	4	547	255	292

# PROJECT UPDATES

Project name	Region	State	Units		No. Of Girls	No. Of Boys	Status
			Installed	Total			
SS+2 uccharat Madhyamik Vidyalaya-Sonahatu, Block: Sonahatu, District: Ranchi	Ranchi	Jharkhand	4	620	316	304	Completed
High School- banta Hazam, Block : Silli, Ranchi	Ranchi	Jharkhand	4	281	140	141	Completed
Utkramit Rajkiyakrit madhya vidyalaya- Bazar Tand Block: Sonahatu, Ranchi	Ranchi	Jharkhand	4	334	179	155	Completed
Utkramit madhya vidyalaya - Jamudag , block: Sonahatu, Ranchi, jharkhand	Ranchi	Jharkhand	4	369	195	174	Completed
Utkramit Uccha vidyalaya - jamudag, block: Sonahatu, Ranchi, jharkhand	Ranchi	Jharkhand	4	547	255	292	Completed

Completed interventions in health, hygiene and education across above 5 schools -

Activities included:

### **Toilet Construction , Water Supply and Facilities:**

- Completed the construction of 4 toilets in each of the above schools.
- Installed a 500-liter overhead tank for water supply to all toilet units.
- Established water connections with taps and pipes to ensure efficient water distribution.
- Installed a wash basin unit outside the toilet block for enhanced hygiene.

### **Menstrual Health and Hygiene:**

- Conducted awareness sessions on menstrual health and hygiene.
- Distributed reusable cloth sanitary napkin kits to all adolescent girl students in the two schools.
- Conducted interactive sessions with the beneficiaries to clear all their doubts about menstrual health

### **Self Defense and Yoga Workshop:**

- Organized 14 day self-defense and yoga workshops for students in grades 6th to 10th.
- Yoga workshop included basic yoga asanas, session on mental well-being, breathing techniques for physical health & mental health, special asanas for adolescent girls for menstrual health & well being.
- Yoga mats distributed to all student beneficiaries.
- Personality development & self defense workshops for adolescent girls covered physical techniques of defense, techniques of strikes & punches, usage of self defense tools, theory sessions on presence of mind, how to handle a confrontation: verbally, mentally, and psychologically, information on Law & Female Rights, Media & Police related information.

### **Skill Development Training for women:**

- Completed the skill development training in bamboo weaving and art for 20 women from Sahebganj village, Jharkhand.
- Post training, beneficiaries are provided with market linkages and orders from retail outlets ( chinnhari arts, cottage furnish etc) for financial stability.
- Along with the training, our team also facilitated personality development and mental wellness workshops, exposure visits, awareness and health checkup camps and group activities for our women beneficiaries.

# PICTURE GALLERY - SANITATION



# PICTURE GALLERY - MENSTRUAL, YOGA & SELF DEFENSE



# PICTURE GALLERY - SKILL DEVELOPMENT TRAINING FOR WOMEN



# TESTIMONIALS & VIDEOS





# THANK YOU FOR SUPPORTING US



## OUR REACH



872  
Toilets



45,000+  
adolescent girls &  
4400+ women



53,998  
Students



16  
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 TEAM



**Anil Dadheech**



**Anita Kant**



**Neha Kaushal**



**Rajini Hodigere**



**Jayanth Bhatt**



**Radhika Sheshadri**

### 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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