

### Donations made in US Dollars

If donating by Cheque

Payable to: Sewa International  
Mail to: Sewa International  
P O Box 820867, Houston, TX 77282-0867 USA

It is very important that you write on the bottom left of the cheque 'Sanitation, Hygiene and Empowerment Project for the girl child'. Also write down your email address on your cheque So, Sewa International can email you a receipt.

If donating through website:

Please log on to:

[www.she.sewausea.org](http://www.she.sewausea.org),  
<https://she.sewausea.org/Donate>

### Donations Made in Indian Rupees

Donating by Cheque

Make a personal cheque payable to "Sewa International" and please write our project name on bottom left of the cheque 'Sanitation, Hygiene and Empowerment Project for the girl child'  
Mail to Sewa International, 49, Deendayal Upadhyaya Marg, New Delhi - 110002, India

Donating by bank transfer

Name of the NGO as appear in Bank : Sewa International  
Type : SB  
Account No. : 40080533304  
Bank Name : State Bank of India  
City : Delhi  
Branch : Jhandewala Extn  
Branch Code - 9374  
IFSC Code : SBIN0009374  
Swift Code : SBININBB550

**Sewa International is a non-profit, tax-exempt 501© (3) service organization. We undertake disaster rescue, and relief and rehabilitation work as well as implement development projects globally.**

**Sewa International's Sanitation, Hygiene and Empowerment Project for the Girl Child was conceived to provide sanitation facilities to girls who belong to the vulnerable section of Indian society so that they can overcome social and cultural norms of the till now accepted practice of open defecation outside of the home.**

**In 2020, we started focusing on overall development of the girl child by providing sanitation facilities (Toilet and water facilities), Hygiene (Menstrual hygiene facilities and awareness), & Empowerment (Self-defense training and Livelihood programs for COVID impacted women )**

### GIVE THE GIFT OF 'SHE' (Sanitation, Hygiene & Empowerment)

650\$

New toilet unit  
(Benefits one school)

350\$

SHE-CAF Livelihood Training  
(Benefits one COVID impacted women)

500\$

Sanitary Kits  
(Benefits ten Girls)

\$

Any other amount  
is appreciated



## Sewa International's SHE - Sanitation, Hygiene & Empowerment Project for the Girl Child



Sewa International  
P.O.Box 820867, Houston,  
TX 77282-0867

[www.she.sewausea.org](http://www.she.sewausea.org) | [she@sewausea.org](mailto:she@sewausea.org)



## 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.



**594 Toilets Benefitting  
53,989 School children  
10,000+ Families**



## Hygiene



**30,000+ Adolescent Girls  
13 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 program 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 Uttar Pradesh.

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 etc...

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

