

Sewa International's



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EKAM USA,
New jersey chapter**

**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



- **State:** Chattisgarh
- **District:** Durg
- **Block:** Jheet
- **Number of schools identified:** Government Higher secondary school
- **Total toilets to be built:** 4
- **Total School Strength :** 504 Students, 9 Staff
- **Other interventions:** Menstrual hygiene, Yoga and self defense for students

Key Requirements post need analysis:

- 4 toilets/urinals in Government higher secondary school-Jheet
- 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.

Project name	Region	State	Units Installed till	School Strength	No. Of Girls	No. Of Boys
Govt higher secondary school-Jheet	Durg	chattisgarh	4	504	267	237

Progress updates

Completed interventions in health, hygiene and education in this identified school.

Toilet Construction , Water Supply and Facilities:

- Completed the construction of 4 toilets in the school.
- 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 150 adolescent girl students.
- Conducted interactive sessions with the beneficiaries to clear all their doubts about menstrual health

Self Defense and Yoga Workshop:

- Organized self-defense and yoga workshops for students in grades 6th to 10th.
- Yoga workshop & a 14 day yoga & self defense training for students. Topics covered 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.
- Personality development workshops for adolescent girls that covers 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.
- Yoga mats distributed to all student beneficiaries.

PIC GALLERY - DURING CONSTRUCTION



PIC GALLERY - COMPLETED SANITATION WORK



PIC GALLERY - MENSTRAUL AWARENESS, YOGA AND SELF DEFENSE



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, 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.

Thank you for your continued support.



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