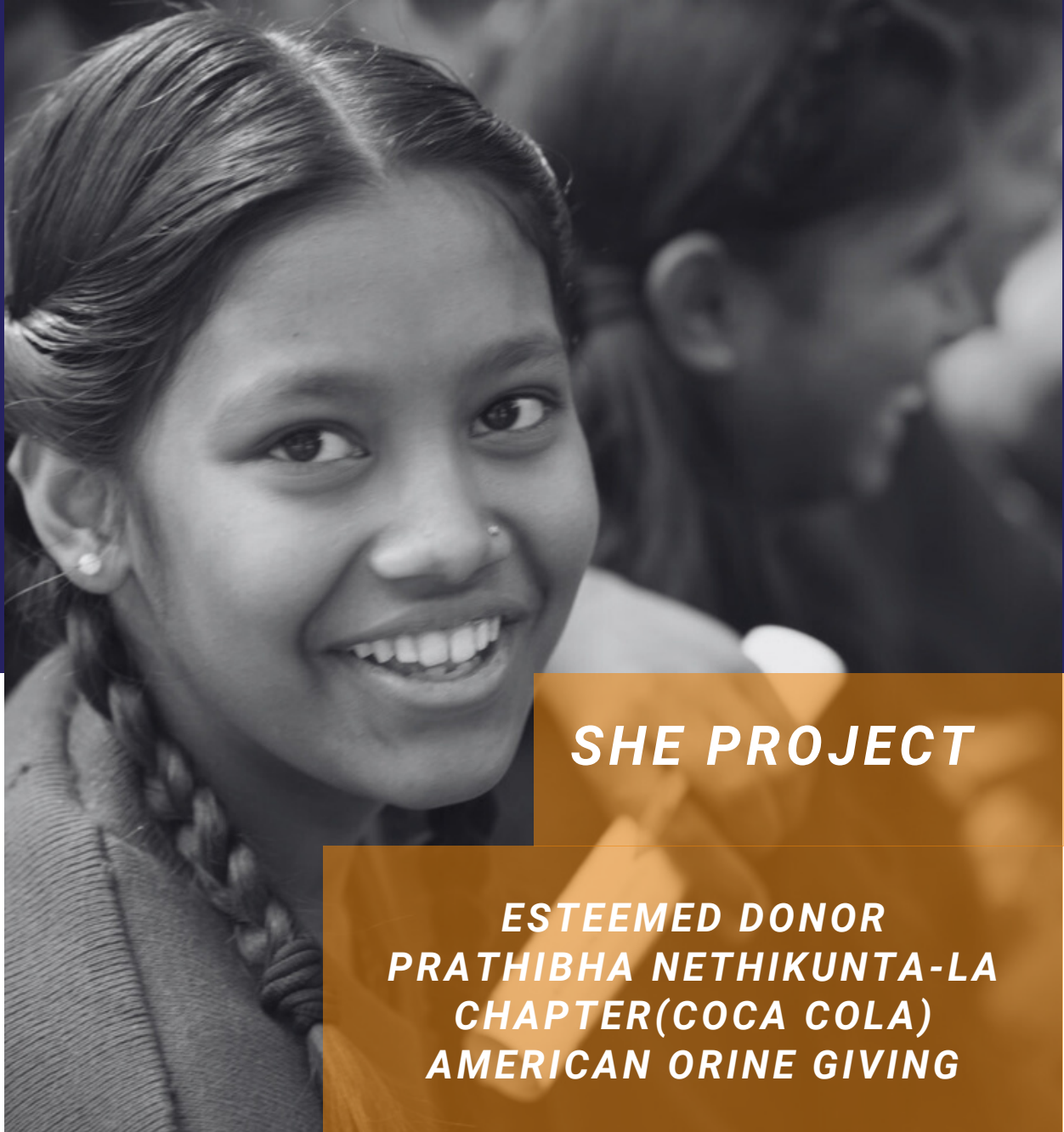


Sewa International's



SHE PROJECT

*ESTEEMED DONOR
PRATHIBHA NETHIKUNTA-LA
CHAPTER(COCA COLA)
AMERICAN ORINE GIVING*

**SANITATION,
HYGIENE AND
EMPOWERING 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.

NEED ANALYSIS



- **State:**Karnataka(KA)
- **District:**Chikkamagaluru
- **Block:**Kalasa
- **Number of schools identified:** 2 schools
- **Total toilets to be built:** 8
- **Total School Strength :** 296 Students, 14 Staff
- **Other interventions:** Menstrual hygiene, Yoga and self defense

Key Requirements post need analysis:

- 12 new toilets/urinals across 3 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

SCOPE OF WORK



project duration: Dec - Feb 2024

- 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 identified school.
- 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 & 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.

The identified schools were facing challenges with its water and sanitation facilities, leading to significant health issues among the students.

Sewa has received a formal request letter from the above schools. With the support and necessary approvals from the Block Education Officer of the Karnataka Government, Sewa is actively engaged in a project to enhance the sanitation infrastructure within these schools.

Thanks to the generous contributions from Prathiba Nethikunta-LA Chapter(Coca-Cola)American prime giving ,Sewa is actively involved in multiple initiatives aimed at improving health, hygiene, and education of students in these schools.

Details of Schools:

School Name	Block	State	No of Toilets Built	Strength	No of boys	No of Girls
Government high school	Samse	Karnataka	4	69	36	33
Government first grade college-Kalasa	Kalasa	Karnataka	4	227	140	87

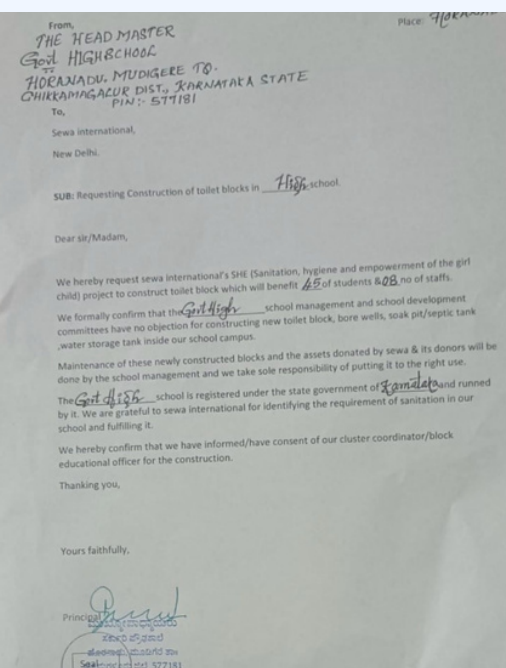
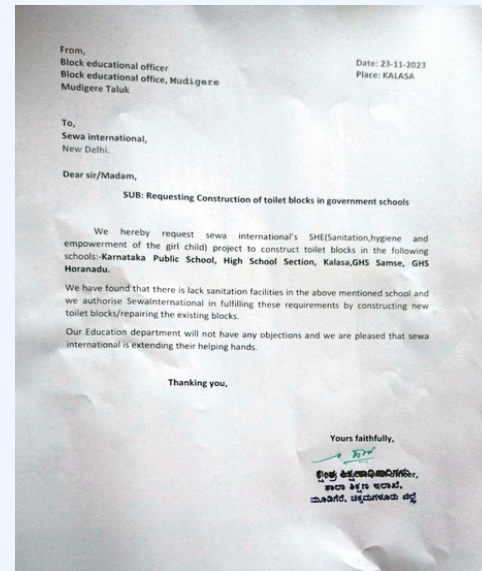
GALLERY



PICTURES DURING CONSTRUCTION



COMPLETED PICTURES AND 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.



Sewa International, USA

P.O. Box 820867, Houston, TX 77282-0867, Tax ID: 20-0638718
info@sewausea.org, 708-USA-SEWA, www.sewausea.org