



Jan 2024

NEWSLETTER

SHE - SANITATION, HYGIENE AND EMPOWERMENT OF THE GIRL CHILD



OUR IMPACT



EMPOWER A GIRL, EMPOWER A COMMUNITY

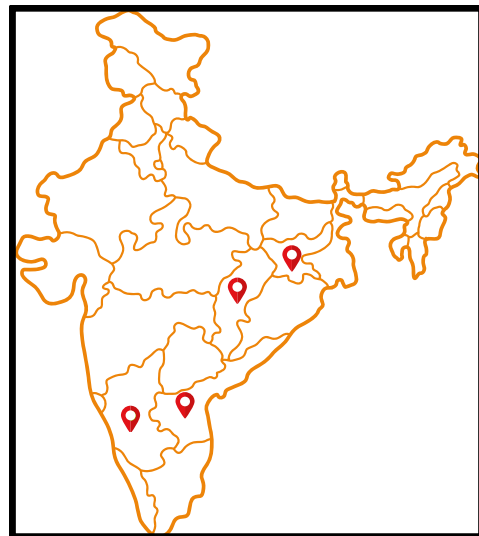
JAN KEY HIGHLIGHTS

SANITATION

- Inauguration of toilets built in rural schools in Horanadu. The inauguration ceremony was graced by Horanadu Dharmadhikari Shri Bheemeshwara Joshi Ji.
- Ongoing construction of 36 toilets in 9 schools across Andhra Pradesh ,Jharkhand and Chattisgarh. This project is funded by Ekam, North Jersey LEAD, Sewa LA Chapter and individual donors including Dr Kamal Gupta Ji, RamaLakshmi Ji and others.
- Providing assistance to partner NGO, HSP/ Samarpaka for the construction of 33 toilets in 10 designated schools within the Chikkaballapura district of Karnataka
- **A unified view of all our programs**
<https://sewa-she-platform.glide.page>



#SANITATIONFORALL



JAN KEY HIGHLIGHTS

MENSTRUAL HYGIENE & AWARENESS



- Menstrual health and hygiene camps conducted in schools across Karnataka and Jharkhand
- Distribution of reusable cloth sanitary napkin kits to adolescent girl students .
- Total beneficiaries covered -250.

Focus Areas:

- Menstrual health and awareness sessions.
- Distribution of reusable cloth sanitary napkins to girl students from class 7 - 10 student beneficiaries.

SHE-CAF

- Total beneficiaries - 4328
- Beneficiaries undergoing the training_: 146.
- Beneficiaries who completed their trainings and got jobs/self employed: 3127. New registrations received: 121.
- Target Beneficiaries: Covid impacted women from Urban, Rural & Tribal areas, Transgender community and other marginalized communities.
- Ongoing programs: Regional skill development(block printing, jute & wooden art, nakshikantha embroidery, bamboo art etc), weaver empowerment, micro enterprise, livestock rearing, skill development trainings(computer, beauty, tailoring, mehendi art, digital literacy etc), tribal livelihood etc



JAN KEY HIGHLIGHTS

YOGA & MENTAL WELLNESS

- yoga workshop & a 7 day yoga 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 and mental wellness workshops for adolescent girls.
- yoga mats distributed to all student beneficiaries.
- Outreach: 250+ students from schools in Karnataka and Jharkahnd



MAKAR SANKRANTI/PONGAL CELEBRATION

- Beneficiaries of SHE and SHE-CAF joyously celebrated Sankranti and Pongal through religious rituals, festivities, and kite-flying activities in diverse program locations spanning Bihar, Chhattisgarh, Jharkhand, Tamil Nadu, and Karnataka.
- In select schools, our team distributed kites and orchestrated kite-flying activities for the students. The vibrant kites adorning the sky not only added to the festive atmosphere but also brought immense joy and created special moments for the children, fostering a sense of camaraderie and cultural celebration among them.



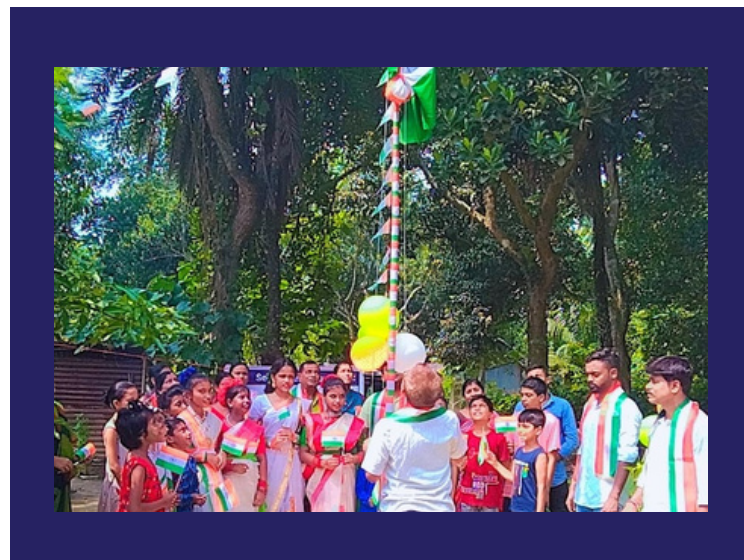
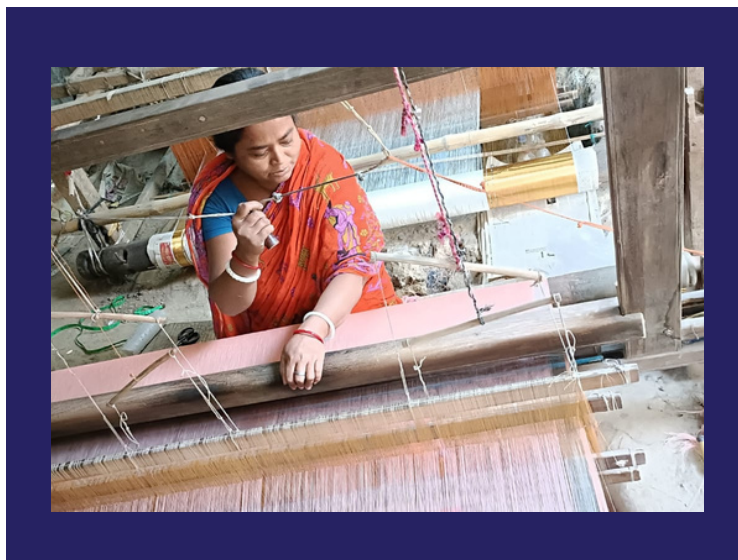
JAN KEY HIGHLIGHTS



#SEWA PRIDE

TRANSFORMING LIVES IN PHULIA, JHALONG IN WEST BENGAL

- Over the past 12 months, Sewa's SHE-CAF program has transformed the lives of over 100 women in Phulia, a village in the India-Bangladesh border and Jhalong, tiny hamlets in the India-Bhutan border through a variety of Skill based training programs.
- Trainings such as weaver empowerment, tailoring, silk spinning, dyeing and twisting, Nakshikantha embroidery, tailoring, livestock rearing, beauty and wellness course have benefited many women in Phulia, Jhalong and surrounding villages. These programs have helped women earn a sustainable livelihood and support their families
- Our team has also organized a variety of workshops such as health camps, celebrations, market linkages through exhibitions and events, group activities for these women beneficiaries and their children.



Jharkhand, Chattisgarh & Andhra Pradesh



SANITATION - TOILET CONSTRUCTION

Ongoing construction of toilets & hand wash stations in schools across Chattisgarh, Jharkhand and Anhra Pradesh

- Ongoing construction of 20 toilets in Sonahathu village of Rachi district in Jharkhand; This project is funded by esteemed donor - Dr Kamal Gupta Ji
- Ongoing construction of 16 toilets in Gumla district of Chattisgarh and Kakinada, Andhra Pradesh. The sanitation work in these schools is funded by donors from EKAM and North Jersey chapter, LA chapter and Rama Lakshmi Ji
- Inauguration of newly built toilets in chikkamagaluru district in Karnataka.
- Providing assistance to partner organization NGO, HSP/ Samarpaka for the construction of toilets in 10 designated schools within the Chikkaballapura district of Karnataka, funded by HSP's donor, Mukul Madhav Foundation.
- In all these schools, Sewa is building overhead tank for water provision, wash basin unit, building a new septic tank for the toilet units.

Zila Parishad high school,Sankhavarm kakinada	Kakinada	Andhra Pradesh	4	821
Govt higher secondary school-Jheet	Durg	chattisgarh	4	504
Govt primary and middle school-Jheet	Durg	chattisgarh	4	482
Govt Primary and middle school-Mahuda	Durg	chattisgarh	4	430
SS-2 uchatar Madhyamik Vidyalaya-Sonahatu, Block: Sonahatu, District: Ranchi	Ranchi	Jharkhand	4	620
High School-banta Hazam, Block : Sill, Ranchi	Ranchi	Jharkhand	4	281
Utkramit Rajkyakrit madhya vidyalaya -Bazar Tand Block: Sonahatu, Ranchi	Ranchi	Jharkhand	4	334
Utkramit madhya vidyalaya - Jamudag , block: Sonahatu, Ranchi, Jharkhand	Ranchi	Jharkhand	4	369
Utkramit Ucha vidyalaya - jamudag, block: Sonahatu, Ranchi, Jharkhand	Ranchi	Jharkhand	4	547

MENSTRUAL HYGIENE & AWARENESS

Menstrual Health & Awareness sessions, distribution of reusable napkin kits ;
Beneficiary outreach:250

- Awareness to students on women's health and hygiene.;Awareness on menstrual hygiene through educational videos and other collaterals.
- Awareness to students on importance of WASH - water, menstrual hygiene and sanitation,
- We had beneficiaries interact with our volunteer/gynecologist to answer all their fears and queries about puberty and menstruation.
- Talk about the various myths in the society so that girls face puberty with positive mind set.
- Distributed reusable cloth sanitary napkins, These are eco friendly, washable & reusable for up to 2 yrs.

Karnataka, Jharkhand



SHE-CAF

Skill development and livelihood training for women from rural, urban, tribal, transgender and marginalized communities

Total Outreach: 17 states.

Karnataka, Kerala, Andhra Pradesh, Telangana, Tamil Nadu, Maharashtra, West Bengal, Rajasthan, Odisha, Madhya Pradesh, Bihar, Gujarat, Chhattisgarh, Jharkhand Himachal, Assam & Uttar Pradesh.

Current Ongoing Trainings:

Andhra Pradesh – Locations:Kodikonda; Livestock and micro enterprise setup

West Bengal – Locations:Phulia, Tangta, Balakhali; Weaver empowerment, Tailoring, Nakshikanta embroidery, livestock rearing, Tailoring

Maharashtra – Locations: Nanded, Kohlapur,Nagpur ; Microenterprise (papad, jam, bakery, pickles and powders), Diploma in fashion technology

Bihar – Location:Saharsa; Tailoring

Tamil Nadu – Locations:Berigai , Dharmapuri, Hosur, Chengum, Thirvannamalai, Arani; Digital literacy, Accounting and Tally, Tailoring, Ari embroidery, mehendi and makeup artist, weaver empowerment

Chhattisgarh – Location:Taragaon village, Bastar; traditional painting, Bitti chitra, jewelry, jute and bamboo art

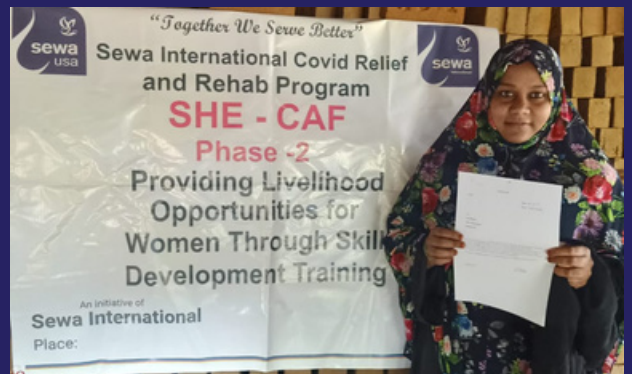
Jharkhand – Location:Remebangaru , sahebganj ; tailoring, bamboo art

Assam – Locations:Bongaigaon, Lakhimpur village; Livestock, tailoring.

We are exploring training programs in Kutch, Hyderabad, Manipur, Arunachal Pradesh and programs for Transgender beneficiaries.

The program also includes personality development and mental wellness workshops, exposure visits, market linkages, group activities and job placement support for the beneficiaries.

17 states PAN India



SANKRANTI/PONGAL CELEBRATIONS



TRANSFORMING LIVES IN PHULIA, BALAKHALI & JHALONG IN WEST BENGAL



over 100 women from Phulia situated at the India-Bangladesh border, Jhalong situated at the India-Bhutan border, Balakhali, Tangta have been empowered through trainings such as tailoring, beauty and wellness course, livestock rearing, weaver empowerment, nakshikantha

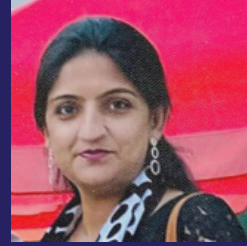
OUR CORE TEAM



ANIL DADHECH



ANITA KANT



NEHA KAUSHAL



RAJINI HODIGERE



RADHIKA SHESHADRI



JAYANTH BHATT

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.

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

Contact Us : she@sewausea.org



Sewa International, USA

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