



March 2024

# NEWSLETTER

SHE – SANITATION, HYGIENE AND EMPOWERMENT OF THE GIRL CHILD



## OUR IMPACT



**EMPOWER A GIRL, EMPOWER A COMMUNITY**

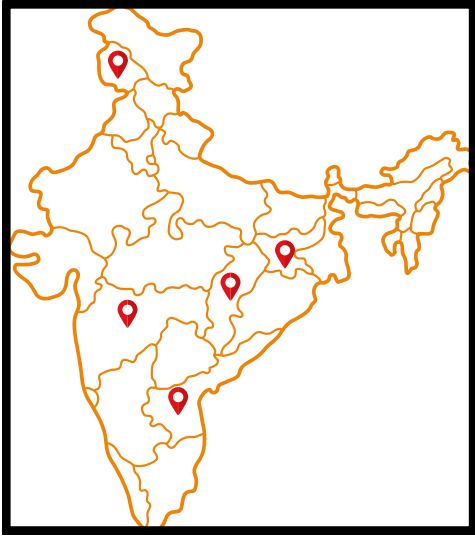
# MAR KEY HIGHLIGHTS

## SANITATION

- 16 toilets have been successfully constructed in 4 schools across Jharkhand and Chhattisgarh. The construction of 4 toilets was generously funded by the Ekam New Jersey, and the construction of the remaining 12 toilets in Jharkhand schools was made possible through the generous contributions of Dr. Kamal Gupta Ji . The newly constructed toilets in these schools were inaugurated on March 8th, Women’s Day.
- Ongoing construction of 28 new toilets in 7 government schools across Andhra Pradesh , Maharashtra, Jharkhand and Chattisgarh. This project is funded by North Jersey LEAD, Sewa LA Chapter, LaxmiBai Charitable Trust ,Marathi Mandal from Bay Area and individual donors including RamaLakshmi Ji, Kamal Gupta Ji and others.
- Identifying, surveying, and conducting need analysis in schools across Jharkhand and Jammu&Kashmir is currently underway, laying the groundwork for the next phase of sanitation efforts.
- **A unified view of all our programs**  
<https://sewa-she-platform.glide.page>



## #SANITATIONFORALL



# MAR KEY HIGHLIGHTS

## MENSTRUAL HYGIENE & AWARENESS; YOGA, SELF DEFENSE

- Conducted menstrual health and awareness sessions aimed at educating adolescent girls on menstrual hygiene .
- Distributed reusable cloth sanitary napkins to girl students in classes 7 through 10, benefiting numerous students.
- Organized a comprehensive 14-day yoga and self-defense training program for students.
- The curriculum covered a wide range of topics including basic yoga asanas, sessions focusing on mental well-being, specialized asanas tailored for adolescent girls to promote menstrual health and overall well-being, and physical defense techniques. The program also included theory sessions covering topics such as developing presence of mind, information on laws and female rights, as well as insights into media and police-related matters.
- Beneficiary outreach: 150 students from Jharkhand and Chattisgarh.



## SHE-CAF

### SKILL DEVELOPMENT FOR WOMEN FROM RURAL, URBAN, TRIBAL, TRANSGENDER AND MARGINALIZED COMMUNITIES

- With 170 beneficiaries currently undergoing training and 100+ new registrations received, our programs target Covid-impacted women from urban, rural, and tribal areas, as well as the transgender community and other marginalized groups.
- Our ongoing initiatives encompass a wide range of skill development programs such as block printing, tailoring, makeup artist, nakshikantha embroidery, digital literacy, weaver empowerment, bamboo art, and more.
- Current trainings are being conducted across various locations including West Bengal, Maharashtra, Bihar, Tamil Nadu, Chhattisgarh, Jharkhand, and Assam.
- We are also exploring training programs in Tripura, Hyderabad, Manipur etc and programs specifically tailored for transgender beneficiaries.



# MAR KEY HIGHLIGHTS

## #BAGS OF JOY - SCHOOL KIT DISTRIBUTION

- Every child deserves the opportunity to flourish, to gain knowledge, and to envision boundless possibilities.
- Thanks to the generous contribution from Yusen Logistics, Sewa team distributed 220 school kits to young students from Government primary school, Mittemari, Karnataka, providing them with a bag brimming with opportunities!
- From books to stationery, each item serves as a pathway to a promising tomorrow.



## WOMEN'S DAY CELEBRATIONS

- On Women's Day, our Sewa SHE team celebrated with impactful activities across various regions.
- In Chattisgarh and Karnataka, we inaugurated new toilets in schools, emphasizing dignity and hygiene for girls.
- Health check-ups and awareness sessions were conducted in Tamil Nadu and Jharkhand.
- Motivational talks, fun games, and certificate distribution ceremonies took place in various centers, highlighting the transformative impact of our programs.
- Empowering discussions on women's rights and laws were done in Karamata and Tamil Nadu, while our Nagpur team celebrated with women from Nagajhari village.
- Through these endeavors, our team continues to uplift and support women across diverse communities, striving for a brighter, more inclusive future.

# MAR KEY HIGHLIGHTS

## #SEWA PRIDE -EMPOWERING GIRLS AND WOMEN FROM RURAL JHARKHAND



- Over the past 8 months, our Sewa team has been tirelessly engaged in various interventions spanning health, hygiene, education, and skill development across multiple villages in the Gumla district of Jharkhand. We strategically selected 15 village clusters for our initiatives, collaborating with volunteers, school managements, local village panchayat and support from the Block Education Officer.
- In the initial phase of empowerment, we identified and worked with 8 schools within these clusters. As part of our efforts to enhance sanitation, we constructed 32 new toilets in these schools, directly benefiting 3,477 school children. Additionally, our team organized menstrual awareness camps and distributed reusable sanitary napkin kits to more than 500 adolescent girls. Furthermore, we conducted 14-day yoga and self-defense workshops in these schools to promote mental wellness and holistic development among students.
- For women in these villages, we provided skill development training in areas such as tailoring, bamboo weaving, and art, thereby empowering over 80 beneficiaries. Collaborating closely with the village panchayats and retailers, we facilitated market linkages to ensure sustainable livelihoods for these women post-training.
- These initiatives in Jharkhand have been made possible through the generous support of esteemed donors, including Dr. Kamal Gupta Ji , Mr. Rafael Campo, and Prathibha Nethikunta Ji.
- Looking ahead, we are committed to expanding our efforts to empower more women and girls in these underserved regions of Jharkhand. Through our collective endeavors, we aspire to uplift and empower these communities, making a lasting difference in the lives of the girls and women.

# MAR KEY HIGHLIGHTS

## #SEWA PRIDE -EMPOWERING WOMEN, ONE NAPKIN AT A TIME

- Our SHE-CAF Skill Development Tailoring training has empowered over 200+ women across various regions in Karnataka, Tamil Nadu, Uttar Pradesh, Maharashtra, Jharkhand, and Rajasthan. Many of these women have become self-employed and now receive steady stitching orders.
- As part of the training, beneficiaries were provided with a short course on stitching reusable cloth sanitary napkins.
- In Avalahalli, Karnataka, and Sonahatu, Jharkhand, groups of women beneficiaries collaborated with support from the SHE team to establish napkin manufacturing units. Our team facilitated the necessary support from the local panchayat. In addition to orders from Sewa for the menstrual napkins, efforts were made to secure orders from nearby government schools, garment factories, and other market linkages to ensure sustainable livelihoods for these women.
- Many of these women have become our ambassadors, actively promoting menstrual health and the use of safe and reusable napkins. They conduct workshops for women in nearby villages on how to stitch reusable cloth napkins.



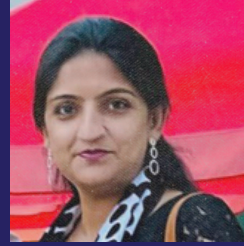
## OUR CORE TEAM



ANIL DADHEECH



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](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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