



SEWA INTERNATIONAL'S SHE PROJECT

SHE & SHE-CAF Newsletter - Aug 2023 #Empower a Girl, Empower a Community

**SHE - SANITATION, HYGIENE AND
EMPOWERING THE GIRL CHILD**



AUG KEY HIGHLIGHTS

SANITATION

- Completed the construction of 12 toilets across 3 schools in tribal areas of Durg, Chattisgarh funded by Sewa Boston chapter, Sewa Colorado chapter (Hike for Hygiene).
- Completed the construction of 12 new toilets across 3 schools in Hamirpur, Uttar Pradesh funded by Google.
- Ongoing repair and renovation work of non functional toilets in schools across Karnataka as a part of the WASH project funded by Oracle India. A total of 25 schools are being identified for WASH (activities on drinking water provision, sanitation, menstrual hygiene).

Initiated :

- Initiated Toilet construction across 1 school in Chamoli, Uttarakhand; 3 schools each in Gumla, Jharkhand and Madhya Pradesh
- A unified view of all our programs - <https://sewa-she-platform.glide.page>



#BACK TO SCHOOL

completed construction of 24 new toilets in schools across Chattisgarh and UP.

Ongoing repairs & renovation of existing non functional toilets across schools in Karnataka.
Initiated : Sanitation work across schools in Jharkhand and Uttarakhand and Madhya Pradesh.



MENSTRUAL HYGIENE

- Menstrual health and hygiene camps conducted in schools across Chattisgarh, Karnataka and Uttar Pradesh.
- Distribution of reusable cloth sanitary napkin kits to adolescent girl students.
- Total beneficiaries covered - 626.

Focus Areas:

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

SHE-CAF

- Beneficiaries undergoing the training: 527.
- Beneficiaries who completed their trainings and got jobs/self employed: 1582. New registrations received: 976.
- Target Beneficiaries: Covid impacted women from Urban, Rural & Tribal areas, Transgender community.
- Ongoing programs: Regional skill development (kalamkari art, wrought iron idols, wooden cutlery, puppets, dolls, crochet, arni embroidery, aquaculture, Kaudi blankets, Bandhej, medicinal plants etc), weaver empowerment, micro enterprise, livestock rearing, skill development trainings (computer, beauty, tailoring, digital literacy etc), tribal livelihood, Agri farming etc.
- In progress - website to create an online platform for women artisans & weavers.



AUG KEY HIGHLIGHTS

YOGA & SELF DEFENSE

- Ongoing Yoga and Self defense classes in schools across Rajasthan, UP, Chattisgarh and Karnataka.
- Distributing yoga mats to every student beneficiary.
- Beneficiary outreach : 300



14 days Yoga & Self defense workshop in schools across Rajasthan, UP, Chattisgarh and Karnataka.



CHATTISHGARH MODEL VILLAGE – DURG

- Successfully implemented model village in Durg, Chattisgarh
- 8 villages within the Durg district, 12 new toilets in schools, benefiting over 1000 students. menstrual awareness sessions for adolescent girls, yoga and self-defense workshops to enhance their mental well-being and safety.
- 180 women trained on regional art - tribal art, wrought iron, painting, tumi art, and jewelry making

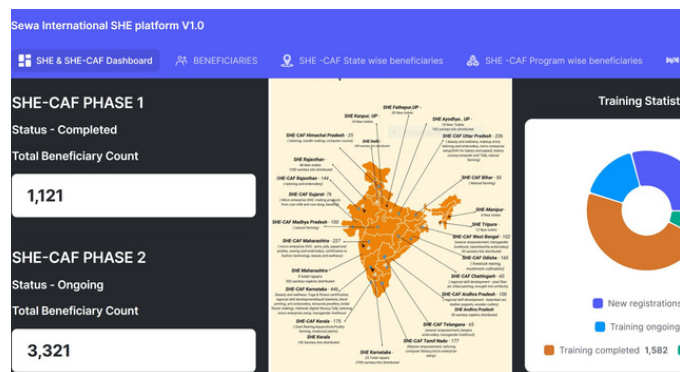
INDEPENDENCE DAY CELEBRATIONS ACROSS SHE & SHE-CAF

- During the significant week of Independence Day, our team orchestrated a diverse range of heartfelt programs across all our Sewa's SHE and SHE-CAF centers.
- These events have included flag hoisting, enriching cultural festivities for our women beneficiaries and their children, inauguration of newly constructed school toilets, insightful workshops disseminating awareness about menstrual health in rural communities, celebrations shared with our honorable army personnel, the initiation of skill development programs, and inspiring talks tailored to empower our beneficiaries.

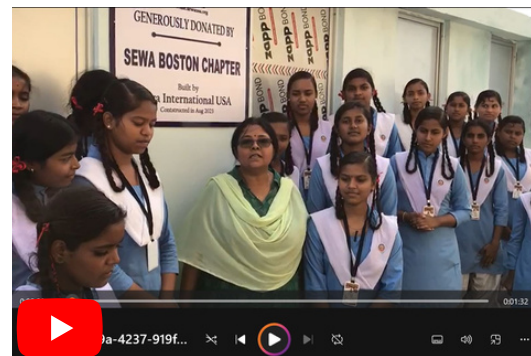


LIVE DASHBOARD PLATFORM FOR SHE

- GlideApp-powered live SHE dashboard provides holistic insights: Stats and reach of SHE projects, beneficiary distribution, and program records. Centralized for team, stakeholders, donors, and fundraisers. A comprehensive hub for nationwide impact and program updates.



SANITATION - TOILET CONSTRUCTION & INAUGURATION



Completed the Construction of new toilets in schools across tribal areas of Durg, Chattisgarh and rural areas of Hamirpur, UP

- Three schools were identified in Tribal areas of Durg in Chattisgarh; Completed the construction of 12 toilets across these identified schools
- 3 schools were identified in Hamirpur, UP; Completed construction work of 12 toilets across the identified schools.
- In all these schools, Sewa is building overhead tank for water provision, wash basin unit, building a new septic tank for the toilet units.
- Ongoing repairs and renovation of existing non functional toilets across 25 identified schools in Karnataka. In each of these identified schools, Sewa is also installing hand wash units.
- Initiating the construction of toilets in Chamoli, Uttarakhand, Gumla, Jharkhand and Madhya Pradesh.

Government primary school -Sankara	Durg	Chattisgarh	4	271	Completed
Shaskiya surv madhyamik shaaala-Sankra	Durg	Chattisgarh	4	180	Completed
Shaskiya uccharat madhyamik shaaala-Sankra	durg	Chattisgarh	4	252	Completed
Govt upper primary school,Parohri	Hamirpur	Uttar Pradesh	4	248	Completed
Uccha Pratamik vidyalaya,ghrouli	Hamirpur	Uttar Pradesh	4	100	Completed
Ucha Pratamik vidya laya anandpura,Ma udha	hamirpur	Uttar Pradesh	4	127	Completed
Government updated high school,Duriya	Gumla	Jharkhand	4	590	Initiated
Government Middle school,Pahad Bangru	Gumla	Jharkhand	4	80	Initiated
Janatha Ucha Madhyamik Vidya laya-Banoth	Chamoli	UttaraKhand	4	86	Initiated
Rajkikriti Utkramit Madhya/Ucch Vidyalaya - Dumbo	Gumla	Jharkhand	4	556	Initiated

MENSTRUAL HEALTH & HYGIENE



Menstrual Health and Awareness for Adolescent girls

Conducted menstrual camps for adolescent girls in schools across Chattisgarh, Karnataka, Uttar Pradesh .

Beneficiary Outreach: 626

Key Activities:

- Awareness to students on women's health and hygiene.;Awareness on menstrual hygiene through educational videos and other collateral.
- Discussions on menstrual health & biological changes that happen to a girl upon puberty.
- 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.

Govt upper primary school, Baialewa	Uttar Pradesh	83
Uccha Pratamik vidyalaya, ghrouli, Gahrauli Khurd	Uttar Pradesh	40
Uccha Pratamik vidyalaya anandpura, Maudha	Uttar Pradesh	63
Govt School, V.Gollapatti, Aaliyankottai, Dharmapuri -636704	Tamilnadu	50
Rajkiya uccha Prathamik vidyalaya, Viratnagar	Rajasthan	50
Sri Balaji Degree College, Hanumanthnagar	Karnataka	35
Govt Independent PU College, Bachenhatti, Magadi Taluk, Ramnagar Dist	Karnataka	75
Karnataka Public School, Honnaganahatti	Karnataka	80
Government Higher Primary School, Tavkerre	Karnataka	50
GKMP Ramnagar	Karnataka	50
GPUC Magadi Hight School	Karnataka	50

SHE-CAF

CREATION OF LIVELIHOOD OPPORTUNITIES THROUGH SKILL DEVELOPMENT TRAINING FOR WOMEN FROM COVID AFFECTED FAMILIES

SHE-CAF program Highlights

Current Outreach: 16 States, 3321 beneficiaries

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

Current Ongoing Trainings across States

- **Karnataka – Bangalore Urban ,Hubli** ; Beauty and bridal makeup; Bridal flower making, terracotta jewellery & Arni embroidery; Yoga/Fitness trainer certification; Tailoring; chennapatna toys
- **Andhra Pradesh - Palamnear**: Arni embriodery
- **West Bengal – Phulia, Tangta, Balakhali**; Weaver empowerment; Nakshikanta embroidery, beauty course, livestock r
- **Rajasthan – Viratnagar, Bilwari, Bandrol**; Tailoring & embroidery
- **Maharashtra – Nanded, Palghar** ; Microenterprise (papad, jam, bakery, pickles and powders), Diploma in fashion technology, nutrition specialist
- **Uttar Pradesh – Ayodhya, Gorakhpur, Hmairpur, Unnao**; digital literacy
- **Madhya Pradesh – Singhraulj**; Natural farming
- **Tamil Nadu – Berigai** ; Digital literacy
- **Chattisgarh – Taragaon village, Bastar**; Sisal fibre handicraft, wrought iron idols, traditional painting, Bilti chithra, jewe
- **Jharkhand – Remebangaru village**; tailoring
- **Bihar– Buxar** ; Naturing farming
- **Transgender – Bangalore Urban, Telangana, West Bengal**; Mirco enterprise (Sai Krupa Hotel, Sweekriti paper plate, g peeling and packing, premato food truck), Tailoring and beauty



YOGA , SELF DEFENSE & MENTAL WELLNESS



14 days Yoga and Self defense training

- Yoga workshops include topics on basic yoga asanas, sessions 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.
- Self defense training include sessions on 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.
- Conducted workshops for girls in schools across Chattisgarh, Karnataka, Uttar Pradesh and Rajasthan.
- Beneficiary Outreach: 350

Rajkiya uchha prathamik vidyalaya	Rajasthan	Mehendaula
Pradhanacharya rajkiya balika uchha madhyamik vidyalaya	Rajasthan	Raaj
Rajkiya uchha madhyamik vidyalaya	Rajasthan	Dholi koti
Purva Mdhayamik Vidyalaya Bendawa-Mohanlalgunj	Uttar Pradesh	Lucknow distri
Purva Madhyamik vidyalaya Dehewa-Mohanlalgunj	Uttar Pradesh	Lucknow distri
Prathamik vidyalaya Atrouli-Mohanlalgunj	Uttar Pradesh	lucknow distri
Govt higher primary school Bhanukuli	Karnataka	Segara
Govt high school Biligaaru	Karnataka	Segara
Govt upper primary school, Parohri	Uttar Pradesh	Hamirpur
Uchha Pratamik vidyalaya, ghrouli	Uttar Pradesh	Hamirpur
Ucha Pratamik vidyalaya anandpura, Maudha	Uttar Pradesh	hamirpur

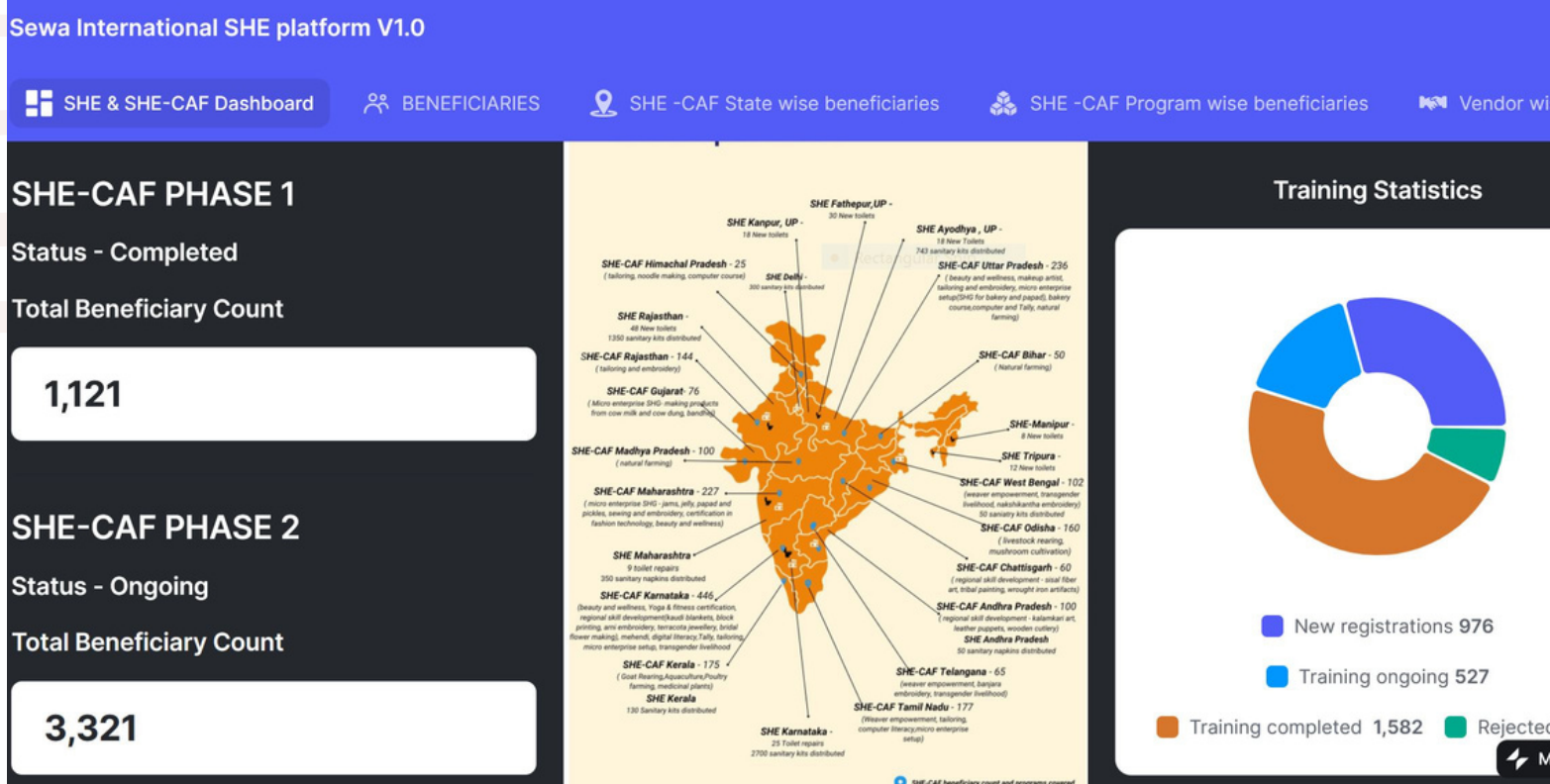
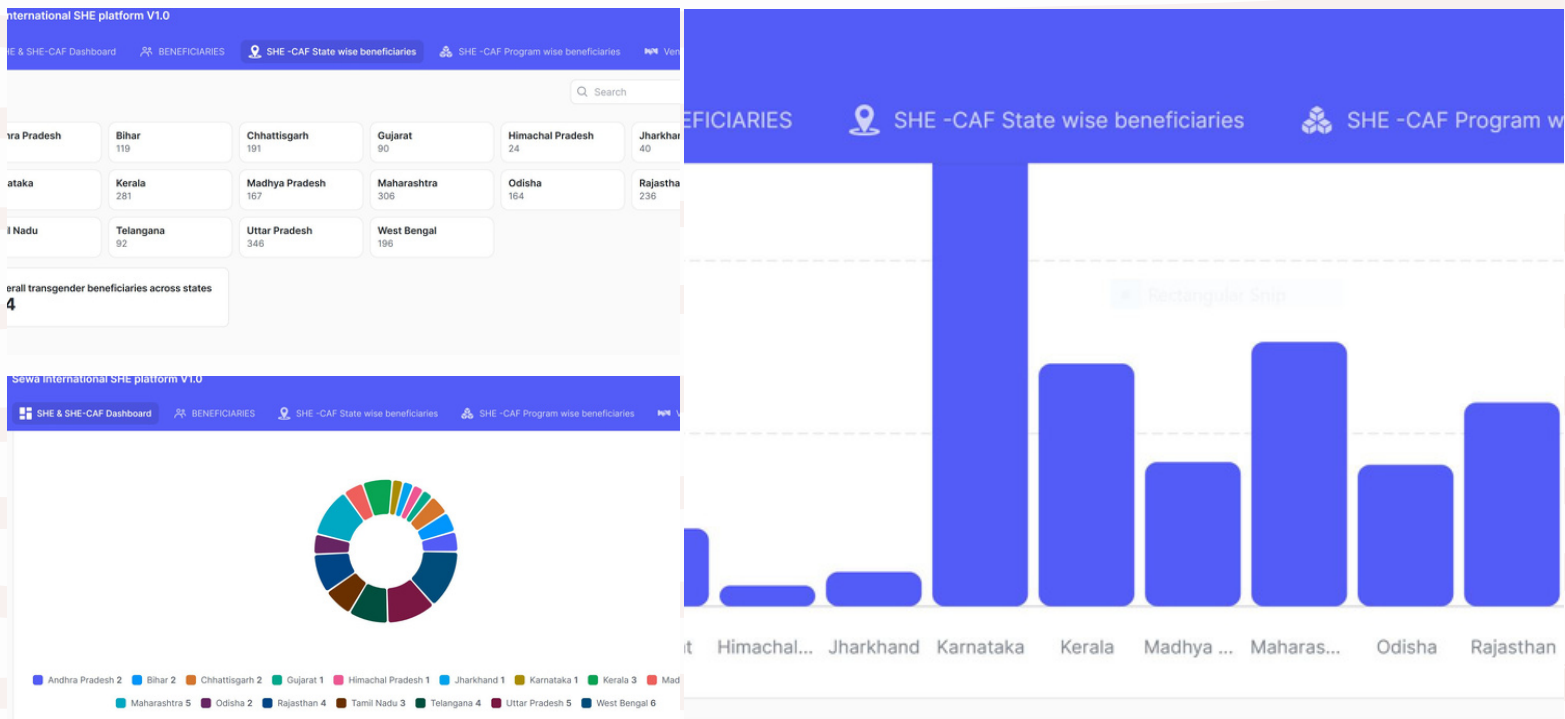
LIVE DASHBOARD PLATFORM FOR SHE

HTTPS://SEWA-SHE-PLATFORM.GLIDE.PAGE

Through the utilization of GlideApp, we have successfully introduced a live dashboard platform for SHE. This platform has several key features, including:

- Comprehensive insights into the overall statistics, impact, and reach of all our SHE projects across diverse programs.
- Visualization of the distribution of our beneficiaries based on programs and geographical locations.
- A centralized database with information about all our program beneficiaries.
- In the context of SHE-CAF programs, detailed records encompassing the number of registrations, completed and ongoing training sessions.

With the deployment of this platform, we are offering a centralized source of information for our entire team and stakeholders. This platform serves as a one-stop hub for gathering details about our nationwide impact and figures. Additionally, it serves as a valuable reference for donors seeking insights into project impact, while our fundraising teams can access the dashboard for the latest program updates.



#SEWA PRIDE - MODEL VILLAGE CHATTISGARH

Sewa is actively engaged in establishing a Model Village in Chhattisgarh. Currently, our efforts are concentrated in 8 villages within the Durg district. Across these villages, we have recently constructed 12 toilets in schools, benefiting over 1000 students. Additionally, we have conducted menstrual awareness sessions for adolescent girls, along with yoga and self-defense workshops to enhance their mental well-being and safety.

In these rural and tribal areas, we are conducting a diverse range of regional skill development programs for women, including tribal art, wrought iron, painting, tumi art, and jewelry making. We are not only providing training but also facilitating market linkages and sales to boost their economic prospects.

Over the upcoming months, our overarching goal is to empower all girls and women residing in these village clusters.



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INDEPENDENCE DAY CELEBRATIONS ACROSS SHE & SHE-CAF LOCATIONS



1050 women and student beneficiaries PAN India participated in Independence day celebrations

Events included flag hoisting, enriching cultural festivities for our women beneficiaries and their children, inauguration of newly constructed school toilets, insightful workshops disseminating awareness about menstrual health in rural communities, celebrations shared with our honorable army personnel, the initiation of skill development programs, and inspiring talks tailored to empower our beneficiaries.

OUR CORE TEAM



Anil Dadheech



Anita Kant



Neha Kaushal



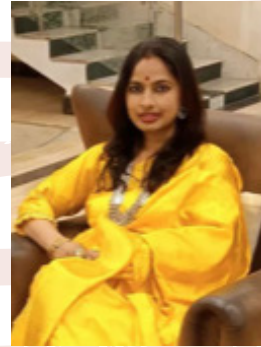
Rajini Hodigere



Jayanth Bhat



Radhika Sheshadri



Shalini Mishra

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>

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