



# SEWA INTERNATIONAL'S SHE PROJECT

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

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



# JULY KEY HIGHLIGHTS

## SANITATION

- Completed the construction of 8 new toilets across 2 rural schools in Sagara, Shivamogga District, Karnataka.
- Ongoing construction of 12 toilets in schools across tribal areas of Durg, Chattisgarh.
- Ongoing construction of 12 new toilets across 3 schools in Hamirpur, Uttar Pradesh.
- 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).

### In Pipeline :

- Toilet construction in Kakinada, Andhra Pradesh. This is funded by donors from LA chapter.
- Project expansion to government schools in Jharkhand.
- A unified view of all our programs - <https://sewa-she-platform.glide.page>



### #BACK TO SCHOOL

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

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



## MENSTRUAL HYGIENE

- Menstrual health and hygiene camps conducted in schools across Chattisgarh, Karnataka, Uttar Pradesh and Maharashtra.
- Distribution of reusable cloth sanitary napkin kits to adolescent girl students .
- Total beneficiaries covered - 789.

### 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\_: 848.
- Beneficiaries who completed their trainings and got jobs/self employed: 922. New registrations received: 968.
- 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.



# JULY KEY HIGHLIGHTS

## YOGA & SELF DEFENSE

- As the new academic year has started, resumed yoga & self defense training in schools.
- Ongoing Yoga and Self defense classes in schools across Rajasthan, UP, Chattisgarh and Karnataka.
- Distributing yoga mats to every student beneficiary.

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



## SPOTLIGHT BOSTON CHAPTER "5K FOR SEWA"

- Ayna Mishra, youngest volunteer from Sewa Boston chapter organised "5K For Sewa", a 5k walk/run event on 15th July with 100+ walkers and runners, and 25+ volunteers!!
- An amazing response to the first ever 5K event in Boston!!

## TRANSFORMING LIVES OF OVER 250 WOMEN IN THRISSUR

- Over the past 12 months, Sewa's SHE-CAF program has transformed the lives of over 250 women in Thrissur, Kerala through a variety of Skill based training programs.
- Trainings such as growing medicinal plants, aquaculture, tailoring, livestock rearing and poultry farming have benefited many women in these villages.
- These programs have helped women earn a sustainable livelihood and support their families.



## SHE-CAF WOMEN VOLUNTEER DURING FLOOD RELIEF

- Our SHE-CAF women beneficiaries from Nanded, MH joined hands with local organisations to support families affected during the recent floods in Shivur village, Maharashtra caused by the flooding of Penganga river.
- Our SHE-CAF women helped in packing medicine and grocery kits. They travelled to the flood affected villages and distributed grocery kits, medicines and hygiene kits to the affected families.



# SANITATION - NEW TOILET CONSTRUCTION



New Delhi,  
**SUB: Letter of gratitude and appreciation**

Dear sir/Madam,

Our SarkarKiriyPrathamikaShaalehad a total100 no of students.Most of our students come from a vulnerable communities and we lacked of sanitation facilityin our school campus.We are very humbled to thank Sewa international for building 4 no of toilets and facilitating menstrual hygiene awareness camps and yoga session by distributing free yoga mats.

Our School management will put it to the right use and take up the responsibility of maintaining it further.

The service rendered by Sewa international organisation is really a Noble service, which is benefiting more to our girl students.

We are highly grateful for your Nobel service, and wish your valuable service may Extend to others in need.

We appreciate and wish well for your future projects.

Thanking you,

Yours faithfully,

*Pratima Singh*  
 Prathama Pradhika  
 Sankar Kiriy Prathamika Shaala



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

- Three schools have been identified in Tribal areas of Durg in Chattisgarh; Ongoing construction of 12 toilets across these identified schools
- 3 schools have been identified in Hamirpur, UP; Ongoing 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.
- Need analysis, survey & due diligence of schools across Andhra Pradesh and Jharkand for sanitation work.

Government primary school -Sankara	Durg	Chattisgarh	4	271
Shaskiya ourv madhyamik shaala-Sankra	Durg	Chattisgarh	4	180
Shaskiya ucchatar madhyamik shaala-Sankra	durg	Chattisgarh	4	252
Govt upper primary school,Parohri	Hamirpur	Uttar Pradesh	4	248
Uccha Pratamik vidyalaya,ghrouli	Hamirpur	Uttar Pradesh	4	100
Ucha Pratamik vidyalaya anandpura,Maudha	hamirpur	Uttar Pradesh	4	127

# MENSTRUAL HEALTH & HYGIENE



## Menstrual Health and Awareness for Adolescent girls

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

Beneficiary Outreach: 798

### 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.

School Address	State	No of beneficiaries
Govt higher primary school Bhanukuli	Karnataka	58
Govt high school Biligaaru	Karnataka	82
Govt primary school	Chattisgarh	128
Shasakiya purv madhyamik shaala	Chattisgarh	90
Shasakiya ucchh madhyamik shaala	Chattisgarh	154
Govt upper primary school, Badalewa	Uttar Pradesh	83
Uccha Pratamik vidyalaya, ghrouli	Uttar Pradesh	40
Ucha Pratamik vidyalaya, Anandpura, Mau	Uttar Pradesh	63
School, sangrool, Kolapur, Karveer Dist	Maharashtra	50
Karveer, Kolhaour	Maharashtra	50

# SHE-CAF

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

## SHE-CAF program Highlights

### Ongoing Program Highlights

Current Outreach: 16 States

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

Ongoing Trainings across States

- **Kerala – Thrissur, Attappady;** Livestock rearing( goat, poultry), Aquaculture, medicinal plants
- **Karnataka – Bangalore Urban , Chamarajanagar, Hubli ;** Regional skill development – stitching Kaudi blankets, batik printing; Beauty and bridal makeup; Bridal flower making, terracotta jewellery & Anni embroidery; Yoga/Fitness trainer certification; Tailoring; chennapatna toys
- **Andhra Pradesh - Kodikonda;** poultry farming
- **West Bengal – Phulia, Tangta;** Weaver empowerment; Nakshikanta embroidery; Beautician course
- **Rajasthan – Viratnagar, Bilwari, Bandrol, Navrangpura;** Tailoring & embroidery
- **Maharashtra – Nanded, Palghar, Nagpur ;** Microenterprise (papad, jam, bakery, pickles and powders), fashion design certification, tailoring, nutrition specialist
- **Uttar Pradesh – Ayodhya, Gorakhpur;** Microenterprise (Bakery & Agarbatti) training, digital literacy
- **Gujarat – Kutch, Bhuj, Khavda and Lakhpat -** Microenterprise (making products from cow dung and cow milk), embroidery stitching; bandhej, making mud work products;
- **Tamil Nadu – Tiruvannamalai;** weaver support
- **Chattisgarh – Taragaon village, Bastar;** Sisal fibre handicraft, wrought iron idols, traditional painting, Bitti chithra, jewelry
- **Jharkhand – Remebanganu village;** tailoring
- **Transgender – Bangalore Urban, Telangana, West Bengal;** Mirco enterprise (Sai Krupa Hotel, Sweekriti paper plate, garlic peeling and packing, premato food truck), Tailoring and beauty



# YOGA & MENTAL WELLNESS



## Yoga workshops 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: 650

# SHE-CAF WOMEN VOLUNTEER FOR A CAUSE

## WOMEN BENEFICIARIES JOINING HANDS WITH LOCAL GROUPS AND HELPING FAMILIES AFFECTED BY FLOODS

Our SHE-CAF women beneficiaries from Nanded joined hands with local organisations to support families affected by the floods in Shivur village, Maharashtra caused by flooding of penganga river. Our SHE-CAF women helped in packing medicine and grocery kits. They travelled to the flood affected villages and distributed grocery kits, medicines and hygiene kits.





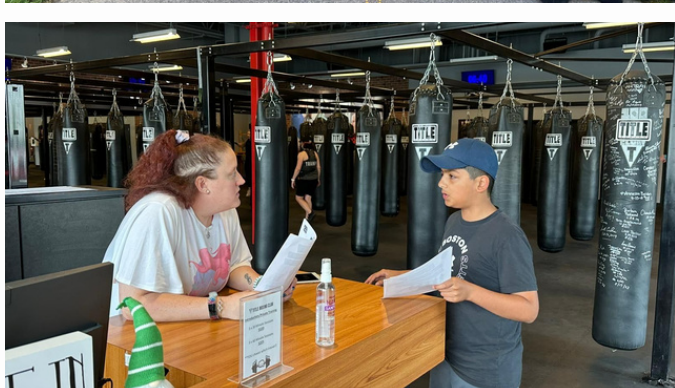
# BOSTON "5K FOR SEWA"

Ayan Mishra, a young 12 year old student volunteer from Boston, studying in Saint John's High school, Shrewsbury recently organized "5k for Sewa", a 5k walk/run with the help of senior Sewa volunteers of the Boston chapter to help raise funds for SHE project.

During Ayan's visit to India in Dec 2022, he along with his mother Neha Ji, visited a few underprivileged government schools in Haryana. During his visit to these schools, he interacted with many students his age. His visit was an eye opener to the lack of basic sanitation facilities for children in rural areas.

On his return back to school, he started brainstorming ideas on how to help children back home in India and raise funds, and got the perfect idea, a 5k run!

Over the next many months, he tirelessly worked with the Boston chapter team in planning for the 5k walkathon, creating flyers, talking to local stores for support, identifying the right trail for the 5K event, spreading the word about the event and getting people to register. On July 15th, over 100+ people participated in the 5k walkathon and the Boston team was able to raise close to \$4000 that will help Sewa build close to 6 toilet units in underprivileged schools benefiting more than 1000 kids in India. SHE team applauds Ayan for his efforts and thanks the entire Sewa Boston team for their efforts!



# # SEWA PRIDE - TRANSFORMING LIVES IN THRISSUR



**250+ women beneficiaries from Thrissur, Kerala empowered through livelihood opportunities**

Variety of trainings was conducted to create a sustainable livelihood for women. Trainings such as growing medicinal plants, aquaculture, tailoring, livestock rearing & poultry farming have benefited many women in villages around Thrissur district of Kerala. These programs have helped women to earn a sustainable livelihood.

## OUR CORE TEAM



Anil Dadheech



Anita Kant



Neha Kaushal



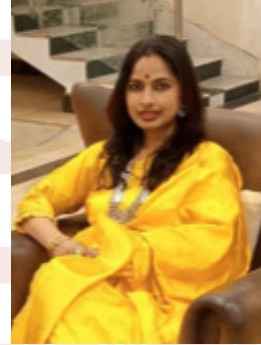
Rajini Hodigere



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](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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