



# SEWA INTERNATIONAL'S SHE PROJECT

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

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



INTERNATIONAL YOGA DAY, JUNE 21, 2023



# JUNE KEY HIGHLIGHTS

## SANITATION

- Ongoing construction of 8 new toilets across 2 rural schools in Sagara, Shivamogga District, Karnataka. Project completion & inauguration of these toilets planned for June end.
- Ongoing construction of 12 toilets in schools across tribal areas of Durg, Chattisgarh.
- Started the construction of toilets across 3 schools in Hamirpur, Uttar Pradesh. School management and students did the bhumi puja to mark the construction work.
- Need analysis of schools in Kakinada, Andhra Pradesh for toilet construction work. This is funded by donors from LA chapter.
- Need analysis, survey & due diligence of schools for WASH project in Karnataka. A total of 25 schools are being identified for WASH (activities on drinking water provision, sanitation, menstrual hygiene). This project is supported by Oracle India.
- A unified view of all our programs -<https://sewa-she-platform.glide.page>



### #BACK TO SCHOOL

Ongoing construction of 32 new toilets in schools across Karnataka, Chattisgarh and UP.

Survey of schools in Andhra Pradesh, funded by LA chapter.

Survey of schools in Karnataka for WASH, funded by Oracle India.



## MENSTRUAL HYGIENE

- Menstrual health and hygiene camps conducted in schools and SHE-CAF locations across West Bengal, Karnataka and Maharashtra.
- Distribution of reusable cloth sanitary napkin kits to adolescent girl students .
- Total beneficiaries covered -220.

### Focus Areas:

- Menstrual health and awareness sessions.
- Distribution of reusable cloth sanitary napkins to girl students from class 7 - 10 and SHE-CAF 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.
- Expanding SHE-CAF programs to Jharkhand, Tangta ( India-Bhutan border)
- In progress - website to create an online platform for women artisans & weavers.





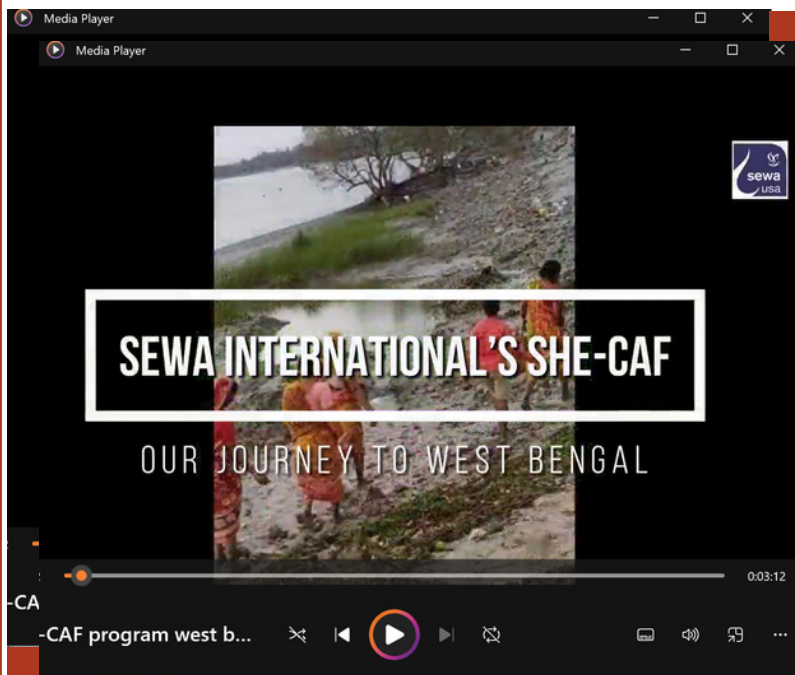
# JUNE KEY HIGHLIGHTS

## YOGA

- As schools have reopened post summer break, resuming yoga & self defense workshops across schools PAN India.
- Ongoing Yoga and Self defense classes in Rajasthan, UP and Karnataka.
- Celebrating Yoga day (June 21st) in schools and SHE-CAF locations.



Yoga workshops in schools across Rajasthan, UP and Karnataka.  
Celebrating International Yoga day with our SHE and SHE-CAF beneficiaries.



## SPOTLIGHT #1 EXPLORING THE BORDERS

Our SHE-CAF team is traveling across the length and breadth of our country and reaching out to women in remote villages,empowering them with livelihood opportunities.

Over 100+ women weavers in Phulia, a tiny weaving village at the India- Bangladesh border are being supported through SHE-CAF . We are also working on other program interventions to help our women weavers and their families.

We are starting new programs in Tangta, tiny hamlet at the India-Bhutan border.

## SPOTLIGHT #2 BENEFICIAIRY SUCCESS STORIES

- Inspiring stories of many SHE-CAF beneficiaries who have become role models in the society and within their families.
- Stories of women who have completed their training from Sewa's SHE-CAF and are earning a sustainable livelihood & financially supporting their families.
- Few women beneficiaries have today become Sewa Karyakartas & SHE-CAF trainers. These women are inspiring many women with their success stories.





# SANITATION - NEW TOILET CONSTRUCTION



## Ongoing Construction of toilets in Coastal areas of Karnataka, Hamirpur, UP and Tribal area of Chattisgarh

- Two underprivileged schools identified in coastal areas of Karnataka -Sagara taluk ,Shivamogga ; Ongoing construction of 8 toilets in these schools.
- 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; Initiated the construction work.
- In all these schools, Sewa is building overhead tank for water provision, wash basin unit, building a new septic tank for the toilet units.
- As children are back to school from their summer break,our teams is working hard on completing the toilet construction work by mid July to ensure children have proper sanitation facilities in their schools.
- Need analysis, survey & due diligence of schools for WASH project in Karnataka. A total of 25 schools are being identified for WASH (activities on water provision, sanitation, menstrual hygiene)This project is supported by Oracle India.

School Name	Region	State	No of units that is built	Total strength
Govt higher primary school Bhanukuli	Sagara	Karnataka	4	100
Govt high school Biligaaru	Sagara	Karnataka	4	145
Government primary school -Sankara	Durg	Chattisgarh	4	271
Shaskiya ourv madhyamik shaala-Sankra	Durg	Chattisgarh	4	180
Shaskiya uccharat 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
<b>Total</b>			<b>32</b>	<b>1423</b>



# MENSTRUAL HEALTH & HYGIENE



## Menstrual Health and Awareness for Adolescent girls

Conducted menstrual camps for adolescent girls in schools across Rajasthan and Uttar Pradesh

Beneficiary Outreach: 220

### 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.

Location	District	No of beneficiaries	Beneficiary type
Govt higher primary school Bhanukuli	Sagara	58	Rural School
Govt high school Biligaaru	Sagara	82	Rural School
Todey Tangta Community	Tangta	30	Tribal community women
SHE CAF beneficiaries in chattisgarh, Bastar	Bastar	50	women
<b>Total</b>		<b>220</b>	



# 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 & An 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, pre-mato food truck), Tailoring and beauty





# BENEFICIARY GROUP ACTIVITIES

MULTIPLYING IMPACT WHILE INCULCATING SEWA MANOBHAVANA!

**Program Innovation – Volunteering activities for SHE-CAF beneficiaries to build a community network and instill seva manobhavana!**





# YOGA & MENTAL WELLNESS



## Yoga workshops and International Yoga Day celebrations

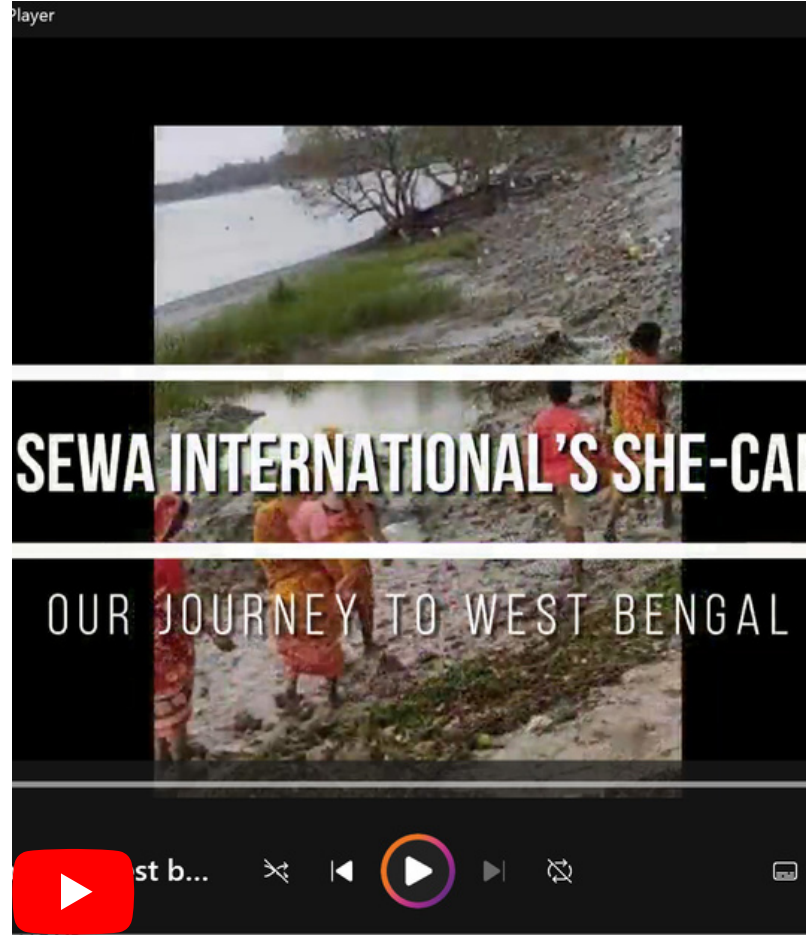
- Yoga workshop & a 7 day yoga training for all students and few teachers. Topics covered included basic yoga asanas, session on mental well-being, breathing techniques for physical health & mental health, special asanas for adolescent girls for menstrual health & well being.
- Personality development and mental wellness workshops for adolescent girls.
- yoga mats distributed to all student beneficiaries.
- Workshop covers 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.
- Celebrated International Yoga day on June 21st with our SHE and SHE-CAF beneficiaries across program locations.



# # SEWA PRIDE - EXPLORING THE BORDERS



*"Together We Sewe Better"*  
sewa USA  
Sewa International Covid Relief and Rehab Program  
**SHE - CAF**  
Phase -2  
Providing Livelihood Opportunities for Women Through Skill Development Training  
An initiative of  
Sewa International  
Place:

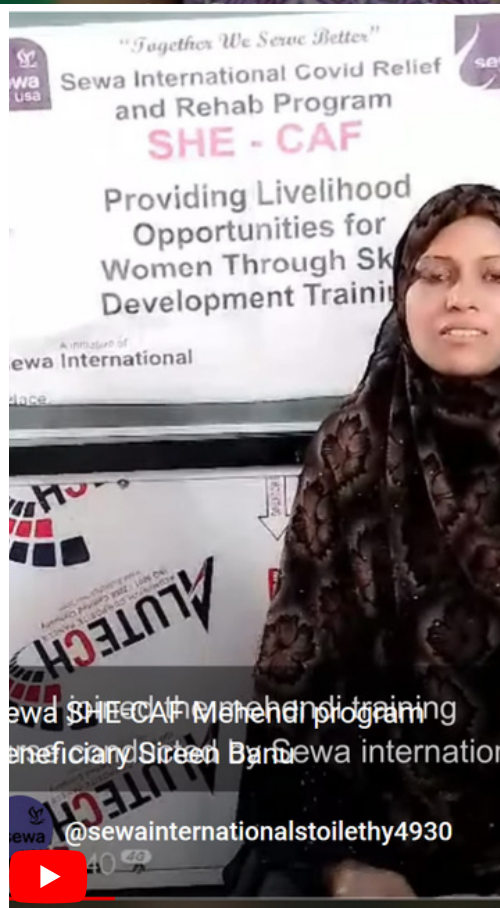


**120 women beneficiaries in West Bengal at India-Bangladesh border, India-Bhutan border supported by SHE-CAF**

- **Phulia, India-Bangladesh border** - 90 women weavers and their families supported.
- **Tangta, India-Bhutan border** - Training for 10 young beneficiaries in tailoring & beautician course; 30 women supported though livestock rearing



# BENEFICIARY SUCCESS STORIES



## Beneficiary success stories from Karnataka, Kerala, Maharashtra Impact of SHE-CAF programs

- Women upon program completion are job placed/self employed and are able to earn an average salary of Rs 5000 - 7000 and support their family and kids.
- Increased confidence and better mental health of beneficiaries.
- Inculcating Sewa manobhavana within our beneficiaries.

The success stories of our beneficiaries is inspiring many women to enroll into skill development programs and create livelihood paths for them and their families.



## OUR CORE TEAM



Anil Dadheech



Anita Kant



Neha Kaushal



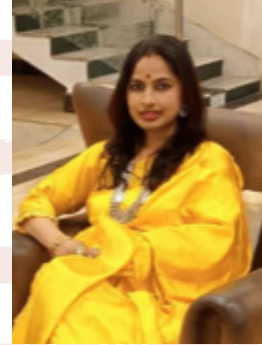
Rajini Hodigere



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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