



SEWA INTERNATIONAL'S SHE PROJECT

SHE & SHE-CAF Newsletter - Mar 2023

#Empower a Girl, Empower a Community

SHE - SANITATION, HYGIENE AND
EMPOWERING THE GIRL CHILD



MARCH 2023 - KEY HIGHLIGHTS

SANITATION

- Completed the construction of 6 toilets in Myandipatti government school, Madurai. This project is funded by donors of EKAM USA.
- Completed the construction of 18 toilets across 3 identified schools in Ayodhya, Uttar Pradesh with generous funds from Google, California. Planned the inauguration of these toilets in April.
- Ongoing construction of 30 toilets across 5 identified schools in Lucknow and Viratnagar with generous funds from North Jersey LEAD.
- Completed the construction of 6 toilets in Rajkiya uccha madhyamik vidyalaya in Rajasthan. This project is funded by Laxmi Bai Dwarkadas Charity Trust.
- Ongoing construction of 5000 liters overhead tank in AP model school, government school in Kakinada, Andhra Pradesh. This project is funded donors from Sewa LA chapter.



Completed construction of 30 new toilets across schools in Ayodhya, Viratnagar & Madurai.
Ongoing construction of 30 toilets in Rajasthan.
Total student beneficiaries - 7,947+



MENSTRUAL HYGIENE

- Menstrual health and hygiene camps conducted in schools across Viratnagar and Kohlapur.
- Distribution of reusable cloth sanitary napkin kits to adolescent girl students.
- Total beneficiaries covered -150.

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: 619.
- Beneficiaries completed their trainings and got jobs/self employed: 1378.
- Target Beneficiaries: Covid impacted women from Urban, Rural & Tribal areas, Transgender community, Migrant workers.
- 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.
- Conducted women's day celebrations across CAF locations.
- In progress - website to create an online platform for women artisans, working on SHE helpline number; survey of all beneficiaries who have completed their CAF trainings.



MAR 2023 - KEY HIGHLIGHTS

YOGA, SELF DEFENSE & MENTAL WELLNESS

- 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.
- 5 days self defense coaching for girl students.
- 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.



SPOTLIGHT

#EMPOWER A GIRL, EMPOWER A COMMUNITY

Women's day celebrations across Schools and CAF centers

- This March, SHE team celebrated women's day in schools and CAF locations to encourage and empower our women beneficiaries.
- Various activities were conducted across program locations
 - Rangoli, cooking completions
 - menstrual health sessions, women health check up
 - breast cancer screening
 - painting completions in schools, new toilet inauguration
 - motivational speeches by few women leaders
 - Inspiring talks by many of our beneficiaries
 - Holi celebration, fun games, food and snacks

SPOTLIGHT

Women's day celebrations with our Transgender and beneficiaries from minority communities

- - Rangoli completions
- - menstrual health sessions, cancer awareness sessions
- - breast cancer screening
- - motivational speeches by few women speakers
- - course completion certificate distribution
- - Inspiring talks by many of our beneficiaries
- - Fun games, food and snacks



SANITATION - NEW TOILET CONSTRUCTION



Completed construction of 30 new toilets across Ayodhya, Viratnagar and Madurai.

Ongoing construction of 30 new toilets in Viratnagar, Lucknow

- Completed the construction of 30 toilets in madurai, viratnagar and Ayodhya; key donors - Ekam USA, Google and Laxmibai charitable trust
- Ongoing construction of 30 toilets across Lucknow and Viratnagar; key donors - Google, North jersey LEAD, few individual USA donors..
- Provision of overhead tank, water source & wash basin unit. Building a new septic tank for the toilet units.

School Name	Region	No of units installed	Total strength	Girls	Boys
Government high school,Mayandipatti	Madurai,TN	6	552	417	135
Rajakiya uccha prathamik vidyalaya	Viratnagar,RJ	6	600	250	350
Pradhanacharya rajkiya balika uccha madhyamik	Viratnagar,RJ	6	156	84	72
Rajkiya uccha madhyamik vidyalaya	Viratnagar,RJ	6	550	276	223
Purva Mdhyamik Vidyalaya Bendawa-Mohanlalgunj	Lucknow,UP	6	127	68	59
Purva Madhyamik vidyalaya Dehewa-Mohanlalgunj	Lucknow,UP	6	300	185	115
Prathamik vidyalaya Atrouli-Mohanlalgunj	Lucknow,UP	6	284	137	147
Purva Madhyamik vidyalaya Maya Bhikil	Ayodhya,UP	6	183	107	76
Composite Vidyalaya Beniya Maya	Ayodhya,UP	6	186	186	0
Purva Madhyamik Vidyalaya	Ayodhya,UP	6	137	89	48
Total		60			

MENSTRUAL HEALTH ,YOGA & SELF DEFENSE



Menstrual Health and Awareness for Adolescent girls

Conducted menstrual camps for adolescent girls in schools across Rajasthan and Maharashtra
Beneficiary Outreach:150

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.

Mental wellness ,Yoga & Self Defense

- Piloting mental wellness ,Yoga and self defense workshops across schools in Rajasthan and Uttar Pradesh .
- Total beneficiary reach : 350

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: 15 States

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

Ongoing Trainings across States

- **Kerala – Thrissur**; Livestock rearing(goat, poultry), Aquaculture
- **Karnataka – Bangalore Urban , Chamarajanagar, Hubli** ; Regional skill development – stitching Kaudi blankets, batik printing; Beauty and bridal makeup; Bridal flower making & Arni embroidery; Yoga/Fitness trainer certification; Micro enterprise(Rotti making)
- **Telangana – Dorepally**; Banjara embroidery
- **Andhra Pradesh - Pulluru village,Srikalahasti**; Regional skill development – Kalamkari block and hand painting
- **West Bengal – Phulia**; Weaver empowerment; Nakshikanta embroidery
- **Rajasthan – Viratnagar,Bilwari**; Tailoring & embroidery
- **Maharashtra – Nanded,Palghar** ; Microenterprise (papad, jam, bakery, pickles and powders), tailoring, bags making
- **Odisha – villages of Chandaka block of Khordha district**: Live stock rearing (Goat rearing), mushroom cultivation
- **Uttar Pradesh – Ayodhya, Gorakhpur**; Bakery training, digital literacy
- **Madhya Pradesh – Singhrauli**; Natural farming
- **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
- **Himachal- Kangra, Talwara**; micro enterprise (rodite making)
- **Transgender – Bangalore Urban, Telangana, West Bengal**; Mirco enterprise (Sai Krupa Hotel, Sweekriti paper



SPOTLIGHT

WOMEN'S DAY CELEBRATIONS IN SCHOOLS AND CAF LOCATIONS



PAN INDIA SHE AND SHE-CAF PROGRAM LOCATIONS

#Empower a Girl, Empower a Community

SHE-CAF locations - Rangoli competition, cooking competition, fun games, lunch, motivational speeches by women speakers, Inspiring talks by our women beneficiaries, health checkup, Holi celebration.

Schools - Painting competitions, debates & talks, new toilet inauguration, menstrual health camps, motivational speeches, snacks.

SPOTLIGHT

WOMEN'S DAY CELEBRATIONS WITH OUR TRANSGENDER AND BENEFICIARIES FROM MINORITY COMMUNITIES



TELANGANA, BANGALORE

SHE-CAF locations - Rangoli competition with prizes for winners, fun games, lunch, motivational speeches by women speakers, Inspiring talks by our women beneficiaries, cancer screening, course completion certificate distribution.

OUR CORE TEAM



Anil Dadheech



Anita Kant



Neha Kaushal



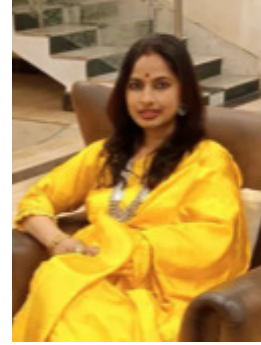
Rajini Hodigere



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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