



# SEWA INTERNATIONAL'S SHE PROJECT

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

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



# OCT KEY HIGHLIGHTS

## SANITATION

- Completed the construction of toilets in Janatha Ucha Madhyamik Vidyalaya-Banoth , Chamoli, Uttarakhand
- 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).
- Ongoing construction of toilets across 3 schools in Jharkhand
- Need analysis and survey completed in Zilla Parishad high school, Sankhavarm Kakinada , ongoing need analysis and due diligence across schools in Karnataka
- A unified view of all our programs - <https://sewa-she-platform.glide.page>



#SanitationForAll

**Ongoing:** repairs & renovation of existing non functional toilets across 25 schools in Karnataka.  
**sanitation work across across 3 rural schools in Jharkhand .**  
**Completed:** construction of toilets in Uttarakhand schools  
**Initiated:** need analysis in schools across Karnataka.



## MENSTRUAL HYGIENE & AWARENESS

- Menstrual health and hygiene camps conducted in schools across Karnataka
- Discussions with volunteers and gynecologist for conducting menstrual awareness camps in Jharkhand schools
- Distribution of reusable cloth sanitary napkin kits to adolescent girl students .
- Total beneficiaries covered -250.

### Focus Areas:

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

## SHE-CAF

- Total beneficiaries - 3681
- Beneficiaries undergoing the training\_: 576.
- Beneficiaries who completed their trainings and got jobs/self employed: 2004. New registrations received: 981.
- Target Beneficiaries: Covid impacted women from Urban, Rural & Tribal areas, Transgender community.
- Ongoing programs: Regional skill development(Kalamkari painting, block printing, jute art, wrought iron idols, arni embroidery, medicinal plants etc), weaver empowerment, micro enterprise, livestock rearing, diploma in fashion technology, skill development trainings(computer, beauty, tailoring, mehendi art, digital literacy etc), tribal livelihood, Agri farming etc.



# OCT KEY HIGHLIGHTS

## MODEL VILLAGE JHARKHAND

In Jharkhand-Gumla district, SHE-CAF is working in 15 village clusters,. In this region, we are constructing 12 toilets across 3 underprivileged schools, conducted menstrual awareness workshops benefiting 150 adolescent girls and women, along with self-defense and yoga workshops for these students.

Additionally, we are providing skill development training, particularly in tailoring and embroidery, to over 50 women across these villages, with market linkages and job support. Our collective efforts in these areas aim to uplift and empower these communities, making a lasting difference in the lives of the girls and women we serve.



## WASH

Sewa International and Oracle India have joined forces for a WASH project covering 25 schools in Karnataka.

The project includes various activities which includes:

1. Restoring and refurbishing non-functional toilets.
2. Installing handwashing facilities.
3. Supplying water filters for safe drinking water.
4. Organizing menstrual awareness camps and distributing reusable napkin kits.
5. Creating a WASH club committee in every school to increase the awareness about water, sanitation and hygiene among the students.
6. School cleaning drive



## SPECIAL DAY EVENT IN SCHOOLS

### PAINTING COMPETITION WITH THE THEME "IMPORTANCE OF WASH"

- As part of our comprehensive awareness program on WASH (Water, Sanitation, and Hygiene), we organized informative sessions for our student beneficiaries aimed at educating them about the critical importance of water, sanitation, and menstrual hygiene.
- Furthermore, we arranged a painting competition within the schools, centered around the theme "Significance of WASH." The competition saw enthusiastic participation from students in classes 6 to 10..



# OCT KEY HIGHLIGHTS

## PREM JI VISIT TO SHE-CAF TRANSGENDER PROGRAM

Prem Ji Pusuloori, along with the Nagpur MOS team, visited our successful and profitable transgender-run mobile food truck, "Premato," in Beeramguda, Hyderabad.

This SHE-CAF program has empowered and provided livelihood opportunities to 6 transgender beneficiaries.

During the visit, Prem Ji and the team interacted with our beneficiaries and enjoyed breakfast prepared by them. It was a truly humbling experience to engage with our beneficiaries and hear their inspiring success stories.



## SHE-CAF NUTRITION SPECIALIST, KANPUR

In collaboration with Srimati Vatsalabai Naik Mahila Mahavidyalay, Sewa organized a 3-month SHE-CAF training program titled "Annapurna: A Complete Nutrition Guide," enrolling 20 participants. The training program covered various aspects, including food concepts, nutritional needs and deficiencies, balanced diets for all age groups, and the preparation of diet plans. Participants also learned how to calculate the nutritive value of their diet plans to maintain good health.

This training program significantly enhanced the knowledge, understanding, and awareness of nutrition among the students. It equips them to pursue careers as diet counselors in hospitals, providing guidance to pregnant women, lactating mothers, adolescents, and malnourished individuals, especially malnourished children.



A training for a duration of 3 months is being conducted  
In this 3 months we have covered practical and theory sessions

# SANITATION - TOILET CONSTRUCTION



## Completed toilet construction in Chamoli, Uttarakhand; Ongoing sanitation work across schools in Gumla, Jharkhand ; need analysis in Kakinada, Andhra Pradesh and Karnataka

- Completed the construction of toilets in rural Govt school in Chamoli ,Uttarakhand.
- Ongoing construction of 12 toilets in Gumla, Jharkhand, ; This project funded by individual donors from Denver chapter
- Need analysis, survey and Government approvals for 1 school identified in Kakinada, Andhra Pradesh and 3 schools in Karnataka, ; Sewa will be starting the construction in Nov. This project funded by individual donors from LA chapter and Rama Lakshmi JI from Sewa.
- 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.

Project name	Region	State	Toilet units	Student strength
Government updated high school, Duriya	Gumla	Jharkhand	4	590
Government Middle school, Pahad Bangru	Gumla	Jharkhand	4	80
Govt Rajkikrit Utkramit madhya/ucch vidyalaya - Dumbo	Gumla	Jharkhand	4	556
Janatha Ucha Madhyamik Vidyalaya-Banoth	Chamoli	Uttarakhand	4	86
Jilla Parishad High School , Sankhavam	Kakinada	Andhra pradesh	4	821

# MENSTRUAL HYGIENE AND AWARENESS



## Menstrual Health & Awareness, distribution of reusable napkin kits

Conducted menstrual health & awareness camps for adolescent girls in schools across Karnataka

Beneficiary Outreach: 250

### Key Activities:

- Awareness to students on women's health and hygiene; Awareness on menstrual hygiene through educational videos and other collateral.
- 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.
- 14 days yoga, self defense and mental wellness training with distribution of yoga mats to all student beneficiaries.

Menstrual camps dashboard:

SIW 9 - Government first grade college, Magadi Gopanakoppa, Hubli	SIW 9 - Government first grade col Gopanakoppa, Hubli	140 110	adolescent girls for 11th and 12th std adolescent girls for 8th std
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# SHE-CAF

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

## SHE-CAF program Highlights

 Sewa International  
Together We S...

### Ongoing Program Highlights

Current Outreach: 17 States, 3681 beneficiaries

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

Current Ongoing Trainings across States

- **Karnataka – Bangalore Urban ,Hubli** ; Beauty, mehendi art and bridal makeup; Ami embroidery; Yoga/Fitness trainer certification, photography course, computer training,
- **West Bengal – Phulia, Tangta, Balakhali**; Weaver empowerment, Tailoring, Nakshikanta embroidery, beauty course, livestock rearing
- **Rajasthan – Viratnagar, Navarangpura**; Tailoring & embroidery
- **Maharashtra – Nanded, Kohlapur, Nagpur** ; Microenterprise (papad, jam, bakery, pickles and powders), Diploma in fashion technology, nutrition specialist
- **Uttar Pradesh – Hamirpur**; digital literacy
- **Bihar - Saharsa**; Tailoring
- **Tamil Nadu – Berigai , Dharmapuri, Hosur**; Digital literacy, Ami embroidery, Mehendi art, micro enterprise
- **Chhattisgarh – Taragaon village, Bastar**; traditional painting, Bitti chithra, jewelry, jute craft
- **Jharkhand – Remebangaru village**; tailoring
- **Andhra Pradesh – Srikalahasti village**; Block printing , Kalamkari hand painting
- **Assam – Bongaigaon, Lakhimpur village**; Livestock



# WASH ( WATER, SANITATION & HYGIENE) PROGRAM



## 25 schools in Karnataka, multiple interventions in water, sanitation and hygiene

Project duration : July 2023 - Feb 2024

### WASH project activities include:

1. Restoring and repairing non-functional toilets across identified schools
2. Installing handwashing units.
3. Installation of water filters in schools for safe drinking water.
4. Conducting menstrual awareness camps and distributing reusable napkin kits.
5. Formation of WASH committee to increase awareness about WASH; school cleaning drive

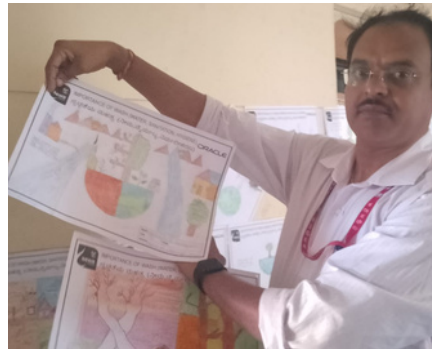
In the coming months, we will work closely with these committees to conduct workshops and activities, creating awareness about water, sanitation, menstrual health, and hygiene.

Name of the school	District	Renovation Task	hand wash installati	water purifi	Wash club	Menstrual	Number	Total Streng
GHS VG Doddi	Ramnagara	Completed	Completed	Ongoing	Club formed	NA	NA	101
GHS Bachanahatti	Ramnagara	Ongoing	Completed	Ongoing	Club formed	Completed	38	179
Government independent pu college	Ramnagara	Completed	Completed	Ongoing	Club formed	Completed	75	153
Kps honnaganahatti	Bangalore urban	Ongoing	Completed	Completed	Club formed	Completed	85	650
GHS taverkere	Bangalore south	Completed	Completed	Ongoing	Club formed	Completed	65	502
Gpsc magadi high school	Ramnagara	Completed	Completed	Ongoing	Club formed	Completed	80	165
Gulps magadi town	Ramnagara	90% completed	Completed	Completed	Club formed	NA	NA	60
Government urdu high school	Ramnagara	100% completed	Completed	Completed	Club formed	Completed	52	52
Government primary school Bachanahatti	Ramnagara	Ongoing	Completed	Ongoing	Club formed	NA	NA	35
GMPs chikkagallarahatti	Bangalore north	100% completed	Completed	Completed	Club formed	Completed	50	473
govt model higher primary school	Dharwad	90% completed-Final pic	Completed-Pics to show	Completed	Club formed	Completed	50	320
Govt KHPS Rani chennama nagar School	Belagavi	Completed	Completed	Completed	Club Formed	Completed	50	200
Govt higher primary school	Dharwad	80% completed-Door	Completed	Completed	Club Formed	Completed	50	450
Government kannada primary high school	Dharwad	Completed	Completed	Completed	Club Formed	Completed	248	154
Government higher primary school	Dharwad	Completed	Completed	Completed	Club Formed	Completed	270	120
Karnataka public school (high school)	Dharwad	Completed	Completed	Completed	Club Formed	Completed	160	230
GOVT KANNADA HIGHER PRIMARY	Belagavi	Completed	Completed	Completed	Club Formed	Completed	160	125
Govt Higher primary school	Belagavi	Completed	Completed	Completed	Club Formed	Completed	120	230
GHS chaimmahalli	Bangalore south	Completed	Completed	Completed	Club formed	NA	NA	160
Govt High primary school No9	Dharwad	Completed	Completed	Completed	Club Formed	Completed	125	125
Govt high school	Tumkur road	100% completed	Completed	Completed	Club Formed	2 Camps	120	1200
Sree Balaji Degree College	Bengaluru	100% completed	Completed	Ongoing	Club formed	Completed	75	800
Dayananda VidyaBahari school	Dharwad	80% Complete	Completed-Final pics	Completed	Club formed	Completed	50	420
Government first grade college magadi	Ramnagara	Completed	Completed	Completed	Club formed	Completed	50	1200



# SPECIAL DAY EVENT IN SCHOOLS

## PAINTING COMPETITION WITH THE THEME "IMPORTANCE OF WASH"



Magadi, Ramanagara, Hubli and Belgaum, Karnataka  
Painting competition aimed at raising awareness among students about the significance of WASH.

## OUR CORE TEAM



Anil Dadheech



Anita Kant



Neha Kaushal



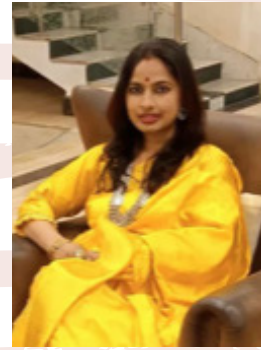
Rajini Hodigere



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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