

August, 2024



Sewa Sandesh

August: A Month of Assurance



Editors Note

Namaskar,

Assurance and Progress: Path towards Development of Nation

As we commemorate 78 years of India's Independence and move towards the final quarter of a century, our focus sharpens on ensuring a future marked by empowered citizens and sustainable living. By the time India reaches its centenary of independence, we aim to emerge as a fully developed nation. In this edition of Sewa Sandesh, we dedicate this month to reaffirming our commitment to that vision through renewed assurance and steadfast action.

In this edition, we bring you stories that highlight the power of assurance and collective effort in driving development. One such story showcases the community's remarkable unity in supporting a mobile medical van, stuck in the remote terrains of Tripura. The swift action of the villagers not only reflects their solidarity but also symbolizes the spirit of a nation where challenges are met with cooperation and compassion. It's these small yet significant moments that instil confidence that we are on the right path to becoming a more developed and sensitised society.

Similarly, we also present the story of Devasari, which emphasises the impact of behavioural change in fostering a positive and sustainable future. By embracing responsibility and innovation, we are inching closer to a nation where sustainability is not just an ideal but a lived reality.

Through these inspiring accounts, Sewa International hopes to ignite a sense of assurance and optimism within every citizen, encouraging us all to continue working towards a better, more sustainable India. Let us move forward together, with a vision of a prosperous nation, driven by collective strength and shared responsibility.

Dhanyawaad!

*R.K Anil
Executive Director
Sewa International*





The Power of Collective Effort: Medical Camp in Tripura

Delivering medical aid in the hilly terrain of Tripura can be a daunting task. However, with **Sewa Aarogyam**, Sewa International's initiative to provide healthcare through a mobile medical van, this challenge becomes more manageable. This program aims to ensure that even the most remote communities receive the medical attention they need.

During a recent visit to Dashamani Para, our Sewa Aarogyam- Mobile Medical Van faced an unexpected hurdle: it got stuck in a small drain. The terrain posed a significant challenge, but the spirit of the local community shone brightly. Without hesitation, the villagers of Dashamani Para rallied together and quickly came to the rescue. With their collective strength and determination, they were able to free the van, enabling the medical team to continue their mission.

Thanks to the invaluable support of the community, the Sewa International team successfully reached the village. They were able to provide essential medical care and distribute free medications to those in need. This incident highlighted the incredible impact of collective effort and mutual support. When a community comes together, even the most challenging obstacles can be overcome.

Sewa International is deeply grateful to the villagers for their assistance. Their quick response and willingness to help enabled the medical team to fulfill its mission. This experience is a powerful reminder of the importance of community spirit and cooperation in achieving a common goal.



Honouring India's 78th Independence Day: Empowering Women and Communities

This year, as India marked its 78th Independence Day, Sewa International took the opportunity to celebrate the strength and resilience of women across the nation. Independence Day is a symbol of our continuous journey towards a self-reliant and prosperous Bharat. Embracing this spirit of freedom and self-reliance, Sewa International remains committed to supporting communities in their quest for emancipation and progress.

On this special day, the entire Sewa International family from various states came together to honour the spirit of independence. Despite coming from diverse regions, there was a shared sense of motivation and enthusiasm among all participants, reflecting the unity that

Independence Day symbolises. Through these celebrations, Sewa International reaffirmed its dedication to empowering women and fostering community development. The organisation's efforts are a testament to its commitment to nurturing an inclusive society where every individual has the opportunity to thrive.

As we reflect on this Independence Day, we are filled with pride and hope. We aim to keep this spirit of enthusiasm and unity alive within the Sewa Parivaar and continue celebrating the essence of independence with the same vigour in the years to come. Together, let us strive to build a nation where freedom is not just a historical achievement but a living reality for all.



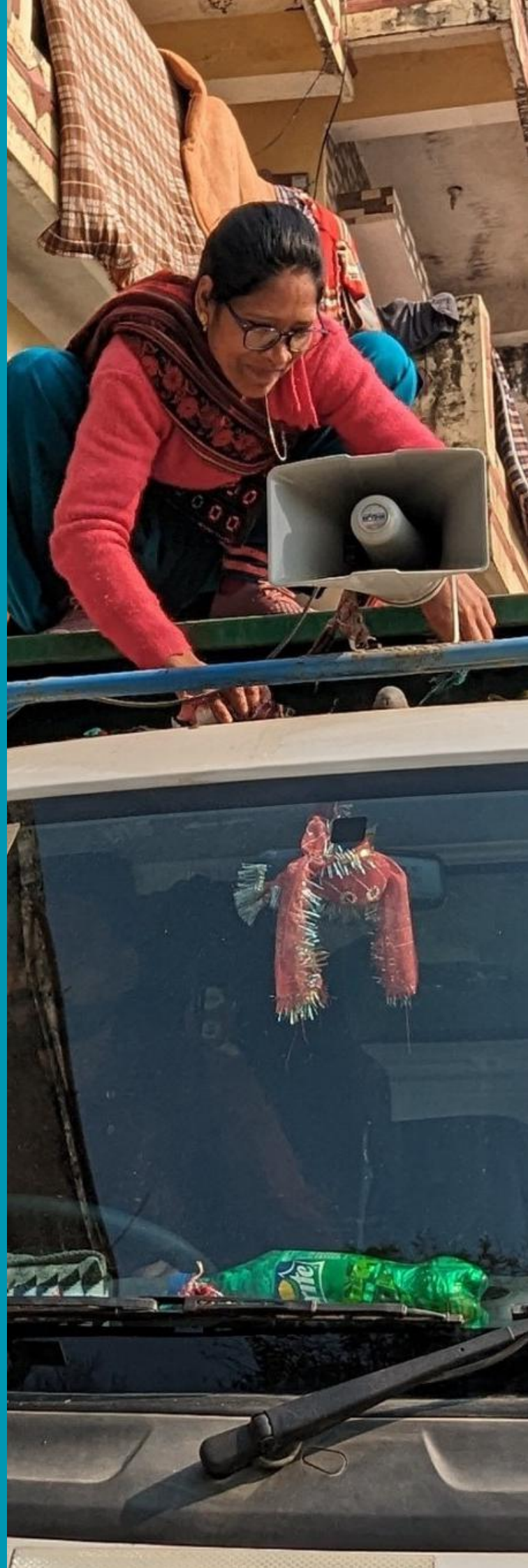
SMT. DEVESWARI'S JOURNEY WITH PRAWAH: SMALL STEPS TOWARD CONSERVATION

Smt. Deveswari, a tailor in Guptkashi, first encountered the PRAWAH initiative by Sewa International in 2023. The program, which focuses on conserving the environment of Devbhoomi through dry waste collection, didn't immediately convince her to participate. However, it wasn't until the PRAWAH team explained the negative impacts of waste dumping that she began to rethink her own practices. Before joining the initiative, Deveswari would dispose of the textile waste from her tailoring shop into the Rewal Spring, right in front of her shop. However, as she learned more about the consequences of such actions, she gradually started to change her habits. Over time, she began collecting the small pieces of cloth, and after a month, she handed the accumulated waste over to the PRAWAH team.

Today, in 2024, Deveswari's commitment to this practice has become her second nature. What once seemed like an unnecessary effort, now brings her a deep sense of pride, knowing that she is contributing in her own way to the preservation of the environment.

Despite the occasional remarks from others, Deveswari remains steadfast in her commitment. She is proud of the changes she has made and the positive impact it has on the environment.

She is grateful to PRAWAH team and their efforts through the PRAWAH Panther, for their ongoing mission to protect Devbhoomi.





Empowering the next generation: Celebrating International Youth Day with the Adolescent Girls Group

The Adolescent Girls Group actively celebrated "International Youth Day" on August 12th, emphasising the empowerment of adolescents to recognize and embrace their crucial role in development—whether within their households, villages, society, or the nation as a whole. The activities highlighted the importance of International Youth Day, particularly within the Indian context. The girls were introduced to the teachings and ideals of Swami Vivekananda, a spiritual leader who firmly believed in the potential of youth. Inspired by his famous exhortation, "Arise, Awake, and stop not till the goal is reached," the program encouraged the girls to internalise these principles and apply them practically in their daily lives.

To enrich their understanding, the girls were introduced to the "Role of Youth" through our pamphlet, Inspirational Stories of the Youth, which highlighted the diverse contributions of young people in areas such as independence movements, the economy, politics, administration, and sports. This resource was presented in an engaging and interactive manner, making history and contemporary achievements relatable and inspiring.

During group activities, the girls participated in role plays like Bhagat Singh: Our Hero, allowing them

to connect with historical figures and appreciate their contributions to the nation at a young age. Additionally, they were encouraged to unleash their creativity by designing posters, crafting slogans, and writing essays on The Role of Youth in Disaster Management. These creative works were shared on digital platforms as part of a campaign aimed at raising awareness about the critical role of youth as first responders, particularly in disaster-prone areas like the remote villages of Uttarakhand. These activities were designed not only to educate but to prepare the girls for future challenges, instilling a strong sense of responsibility and readiness to contribute effectively to their communities.

As part of the International Youth Day celebrations, a webinar titled Youth Activeness & Power (Yuva Shakti): Changing the World One Step at a Time was conducted by Shri. Dev Bahuguna and Professor Kedar Kandi. The session emphasised how adolescent girls, as they grow into young adults, can harness their energy and enthusiasm to drive positive change in their communities and beyond.





Celebrating dedication: Sewa International honoured for outstanding health initiatives

On August 10, 2024, Sewa International was honoured during a two-day fair organised by the Shaheed Smriti Mela Samiti at Benital, Chamoli District. This local fair has been held annually for the past 10 years, commemorating the well-known activist Baba Mohan Uttarakhandi, who also played a key role in advocating for Gairsain as the capital of Uttarakhand and actively participated in the movement. This year, Sewa International received recognition for its exceptional contributions to the health sector through initiatives like Sewa Aarogyam, the Adolescent Health Program, and various health awareness campaigns that have been running for the last five years in Block Karnaprayag. The honour, which included mementos and a shawl, was accepted on behalf of Sewa International's team members by Meena Thapliyal and Sangeeta Rawat.

Sewa Aarogyam has been pivotal in bringing healthcare to the most remote areas through its Mobile Health Van. A professional team of doctors, technicians, and pharmacists ensures that even those in isolated regions receive essential medical services, including general practitioner consultations, pathology tests, radiology, cardiology tests, gynecologist consultations (ANC/PNC), and free medicines. These services, along with awareness on preventive and curative measures, have significantly

contributed to the overall well-being of the community. The program was also recognised with the SDG Goalkeeper Award in 2022 under Sustainable Development Goal 3, "Good Health and Well-Being," by the state's honourable Chief Minister, Shri Pushkar Singh Dhama.

Additionally, the Adolescent Health Program focuses on the holistic development of young individuals, providing informal education and knowledge-sharing sessions that empower them to lead healthier and more informed lives. These initiatives underscore Sewa International's commitment to improving the quality of life in Uttarakhand.



Tripura Flood

A Tragic Turmoil

Tripura has been devastated by relentless and unprecedented rainfall throughout August 2024, affecting all eight districts and bringing the state to its knees. The entire region is under a state of emergency as the torrential downpours have left a trail of destruction, causing widespread devastation and despair. Rivers in these districts are overflowing beyond their danger marks, putting countless lives at risk and displacing communities.

The disaster has claimed 26 lives, with over 1.7 million people, or more than 40% of the state's population, forced to flee their homes. Both urban and rural areas, along with numerous major highways, have been submerged under the relentless waters. Crops have been destroyed, homes swept away, and vital infrastructure has been severely damaged across all districts, plunging the state into chaos and uncertainty.

DONATE NOW



Scan here
to read
more and
donate for
the cause



Let us stand together in solidarity, extend our helping hands, and work tirelessly to bring hope and relief to those affected by this overwhelming disaster.



*Together, we've sketched stories of change,
etching hope into hearts. We want to express
our sincere gratitude for your continued support
and readership.*



Follow us on



Subscribe our newsletter on
www.sewainternational.org

Published by:

Sewa International
First Floor, Plot 8,
Site 11, Near SD Public School,
West Patel Nagar, New Delhi - 110008