

April 2024



Sewa Sandesh

A Month of Raising Awareness



Editors Note

Namaskar,

The intertwined relationship of Social Awareness and Emotional Intelligence

In today's fast-paced world, the need for social awareness is more critical than ever. It serves as the foundation for building a community that is informed, empathetic, and just. Social awareness involves recognizing and understanding the feelings, needs, and concerns of others. This level of awareness is essential for fostering relationships, building trust, and creating a cohesive community. When individuals are socially aware, they can respond more effectively to the needs of those around them, leading to a more harmonious society. Moreover, in an era marked by diversity and multiculturalism, social awareness becomes indispensable in promoting inclusivity and understanding across different societal groups. It empowers individuals to navigate complex social landscapes with empathy and sensitivity, fostering a sense of belonging and unity amidst diversity. For example, an individual who is aware of the educational gap in India, can actively work to improve the situation while raising awareness among others about this critical issue.

Emotional intelligence, on the other hand, refers to the ability to manage and understand emotions of others as well as self. It includes self-awareness, self-regulation, motivation, empathy, and social skills. Social awareness is a critical component of emotional intelligence, emphasising the importance of understanding and connecting with others on an emotional level. When individuals possess high emotional intelligence, they are adept at managing their own emotions and capable of empathising with the feelings of others. This empathy forms the basis of strong interpersonal relationships and effective communication, enabling individuals to navigate conflicts with grace and resolve disputes amicably. For example, a person with heightened emotional intelligence regarding the educational gap can effectively contribute to addressing this issue. Not only can this person work effectively, rather can indulge in disseminating awareness to others. Moreover, emotional intelligence equips individuals with the resilience and adaptability needed to thrive in today's rapidly changing world, enabling them to bounce back from setbacks and persevere in the face of adversity.

The intertwined relationship between social awareness and emotional intelligence creates a powerful force for change. When individuals are socially aware and emotionally intelligent, they are more likely to foster meaningful change in the society. This, in turn, leads to a community that is more responsive to the needs of its members and better equipped to address social issues. By promoting empathy, understanding, and collaboration, this synergy between social awareness and emotional intelligence lays the groundwork for a more compassionate and equitable society. It empowers individuals to become agents of positive change, inspiring others to join in collective efforts towards social justice and inclusive growth. Consider, for instance, a grassroots movement led by individuals with high social awareness and emotional intelligence, who mobilize communities to advocate for environmental conservation and sustainable practices, resulting in tangible improvements in local ecosystems and quality of life.

This month's edition of Sewa Sandesh also focuses on all the awareness related initiatives undertaken by Sewa International, in order to create a more self-aware society. Together, let us embark on this journey of enlightenment and transformation, as we work towards building a more just, empathetic, and socially conscious society.

Let's dive together and engage in the engraving tales of creating awareness in the society.

Dhanyawaad!





Empowering Women, Transforming Society

Sewa's Journey in Jharkhand

Women are the backbone of any prosperous society, and their empowerment is key to driving lasting progress. Without their active involvement and leadership, a thriving community is merely a dream. Recognising their potential, for the past eight months, Sewa SHE team has been tirelessly working in the Gumla district of Jharkhand, dedicated towards empowering women and girls, thus transforming lives and fostering hope amongst the community. To ensure a great impact, the team strategically chose 15 village clusters to implement interventions focused on health, hygiene, education, and skill development. Working closely with volunteers, school management, village panchayats, and the Block Education Officer, we set our sights on making meaningful changes.

Our journey began with addressing the most basic needs: sanitation. In the first phase, we identified and collaborated with eight schools within these clusters, constructing 32 new toilets that directly benefited 3,477 children. This simple yet vital step not only improved hygiene but also contributed to a safer and more inclusive learning environment. Beyond infrastructure, we recognized the importance of menstrual health and hygiene education.

Our team organised menstrual awareness camps and distributed reusable sanitary napkin kits to more than 500 adolescent girls.

These efforts helped break the stigma surrounding menstruation and empowered young women to take control of their health and well-being.

To promote mental wellness and physical confidence, we also hosted 14-day yoga and self-defence workshops in the schools. This unique approach fostered resilience and provided the tools needed for holistic development. But our commitment to empowerment didn't stop there. We understood that sustainable livelihoods play a key role in empowering women. Therefore, we offered skill development training in tailoring, bamboo weaving, and art, reaching over 80 women in these villages. Through close collaboration with village panchayats and local retailers, we established market linkages, enabling these women to earn a sustainable income from their newly acquired skills.

Together, we are making a lasting impact, transforming not just individual lives but entire communities.



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Paramount Award

A moment of pride for all of us!

Sewa International feels ecstatic to share that we have been recognised and awarded for our humanitarian endeavours in the social and development field. The award was presented to us by none other than the esteemed actor Sonu Sood, adding a touch of social presence to the memorable occasion.

Sewa International would like to extend our heartfelt thanks to Paramount Software Company for acknowledging and recognising our efforts, thus bestowing upon us this prestigious honour. It's a true privilege to be recognized for our dedication to serving the community, and we are deeply humbled by this gesture.

This award is not just a trophy; it's a source of inspiration that motivates us to continue our work with unwavering commitment and compassion. We look forward to carrying on our mission to make a positive impact in the lives of those we serve.

We are profoundly grateful to everyone who has stood by us throughout this journey, offering their unwavering support and encouragement.



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Ananya's Story: A Journey of Dreams and Resilience

When asked, what do you want to do when you grow up, Ananya asserts with ambition, *"I want to become a neurosurgeon or an artificial intelligence engineer."* Her dreams are bigger and her determination is even bigger.

To fulfil dreams of many more students like Ananya, Sewa International's Sponsor a Child program works tirelessly every day to turn the aspirations of underprivileged children into reality. Ananya comes from a family of four, with her parents and an elder sister. When asked about her family, she asserted,

"My father works as a milkman in cattle farming and my mother works as a maid, while suffering from severe back pain. My elder sister is pursuing B.Com with support from neighbours and grandparents."

Despite these challenges, Ananya has excelled academically, securing 96% in her SSLC exams and 94% in PUC (Science PCMB). She is also preparing for competitive exams like CET and NEET from home, as her family financial constraints prevent her from joining extra classes.

However, she doesn't let these hurdles stop her, rather she receives guidance from friends who attend such classes, demonstrating her resourcefulness and dedication.

Ananya expresses gratitude for the support provided by Sewa International, which has eventually lightened her family's financial burden. By understanding the impact that the program has had on her future, she dreams of giving back to her community by opening a hospital in her village to offer free medical treatment to the elderly. She also wishes to support other children's education in future, ensuring they have the same opportunities that she had. Her family is immensely proud of her achievements, and they share in her gratitude for Sewa International's assistance.

We hope that the support and encouragement Ananya receives from Sewa International's Sponsor a Child program helps her turn her dreams into reality, offering hope and inspiration to everyone around her.





School Crisis Orientation and Disaster Education (SCODE) Training

Shifting Gears: Empowering Students with Disaster Preparedness

According to the report by the World Meteorological Organisation (WMO), Asia bore the brunt of the world's disasters in 2023, with 79 events linked to extreme weather, affecting over nine million people in the region.

But the question is what sustainable actions can we implement in the face of such challenges?

Disaster Preparedness is the answer to this question.

Disaster Preparedness plays a crucial role in not only safeguarding lives of many people, but also helps equipping the individuals to aid other individuals during the times of emergency. Sewa International has been dedicated towards providing relief to disaster affected areas. However, with time evolving, a crucial paradigm shift has emerged. This shift identifies the need of transitioning from post-disaster relief efforts to proactive pre-preparation of individuals residing in disaster-prone areas. This phenomenon has demonstrated its effectiveness in empowering communities to anticipate and mitigate the impact of potential disasters.

With 25 years of on-the-ground experience in disaster management, Sewa International's flagship program, SCODE, stands tall as it endeavours to equip communities for any disaster.

SCODE Training Highlights:

- Schools outreached in Delhi NCR- 11
- Total students participated: 639
- Teachers participated: 32
- Training interns & volunteer: 14
- Resource person: 4
- Location: Noida, Greater Noida, Gurugram & Delhi

Training Activities:

1. Introduced Scode & sewa
2. Ice-breaking activities
3. Session on Disaster & Types of Disaster
4. Session on Fire safety
5. Session on Road safety
6. Rescue response practical
 - A. Stacher making
 - B. First aid
 - C. CPR training

By introducing such interventions, Sewa International continues its efforts in serving humanity during the times of crisis.



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Innovation and Creativity

Empowering Minds to Shape the Future

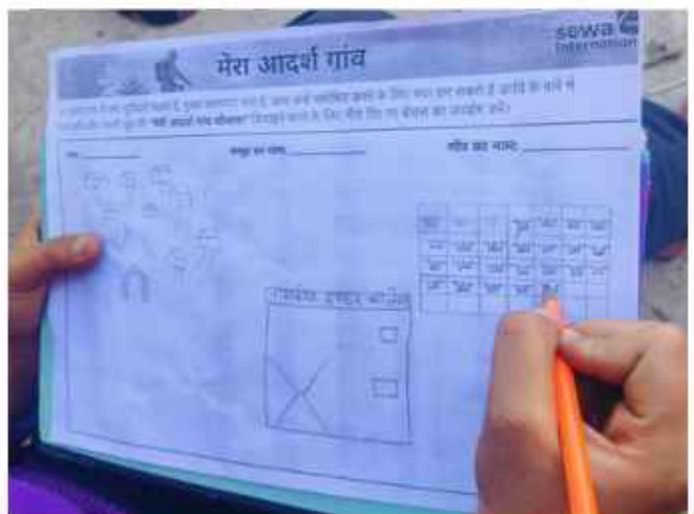
In today's world, youthful imagination holds immense power. Children, unbounded by the limitations of reality, possess a unique ability to envision new and perfect worlds, offering varied perspectives and innovative solutions. Consequently, making children the true catalysts of change, capable of shaping the future with their creativity and innovation. Recognising this potential, Sewa International decided to empower young adolescent girls in Uttarakhand, to harness their creativity and develop problem-solving skills. In observance of International Creativity & Innovation Day, we dedicated this month to nurturing the innovative spirit in 80 adolescent girls groups, covering 1200+ adolescent girls across Chamoli and Rudrapur districts of Uttarakhand.

Through this initiative, our focus was to instil creative mindsets and problem-solving abilities among adolescent girls through various activities and informative materials. One such effective tool was the awareness handout titled 'Power of Idea, Creativity & Innovation' featuring government schemes, initiatives, and inspiring tales of young innovators from across India. Another engaging activity where we engaged them, was to formulate & design "MY IDEAL VILLAGE PLAN" to envision the facilities they desired after identification of pressing issues in their communities, while brainstorming actionable solutions.

These activities were designed to challenge conventional thinking and foster a deeper understanding of societal change. By encouraging girls to think beyond the status quo, Sewa International aimed to cultivate a generation of innovative thinkers poised to tackle the world's challenges.

In order to celebrate the International Creativity & Innovation Day, an exclusive webinar titled 'Power of Ideas: Making Ideas Come to Life' was conducted by Ms. Nachiketa. This engaging session brought a ray of inspiration for our adolescent girls group, offering practical insights on transforming ideas into reality. The event brought together a diverse group of young women from across the state of Uttarakhand, eager to explore their creative potential.

Through initiatives like this, Sewa International continues to foster an environment where creativity and innovation can flourish. By empowering adolescent girls with the tools to think creatively and solve problems, Sewa paves the way for future innovators, creators and solution-makers for Bharat.





When Education meets Experience

Shifting Gears: Empowering Students with Disaster Preparedness

Sewa International's Corporate Volunteering program is designed to engage with volunteers from the corporate sector and connect them with various beneficiary groups through meaningful activities. One of our recent initiatives, in collaboration with Technip FMC Corporate, took this approach to new heights by organising an educational trip for 92 school students to a science museum in New Delhi.

This trip to the science museum sparked the curiosity of the students, opening their eyes to the wonders of science and innovation. Through hands-on exhibits and interactive demonstrations, the children gained insights into the world of science, encouraging a passion for learning and creativity. This experience aimed to lay a strong foundation for their lifelong learning journey, contributing to their holistic development.

We couldn't have done it without the incredible support of Technip FMC and their team of 40 corporate volunteers. Additionally, 6 teachers also participated in the collaboration, to support this endeavour. Their enthusiasm and dedication played a pivotal role in making this trip a memorable and enriching experience for the students.

The volunteers not only helped guide the students through the museum, but they also shared their knowledge and personal experiences, further inspiring the next generation of thinkers and innovators.

It's collaborations like these that allow us to create meaningful impact and bring joy to the lives of the beneficiaries we serve. Through the corporate volunteering program, we aim to continue building bridges between corporations and communities, fostering a sense of shared purpose and promoting social good.



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



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Published by:

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