

September , 2024



Sewa Sandesh

September: A Month of Smiles, Sustainability and Shared Responsibility



Editors Note

Namaskar,

As we enter September, a month that inspires reflection and action, we are reminded of the timeless Indian philosophy of Vasudhaiva Kutumbakam—the belief that the world is one family. This idea, rooted in Indian wisdom, speaks to the heart of sustainability and shared responsibility, urging us to act with compassion and unity. Today, these values resonate more than ever as we face global challenges like climate change, inequality, and disaster preparedness. Sustainability and shared responsibility are not just ideals—they are calls to collective action, essential for building a self-reliant Bharat.

Every action we take, however small, is interconnected. Whether planting trees or equipping communities with life-saving skills, each effort contributes to a greater collective force. At Sewa International, our projects reflect this philosophy. Each initiative is a step toward empowering communities and fostering resilience, ultimately contributing to a stronger, self-sustaining nation.

- ***Resilience through Preparedness: SCODE in Uttarakhand***

In disaster-prone Uttarakhand, being prepared can mean the difference between life and death. Our School Crisis Orientation and Disaster Education (SCODE) program, which expanded to Almora this month, has trained over 180 students in essential skills like first aid and disaster response. These young individuals are learning to act quickly and effectively in emergencies.

By imparting these skills, we are not only preparing individuals for disasters but also building resilient communities that can stand strong together in times of crisis.

- ***Healthcare for All: Bridging Gaps in Tripura***

Access to healthcare is a basic right, but many remote regions in India lack it. This September, our Mobile Medical Unit (MMU) in Tripura provided essential healthcare to 884 patients across nine camps. These camps are critical in ensuring that even the most underserved populations receive the care they need.

Each patient treated is a step toward a more resilient society, where everyone, regardless of location, has access to healthcare and the ability to thrive.

- ***Empowering Women: Uplifting Communities***

Women are the backbone of any resilient society. Our SHE-CAF initiative in Tangta and Jhalong has empowered over 50 women with skills like tailoring and beauty services, enabling them to gain financial independence.

When women are empowered, entire communities benefit. This initiative highlights how sustainable development begins with uplifting those who form the foundation of our society, creating ripples of positive change.



- *Sustainability in Action: Environmental Stewardship*

Our commitment to environmental sustainability was showcased through a plantation drive at Bhati Mines, Delhi, in collaboration with Rajputana Rifles. Each sapling planted is a step toward combating climate change and restoring ecosystems, ensuring a greener, more sustainable Bharat for future generations.

- *Deepotsav 3.0: Fostering Dialogue*

As part of our shared responsibility, Deepotsav 3.0 will bring together journalists to discuss the unique challenges faced by women and children during crises. These dialogues amplify voices that are often unheard and inspire collective action for change.

A Collective Path Forward

Every initiative—whether in disaster preparedness, healthcare, or environmental protection—underscores the power of shared responsibility. Together, through our collective efforts, we can build a future where sustainability and resilience are not just aspirations but realities for all.

Dhanyawaad!

*R.K Anil
Executive Director
Sewa International*





Preparing Youth for Disaster Resilience: SCODE's Expansion in Uttarakhand

Prevention is better than cure!

It is often said that the best way to stay safe is to be prepared before disaster strikes—and at Sewa International, we firmly believe in this principle. To help communities in Uttarakhand build resilience and stay ready for emergencies, our team introduced the School Crisis Orientation and Disaster Education (SCODE) program in the Chamoli and Rudraprayag districts. This initiative equips school students and local communities with essential knowledge and skills to effectively respond when disaster hits.

This month, we are excited to announce the expansion of SCODE to Almora district, reaching four blocks, over 50 villages, and four schools—impacting the lives of more than 180 students.

Given Uttarakhand's history of natural disasters, fostering disaster preparedness is more crucial than ever. The SCODE program aims to meet this need by teaching students how to understand the state's unique geographical challenges, identify risks, and take swift, informed action during emergencies. The training sessions cover a wide range of skills, from recognizing the differences between crises, hazards, and vulnerabilities to responding quickly and effectively when disaster strikes.

To make learning relatable and impactful, students hear real-life stories about how preparedness and quick thinking can save lives.

They also participate in simulated rescue operations, where they develop teamwork, leadership, and problem-solving skills. Hands-on training, such as CPR, fire safety, and stretcher use with locally available materials, provides them with practical skills they can apply in real-world situations.

Together, we are shaping a generation that is not only prepared to protect themselves but is also empowered to lead their communities through times of crisis. With each training session, we are building a stronger, safer, and more disaster-resilient Uttarakhand.



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Building Trust, One Smile at a Time: A Journey of Connection



Remember to find one thing
each day to smile about....

~ Dr. Sougat Baidya

Sewa International's Mobile Medical Unit (MMU) is a lifeline for those living in some of the most remote and underserved areas. In Tripura, the MMU reaches untouched tribal regions, providing essential medical care that was once out of reach. During one such camp, Dr. Sougat Baidya (volunteer doctor) shared a heartwarming experience that captures the essence of our mission.

The doctor recalled, *"This is 5-year-old Baleha Reang. She came with her father, showing skin lesions and a noticeable loss of appetite. When she stood before me, she was visibly anxious, hiding behind her father. After prescribing her medicine, I gently picked her up and began talking to her. Slowly, she relaxed, smiled, and shared a simple story she had heard from her grandmother."*

This moment beautifully illustrates the compassionate connection our doctors and volunteers form with every individual they meet. At Sewa International, we believe in building trust and forming bonds with the communities we serve.

Every smile, every small act of care, is a step towards empowering these communities and bringing meaningful change.



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out our story](#)





Empowering Change: Uplifting Women, Transforming Communities

Empowered Women, Empowered Nation

Sewa International's SHE (Sanitation, Health, and Empowerment) initiative continues to uplift women and transform lives. Over the past year, the SHE-CAF program has brought tangible change to the remote villages of Tangta and Jhalong, near the India-Bhutan border, by offering skill-based training in beauty, tailoring, and livestock rearing. This initiative has empowered over 50 women in the past year, enabling them to secure employment in West Bengal and southern states, allowing them to financially support their families.

The impact of this program is far-reaching, as the success stories of these women have sparked inspiration across their communities. More women are stepping out of their homes, eager to participate in the training, and embrace new opportunities for growth and independence. Through the unwavering support of our donors, Sewa International is helping these women in India's border regions build self-reliance, and in turn, creating brighter futures for themselves, their families, and their communities.

The women of Tangta stand as a powerful testament to how skill development can uplift not only individual lives but entire communities. We, at Sewa International, strive to continue this effort and bring out changes in the society.





Planting Seeds of Sustainability: Sewa Parivaar's Green Initiative

In collaboration with Rajputana Rifles, Sewa Parivaar volunteers recently took part in a meaningful plantation drive at Bhati Mines, Delhi, advancing efforts toward a more sustainable environment. This initiative is closely aligned with the United Nations' Sustainable Development Goal (SDG) 15: Life on Land, which emphasises the preservation of biodiversity, restoration of ecosystems, and combating climate change.

Each sapling planted is a symbol of hope—a small but powerful step towards protecting natural habitats, enhancing ecological resilience, and addressing pressing global environmental challenges. Through these efforts, we are not just planting trees, but planting seeds for a healthier, more sustainable planet. This initiative also highlights the critical role that community participation plays in environmental stewardship.

Let's commit today to creating lasting ecological benefits for future generations, one tree at a time.



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Let's talk about it!

A Journey Towards Sexual and Reproductive Health Awareness

At Sewa International, we believe that Sexual and Reproductive Health (SRH) is essential for the overall well-being of young individuals. However, in many remote villages of Uttarakhand, adolescents, especially girls, face challenges due to limited access to accurate information. Understanding this, we launched an awareness campaign throughout September, reaching out to 80 Adolescent Girls Groups in these areas.

The initiative aimed to create an open dialogue around SRH, focusing on essential topics such as healthy relationships, self-awareness, and self-management. It began with distributing a pamphlet titled "Taking Charge of Your Health" and engaging the girls in the activity "Our Growing Bodies," where they explored the physical and emotional changes of adolescence through drawings and group discussions.

To further emphasize the importance of positive relationships, a storytelling session opened up conversations on consent, personal boundaries, and maintaining respectful interactions. The girls also participated in an interactive session on safe and unsafe touch, which included videos and hands-on activities, equipping them with the knowledge to identify unsafe situations and respond effectively.

Culminating in a webinar titled "Let's Talk About It," hosted by Dr. Ashwini Patnakar on World Sexual Health Day, the initiative offered a supportive space to break myths and provide accurate information about sexual health.

Through these efforts, Sewa International continues to empower young girls with knowledge, helping them take control of their health and futures.



Dr. Ashwini Patankar



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Bridging Healthcare Gaps: A Journey Towards Well-Being for All

Bringing Healthcare to Those Who Need It Most

The Sewa Aarogyam project is transforming lives by delivering essential medical services to remote and underserved communities. Access to quality healthcare is crucial for overall well-being, and we are dedicated to bridging the gap through our innovative mobile medical unit, ensuring good health for all.

From September 23rd to October 1st, 2024, Sewa International, in collaboration with JK Tyre and Rubber Board, organised special health camps across three districts in Tripura. During this initiative, we conducted a total of nine camps, providing free medical services to 884 patients.

This effort is part of our commitment to achieving Sustainable Development Goal 3, which emphasises that everyone deserves the opportunity to lead a healthy and fulfilling life.

We take pride in making a tangible difference in the lives of those living in rural areas, empowering them to take charge of their health and well-being. Together, we can create a future where quality healthcare is a fundamental right, not a privilege.

Join us in this mission by sharing your support and spreading awareness about this vital initiative. Together, we can ensure that no community is left behind in the pursuit of good health for all.



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Join Us for **Deepotsav 3.0**: A Platform for Dialogue, Discussion, and Dissent

Sewa International is excited to announce the upcoming Deepotsav 3.0—an annual media meet-up that brings together national and international journalists for a powerful dialogue on the role of media in addressing pressing global crises. This year, the focus will be on the unique challenges faced by women and children during these crises and how the media can amplify their stories.

Deepotsav offers a platform for discussion, debate, and dissent, encouraging journalists to share their insights and explore how an "Indianised" perspective—rooted in compassion, empathy, and collective responsibility—can transform the way we address these issues.

We warmly invite you to be a part of this impactful event and contribute to the conversation on how media can drive meaningful change in the world.

[Click here for more details:](#)



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SH. SHYAM PARANDE
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Scan the QR code below to register and join us in this journey.



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*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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