



SEWA SANDESH

न प्रहृष्येत्त्रियं प्राप्य नोद्विजेत्प्राप्य चाप्रियम् ।
स्थिरबुद्धिरसम्मूढो ब्रह्मविद् ब्रह्मणि स्थितः ॥

Namaskar,

Bhagavad Gita emphasises equanimity. Whatever the situation may be, the one who possesses equanimity will surely deal with the circumstances. In the above verse, Sri Krishna advises Arjuna to stop pondering over the dualities of emotions and keep performing his duties.

In contemporary times as well, we find numerous examples where people have consciously or unconsciously lived by similar principles.

Michael Jordan for instance said, 'I've missed more than nine thousand shots. I've lost almost three hundred games. Twenty-six times, I've been trusted to take the game-winning shot and missed. It is improbable that he let his feelings of winning or losing get in the way of his Karma.

Similarly, the path of Sewa can be challenging at times as it doesn't show immediate results. Sometimes it takes a little nudge to keep the juggernaut moving. Other times, even dedicated and persistent efforts may not bring the desired outcomes. However, the journey needs to continue, with perseverance and equanimity.

Accepting our failures humbly is the foremost step toward creating a growth mindset which is rooted in learning and improving. We at Sewa have been seeking learning, unlearning, and relearning as we evolve.

Let our efforts be undeterred in the face of challenges.

Dhanyawaad

Abhishek Kumar
Executive Director
Sewa International



Sangeeta, the beacon of Hope for health in the Himalayas

Two years ago, Sangeeta from Jagfhar, Tehri Garhwal lost her husband. Unfortunately, she didn't get the support she needed from her in-laws. She had to return to her parents during the first wave of COVID-19.

Determined to take care of her ill mother and earn a living, she enrolled herself for free on an advanced home care assistant course at Pradhan Mantri Kaushal Kendra, Tehri. Upon completion of the course, she was able to take care of the COVID patients in her village. She became a household name during the second wave of COVID-19. Now, that the pandemic has subsided, she still goes to serve patients and earn a living.

“Halma”: A practice of community participation

He is known to the world as “Jhabua ke Gandhi” who has devoted his life to the tribals of Jhabua. Mahesh Sharma Ji recalled that when he came here, he used to think differently and tried to implement urban solutions to rural problems.

Gradually, he realised how important it was to listen to the issues rather than putting a template to them.

Sewa International team got a chance to meet Mahesh Sharma regarding Sewa Fellowship. He narrated how people practice community participation (Halma). In case of marriage, cultivation, reaping, tree plantation, etc. the people from the village share labour to make the task easy. It is this zeal that has made Mahesh Ji's dream of working for Jal-Jungle-Zameen (water, forest and land) possible.



200
Students
supported



My dream: Access to quality education

200 students are sure that their education will not hamper due to the adversities life has thrown at them. Our 'Sponsor a Child' initiative's strenuous efforts that the children of poor and marginalized families have got a shot at life. We have opened the applications for children who are orphans, have single parents, parents dealing with a terminal disease, etc. From 6470 applications, it was a mammoth task to sort 200 deserving children who will champion their academics once their tuition fees will be taken care of.

Sewa Fellowship: Nurturing the leaders of tomorrow

Sewa Fellowship has moved with its final 30 candidates to Mumbai for a 24-day boot camp. Delegates and speakers are nurturing the candidates with their sessions on personal development, ideas of development, human and social capital, etc. We are preparing the candidates for all the unforeseen hurdles that will come once they are on the field for 2 years. To get updates on the boot camp, stay tuned to our social media.



Tiranga Yatra: Celebrating Azadi ka Amrit Mahotsav

To celebrate Azadi ka Amrit Mahotsav, people from Uttarakhand participated showing their love for the country. In the Tapovan cluster, the ITBP personnel joined Sewa International in the celebration. In total, over 2000 participants walked the streets of their respective villages with their heads held high, singing the glory of their motherland.

Fish Farmers from Tripura, exposed to advance practices at CIFA, Bhubaneswar



Dr. S.K. Swain, Director ICAR CIFA Bhubaneswar and Dr. GM Siddahai (CIFA) addressed 20 selected farmers for advanced training on fish farming. The training included a fish farm visit and a visit to the fish feed mill to give the farmers real-world experience so they could learn the entire breeding process practically. We are dedicated to delivering and facilitating an integrated model of community development through this program that empowers the beneficiaries. A producer's group meeting was planned with 18 beneficiaries from four paras of Teliamura, Khowai district. Further, field visits were conducted at the household level to check the status of ponds and fingerlings in both districts. We also developed a farmers' data book and oriented the farmers to keep records of every activity related to fish cultivation in their ponds. SBI and ICAR-CIFA are the proud partners of Integrated Fish Farming.



Discussing Menstrual Health: Not a taboo anymore

Answering some of the most challenging questions, we were again amongst the school-going girls. Hesitatingly, they shared society's prejudices and beliefs about periods and found ways to resolve those issues. We conducted menstrual hygiene sessions at three schools in Gurugram, Haryana, with the support of our partner Oracle. Once the session was over, the girls talked about their concerns and shared their personal stories. In the upcoming years, we hope to educate more young girls about menstruation health and empower them.