



## **Sewa Sandesh**

*May: A Month of Meaning,  
Mission & Milestones*

*May, 2026*

# Sewa Sandesh

May: A Month of Meaning, Mission & Milestones

## Editors Note

### Preparing Today for a Better Tomorrow

At Sewa International, we believe that meaningful change is not built overnight- it is created through consistent efforts that prepare individuals and communities for the opportunities and challenges of the future. This month's stories beautifully reflect that spirit of foresight, resilience, and empowerment.

Whether it is equipping students in Uttarakhand with disaster management skills ahead of the monsoon season, providing nutritional support to tuberculosis patients in the Andaman & Nicobar Islands, or empowering women and girls with essential digital security awareness, each initiative is rooted in a common purpose: strengthening communities before challenges arise. These efforts remind us that true service extends beyond responding to needs- it involves preparing people to face the future with confidence and dignity.

The same vision is reflected in our work with young learners. Through the Anubhuti Camp in Telangana, students were exposed to STEM learning, drone technology, innovation, and leadership opportunities that broadened their horizons and inspired them to dream bigger. Upcoming interactions with distinguished leaders and changemakers further reinforce our commitment to nurturing the next generation of responsible and capable citizens.

As we continue to expand healthcare access to remote regions and create platforms for dialogue, learning, and volunteerism, we remain guided by a simple belief: every investment in knowledge, health, preparedness, and human potential today contributes to a stronger nation tomorrow.

I invite you to journey through these stories of service, learning, and transformation. Together, let us continue preparing today for a better tomorrow.

**Dhanyavaad!**



**Jineshlal R.V.**  
Executive Director  
(Sewa International)

## Anubhuti Camp: Igniting Curiosity, Inspiring Innovation

The four-day Anubhuti Camp under the Sponsor a Child (SAC) program concluded successfully in Vikarabad, Telangana, bringing together 68 students for an enriching journey of learning, exploration, and personal growth. Designed to provide holistic development through STEM education, sports, and experiential learning, the camp offered young participants a platform to discover new ideas, build confidence, and nurture their creativity.

A key highlight of the camp was the hands-on drone technology sessions conducted with the support of DRDO volunteers and officials, where students learned drone assembly, flying techniques, and real-world applications in fields such as defence, agriculture, and disaster management. The camp concluded with students proudly showcasing their projects and learnings before distinguished guests, leaving inspired and motivated to dream bigger. Through such initiatives, Sewa International continues to empower young minds and cultivate the innovators and changemakers of tomorrow.



## Nourishing Hope, Strengthening Recovery

Good nutrition is often the first step towards healing. In a significant effort to support tuberculosis patients across the Andaman & Nicobar Islands, Sewa International, with the generous support of Cochin Shipyard, continued its TB Nutrition Kit Distribution Program, bringing care and dignity to affected families.

The initiative was further strengthened by the presence of Hon'ble Member of Parliament Sh. Bishnu Pada Ray, who personally participated in the distribution of nutritional kits to beneficiaries. During the month, 120 nutrition kits were distributed across North, Middle, South, and Inter Islands, including support for newly identified families and continued assistance to existing beneficiaries. With this, the program has reached nearly 20 PHCs and UHCs, distributing a total of 180 nutrition kits to date.

Sewa International remains dedicated to strengthening community health and extending compassionate care to vulnerable communities across the nation.



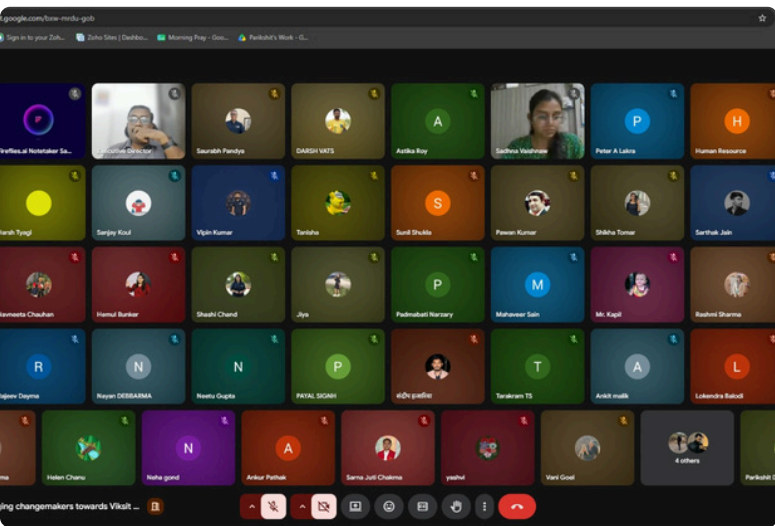
## Preparing Young Minds Before Disaster Strikes

As the monsoon season approaches, preparedness becomes the strongest form of protection. Under the SCODE Project, Sewa International conducted a one-day Disaster Management Training for 50 students at Government Inter College, Melkhet in Dewal Block, Chamoli, equipping them with essential knowledge and practical skills to respond effectively during emergencies.

The interactive session focused on meaningful actions that can save lives during natural disasters and unforeseen crises. By empowering students with awareness and confidence, the initiative aimed to build a culture of resilience within vulnerable communities.

Appreciating the impact of the program, School Principal Mr. Bhupendra Pal expressed his gratitude to Sewa International and encouraged the organization to conduct similar activities in the future. Through initiatives like these, Sewa International continues to strengthen disaster preparedness at the grassroots level, ensuring safer and more resilient communities for the future.





## Sewa Talks: Inspiring Service, Leadership, and Nation Building

Sewa International launched another engaging edition of Sewa Talks—Engaging Changemakers Towards Viksit Bharat, creating a platform for meaningful dialogue on volunteerism, leadership, and national development. The session featured an interaction with an Army Colonel, Sh. Dev Kumar Haridas, offering participants a unique opportunity to hear firsthand experiences of courage, dedication, and service to the nation. There were a total of -- individuals who attended the meeting.

Through inspiring stories and valuable insights, attendees gained a deeper understanding of the spirit of selfless service and the role individuals can play in nation-building. The session served as a powerful reminder that meaningful change begins with committed citizens. Through initiatives like Sewa Talks, Sewa International continues to inspire volunteers and changemakers to contribute towards building a stronger, more compassionate, and developed India.

## SHE Speaks Returns: Empowering Adolescent Girls in the Digital Age

This month marked the resumption of Sewa International’s SHE Speaks webinar series with a timely and impactful session focused on Digital Security, aimed at empowering women and girls to navigate the digital space with confidence and awareness.

The webinar, led by Ms Kanchan Mittal (Counselling Psychologist, Trainer & Speaker), encouraged participation from state teams, field staff, women beneficiaries, and young girls from grassroots communities, creating a platform for learning, discussion, and empowerment. The webinar witnessed a gathering of 200 participants. By addressing critical aspects of online safety, privacy, and responsible digital engagement, the session sought to equip participants with practical knowledge for everyday life.

As technology continues to shape opportunities and challenges alike, initiatives such as SHE Speaks play a vital role in ensuring that women are informed, protected, and empowered. Sewa International remains committed to creating spaces for learning and growth, enabling women and girls to thrive in an increasingly digital world.

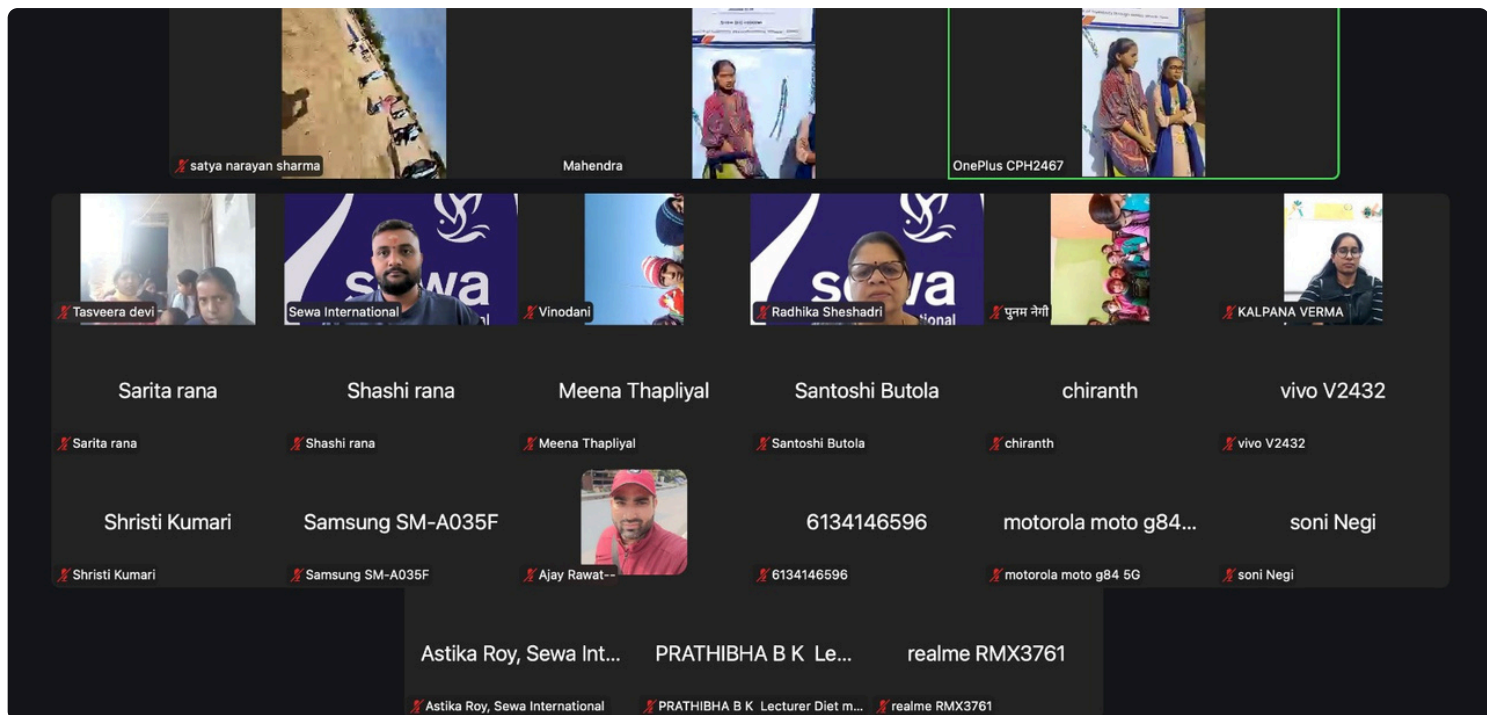
Online Webinar

# SHE Speaks

May Edition

Topic:  
**Digital Safety**

**Ms. Kanchan Mittal**  
(Counselling Psychologist,  
Trainer and Speaker)



# Sponsor A Child

Sewa International's "Sponsor A Child" program stands as a beacon of hope, transforming the lives of underprivileged children through education. Launched in 2011, it has become a cornerstone of our mission, enabling us to uplift communities and drive sustainable change. In a world where financial constraints often hinder education, this program acts as a powerful catalyst for positive change. By sponsoring a child's education, we unlock a world of possibilities, breaking the cycle of poverty and igniting empowerment.



With success stories testifying to the power of collective action, we remain dedicated to our values of empathy, empowerment, and lasting change.

Join us in nurturing hope, education, and opportunities, investing in a brighter world- one child at a time.

## Our Reach

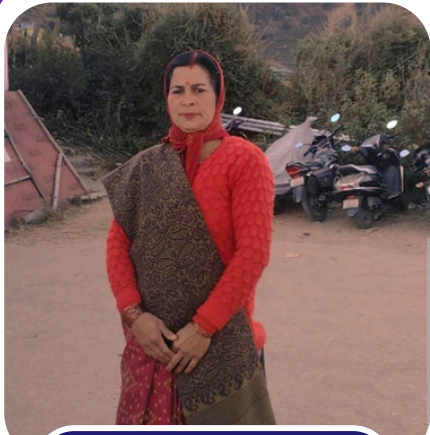
We support 3637 children across 35% of districts in 22 Indian states and 2 Union Territories. 44% of our beneficiaries are female.



Donate Now & make a difference



## Meet Sewa Parivar



**Smt. Poonam Negi**

Cluster Coordinator

### 1. सेवा इंटरनेशनल के साथ मेरी यात्रा (My Journey with Sewa International)

सेवा इंटरनेशनल एक प्रमुख गैर लाभकारी NGO संस्था है जो आपदा राहत महिला सशक्तीकरण कौशल विकास और स्वास्थ्य सेवाओं के क्षेत्र में कार्य करती है यदि सेवा इंटरनेशनल के साथ मेरी यात्रा के तहत इनके सामाजिक कार्यों स्वयं सेवक कार्यक्रमों या उतराखंड रुद्रप्रयाग

(Sewa International is a leading non-profit NGO that works in the areas of disaster relief, women's empowerment, skill development, and healthcare services. Under the theme "My Journey with Sewa International," one may share experiences related to the organization's social initiatives, volunteer programs, or its work in regions such as Rudraprayag, Uttarakhand. The focus can be on personal involvement, learning, memorable experiences, and the impact created through these activities.)

### 2. मेरे लिए 'सेवा' शब्द का क्या अर्थ है (The Meaning of the Word "Sewa")

सेवा शब्द का अर्थ निस्वार्थ भाव से दूसरो की सहायता करना भलाई या अपना योगदान देना यह बदले किसी फल की इच्छा के बीना प्रेम समर्पण के साथ दूसरो या समाज की जरूरतों को पूरा करना भी भावना है

(The word "Sewa" means helping others selflessly, doing good, and contributing to society without expecting anything in return. It is the spirit of serving others with love, compassion, and dedication. Sewa involves fulfilling the needs of individuals and communities with a sense of responsibility, kindness, and commitment, driven not by personal gain but by a genuine desire to make a positive difference.)

### 3. हाल की वह घटना जिसने मुझे खुशी दी (A Recent Incident That Brought Me Joy)

जब से मैं सेवा इंटरनेशनल से जुड़ी हूँ मुझे बहुत कुछ सीखने को मिला और सिखाने को तब से हाल समाज में अपनी पहचान बनाई

(Since joining Sewa International, I have had numerous opportunities to learn and share my knowledge with others. Through my involvement in various activities and initiatives, I have grown personally and gained valuable experiences.)

## Meet Sewa Fellow

### “शिक्षा केवल डिग्री नहीं, समाज परिवर्तन का माध्यम है”

this belief defines the inspiring journey of Sewa Fellow **Payal Singh** from Ara, Bihar.

Payal recognized that while many rural students possess talent and dreams, the lack of guidance, exposure, and skill development often limits their growth. To bridge this gap, she founded the "Unnpath Foundation" and launched the "Shiksha Setu" campaign with the vision of creating confident, aware, and future-ready youth.

Through this initiative, Payal has collaborated with 4 rural schools in Ara and directly reached more than 100 students through workshops and online sessions. Her efforts focus on communication skills, personality development, career awareness, peer learning, and activity-based education that connects learning with culture, creativity, and real-life experiences.

The impact of her work is already creating visible transformation:

- Students who once hesitated to speak are now actively participating in discussions and activities.
- Rural youth are developing confidence, leadership qualities, and career awareness for the first time.
- Many students are now dreaming beyond examinations and aspiring to contribute to their villages and society.
- Learning environments have become more interactive, creative, and engaging through activity-based education.
- Students are beginning to see education not only as a path to jobs, but as a way to create positive social change.

Now, Payal's journey is expanding further through a Climate Education initiative in Madhya Pradesh, aiming to reach 5000 youth through awareness workshops in schools and colleges around the Narmada river belt.

Payal Singh's journey reflects the true spirit of Sewa - where education becomes a bridge between learning, leadership, and lasting community transformation.



**Ms. Payal Singh**

Sewa Fellow  
Batch: 2022-24

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

