

November, 2025



Sewa Sandesh

November: A Month of Nurturing Changes and New Beginnings

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Editors Note

Catalysts of Change: How Initiatives Spark Community Transformation

Namaskar ,

This month, Sewa International's work across the country reminded us that true transformation rarely begins with grand gestures—it begins with small, intentional actions that spark deeper shifts within communities. Each initiative, whether a mobile medical unit reaching the unreached in Tripura, a young girl learning self-defence in Poonch, or a relief kit delivered to a flood-affected family in Bihar, served as a catalyst for change. These actions carry the power to unlock dignity, confidence, and resilience in the lives they touch.

Our interventions in menstrual hygiene, disaster relief, leadership development, and community health collectively demonstrate how a single step—when rooted in empathy and service—can initiate a chain reaction of progress. The fellows beginning their journey at the 'Be and Make' Camp, the adolescent girls receiving reusable pads in Uttarakhand, and the students strengthened through nutritional support in Tripura are all part of this expanding circle of impact.

This edition of Sewa Sandesh celebrates the sparks—small but powerful—that ignite hope and shape long-term transformation across villages, districts, and states. As these ripples of change spread, we are reminded that sustainable community development isn't built in moments of urgency alone, but through consistent, compassionate action.

With gratitude for your continued support, we move forward—committed to being catalysts of positive change, wherever the need calls.

Dhanyawaad!



Jineshlal R.V.
Executive Director
Sewa International



Mobile Medical Unit Inaugurated to Serve Remote Communities in Tripura

A significant milestone in accessible healthcare was achieved as Sewa International and REC Foundation inaugurated Mobile Medical Unit (MMU) dedicated to serving 72 villages across the Dhalai and South Tripura districts. The initiative was formally launched at Raj Bhawan, Agartala, West Tripura, on 30th November 2025.

The Honourable Governor of Tripura, Shri Indrasena Reddy Nallu, graciously inaugurated and flagged off the Mobile Health Care Unit, symbolizing a new chapter in delivering essential healthcare to remote and underserved communities. The event also witnessed the presence of Shri Shyam Parande (General Secretary and Global Coordinator) and Shri Jineshlal R.V. (Executive Director) from Sewa International and Sh. Narayanan Thirupathy (Independent Director, REC Ltd.), who joined in marking this proud moment.

This Mobile Health Care Unit will regularly travel to far-flung villages, bringing primary medical services to families who have long struggled with limited access. The project stands as a testament to Sewa International's unwavering commitment to bridging healthcare gaps, strengthening community well-being, and ensuring that quality healthcare reaches every doorstep.

Sewa Shakti Saahas Launched in Poonch to Train Girls in Self-Defence and Disaster Preparedness

Sewa International has launched Project Sewa Shakti Saahas in Poonch, an empowering initiative that trains young girls and women in self-defence and basic disaster management. The program, jointly implemented by sewa international with Seva Bharati, Shakti Udghosh Foundation, and MyBharat, commenced with its first training session this week. A special jersey launch event was held at the Taekwondo Hall under the guidance of DYSP Headquarters Neeraj Sharma, and attended by various dignitaries. Scheduled from 26th November to 5th December, the program will train and empower 300 girls with essential safety and resilience skills.

Sewa International will continue creating such empowering spaces for young girls, strengthening communities and serving the nation with commitment.



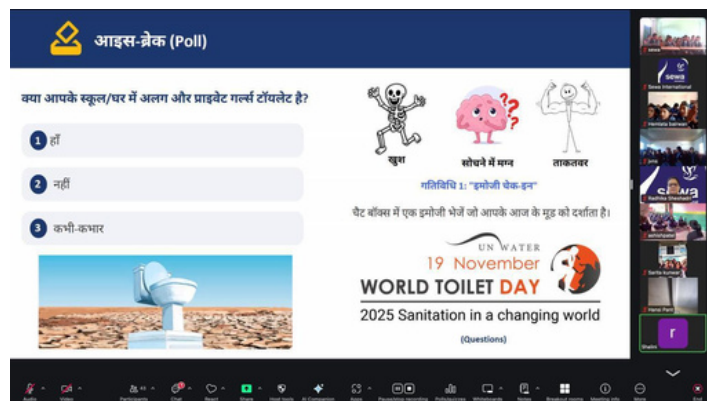
Fellows Experience Grassroots Learning Through Field Visit in Barwani, Madhya Pradesh

To strengthen the fellows' understanding of community engagement, Sewa International organized a two-day field visit to Shemlet village in Barwani district, Madhya Pradesh. Spending two days and one night with Adivasi families, the fellows actively practiced various PRA tools, applying and refining the concepts learned in their classroom sessions. The immersive environment allowed them to observe, engage, and learn from real-life rural experiences. This hands-on exposure became a meaningful opportunity to understand community dynamics more deeply and build genuine connections.

Sewa International will continue creating such experiential learning platforms to nurture committed community leaders dedicated to serving the nation.



SHE Project Marks World Toilet Day with Powerful WASH Interventions Across India



On the occasion of World Toilet Day, Sewa International's SHE Project hosted the 'SHE Speaks' Webinar, bringing together over 180 participants from across the country for an insightful discussion on sanitation, hygiene, and women's empowerment. Alongside the webinar, our teams inaugurated new toilet facilities in Chhattisgarh, Jharkhand, and West Bengal, strengthening WASH infrastructure for thousands of students- especially adolescent girls. Menstrual Hygiene sessions reached 450 young girls, along with the distribution of reusable cloth sanitary napkins to promote safe and sustainable practices. Yoga sessions and 200 yoga mats were provided to encourage student well-being, and self-defence training empowered girls with essential safety skills.

Sewa International will continue championing sanitation, menstrual health, and dignity for every girl, serving communities with commitment and compassion.

Supporting Flood affected Communities in Bihar



In Bihar, thousands of families battling daily hardships due to after effects of flood. Rising to the occasion, Sewa International provided prompt relief across Kosi district, distributing 1,318 ration kits to households grappling with flooded homes and damaged resources.

Our dedicated volunteer network ensured that help reached families most impacted by the disaster, offering assurance and stability at a time of uncertainty. Each ration kit brought not just essentials, but also a message of solidarity and care.

Sewa International continues its mission of compassionate service, standing by communities whenever they need support the most.

Sewa Fellowship Batch 4 Begins Its Journey with the 'Be and Make' Camp at Narmadalaya

Sewa International proudly inaugurated the 4th Batch of the Sewa Fellowship with the launch of the 'Be and Make' Camp at Narmadalaya. This marks the beginning of a transformative journey for the new cohort of 22 fellows as they prepare to become committed grassroots leaders. The inauguration ceremony was graced by esteemed guests including Smt. Bharti Thakur (Founder, Narmadalaya), Sh. Shyam Parande (General Secretary & Global Coordinator, Sewa International), and Sh. Rakesh Mittal (Treasurer, Sewa International), who inspired the fellows as they embarked on this meaningful path.

The camp for 8 days, sets the foundation for their year-long learning, service, and community engagement. This camp also presented new fellows with the immense sessions and training which would help them in the future as young leaders.

Sewa International will continue nurturing youth leaders dedicated to serving society and strengthening the nation.



SHE Project Distributes Reusable Pads to Adolescent Girls Across Uttarakhand

On November 14th, the SHE Project conducted 9 Reusable Pad Distribution Events across 7 blocks and 2 districts of Uttarakhand, reaching 225 adolescent girls with support from Project Bala. Each event engaged 25 participants and included MHM training sessions led by Master Trainers to build awareness on safe menstrual practices. Girls also received reusable sanitary pads along with a live demonstration to encourage sustainable and hygienic usage. Creative BCC activities such as poster-making and slogan-writing further deepened their understanding and participation.

Sewa International remains committed to promoting menstrual health, dignity, and awareness among young girls across the nation.



Sewa International Hosts Two-Day National Workshop to Strengthen Vision and Collaboration



When hearts unite with purpose, transformation becomes inevitable. On November 10–11, the Sewa International family came together for a memorable two-day workshop, bringing regional and national teams under one shared mission. The gathering celebrated key milestones in last 6 months, highlighted inspiring stories of service, and fostered collective learning. Teams also charted an ambitious roadmap for the coming year, strengthening alignment and purpose across programs and regions. This activity was done as part of understanding the progress of months, while charting out the roadmap for upcoming 6 months, thus completing the annual goals of the organisation.

Nutritious Meal Distribution Supports Students in North Tripura



Good nutrition during school years plays a vital role in shaping a child's cognitive development, energy levels, and long-term health. As part of Sewa International's ongoing efforts to strengthen child nutrition in underserved regions, a nutritious meal distribution programme was conducted at Sadhak Ratanmani Seva Sadan School in Anandabazar village, Kanchanpur subdivision, North Tripura. A total of 375 students received balanced meals that support better physical well-being and enhance focus in the classroom. These consistent interventions help reduce nutritional gaps, improve learning outcomes, and build healthier, more resilient communities.

Sewa International will continue supporting child nutrition initiatives to ensure every child has the foundation to thrive and learn.

Umeedo Ki Udaan Reaches New Communities

As the ongoing campaign 'Umeedo Ki Udaan' took flight with two successful distribution drives, bringing hope and educational support to underprivileged children. In Greater Noida, 50 School Educational Empowerment Kits (SEEK) were distributed at the Pathshala run by Chhotu Foundation, followed by 40 kits in Ayodhya with the kind support of Udaan Mitra Shalini Mishra ji. Both events were made possible by the dedication of our volunteers and partners, whose efforts continue to empower young minds and inspire change. The campaign's journey is just beginning—join us as we reach more communities and give wings to every child's dream.

Thank you for all your love and support!



Reaching Flood-Hit Families in Maharashtra



When devastating floods struck parts of Maharashtra, Sewa International stepped forward once again to support families in distress. Through coordinated efforts across the districts of Beed, Dharashiv, and Solapur, our volunteers worked tirelessly to deliver 1,073 ration kits to households severely affected by the calamity.

These essential supplies ensured that families struggling with sudden displacement and loss had immediate relief and food security. Guided by compassion and urgency, Sewa International stood beside the most vulnerable, proving that timely help can bring hope even in the toughest moments.

Sewa International remains committed to extending unwavering support to communities during every crisis.

Humanitarian Appeal for Sri Lanka

In times of crisis, humanity knows no borders. Rooted in compassion and global brotherhood, we stand with Sri Lanka in grief, relief, and recovery.

A Call to the Global Community

A disaster of this scale requires an urgent, collective, and dignified international response.

How Sewa is Responding:



Emergency Medical Assistance



Food & Essential Relief Kits



Temporary Shelter Support



Donate Now



Meet Sewa Parivar



Sh. Pradeep Negi

(District Manager- Chamoli, Uttarakhand)

My Journey with Sewa International

My journey with Sewa International began in May 2017 as the Project In-charge of the Swasthya Sahyogi Sewa under Sewa International's health program. While striving to fulfil Sewa's commitment to delivering basic healthcare services to every household and every individual in the remote, underserved, and marginalised regions of Uttarakhand, I worked through Swasthya Sahyogi Sewa to carry out continuous efforts in multiple areas. These included Sewa Arogyam, telemedicine, and community health initiatives focusing on adolescent health, antenatal and postnatal check-ups for pregnant women, nutrition, anaemia, health awareness, and the overall expansion of medical services. Through multi-speciality health camps, we also ensured that essential services like surgeries reached economically needy patients.

Alongside meeting the goals of these programs, I am currently serving as the District Manager in the border district of Chamoli (Uttarakhand), leading a wide range of multi-dimensional initiatives.

Best Memory with Sewa

Awards and recognitions certainly motivate and encourage us, while also acknowledging our efforts and inspiring us to work with even greater energy, dedication, and sensitivity. In 2022, our flagship program Sewa Arogyam was honored with the SDG 3 Goalkeeper Award- the highest recognition in the health sector by UNDP and the Government of Uttarakhand.

Receiving this prestigious award from the hands of the Hon'ble Chief Minister of Uttarakhand was a truly proud and unforgettable moment for me. It filled me with immense happiness and reinforced my commitment to continue serving our communities with even stronger resolve.

***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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