sewa International



Sewa Sandesh

October: A Month of Optimism, Opportunity & Outreach

October, 2026

Editors Note



Jineshlal R.V.
Executive Director (Sewa International)

Stronger Together: Partnerships, People and Purpose

Namaskar,

Meaningful change is never the effort of one; it is built when people, communities and institutions come together with a shared purpose. Across the many initiatives undertaken this month, we see this spirit of togetherness shaping lives, strengthening communities and creating pathways to a better future.

From empowering adolescent girls with knowledge about menstrual health and emotional well-being, and equipping teachers to create healthier school environments, to building confidence through self-defence and nurturing foundational learning among children, each effort reflects the power of collective action. Our flood relief efforts remind us of the importance of standing together in times of crisis, while collaborations with government institutions and partners reaffirm that lasting impact is possible when we work towards a common goal.

At Sewa, partnerships are more than collaborations; they are relationships built on trust, shared responsibility and the belief that every individual has the potential to bring about change. Whether it is a teacher guiding a young girl, a volunteer reaching a family in need, or an organisation joining hands to address a community challenge, every contribution becomes part of something greater.

As we continue this journey, let us celebrate the people behind every initiative, the partnerships that make our work stronger, and the purpose that brings us together. Because when people unite with compassion and commitment, we do more than serve communities- we build the strength to transform them.

Together, we are stronger. Together, we create lasting change.

DEEPOTSAV 2026: BEYOND HEADLINES, CONVERSATIONS THAT MATTER

When voices come together, meaningful conversations spark change. The Fifth Edition of Deepotsav 2026 brought together over 190 journalists, academicians and distinguished guests at India Habitat Centre, New Delhi, on 31 October, around the theme **"India, Diaspora & Disaster Management."**

The gathering featured eminent author and historian **Mr. Chandrachur Ghose ji** and senior journalist **Ms. Manogya Loiwal ji,** Executive Editor and Anchor at NDTV, who shared valuable perspectives on the role of media and India's global engagement in disaster management.

Deepotsav 2026 was a celebration of dialogue, collaboration and the power of informed voices. Together, we continue to build conversations that inspire action and strengthen resilience.









PROJECT SATHI: STRONGER SYSTEMS, HEALTHIER FUTURES

Lasting change begins when systems come together with a shared purpose. Sewa International, in collaboration with the National Health Mission, organised a Convergence & Quality Improvement Workshop in Duggada, Pauri Garhwal, bringing together 30 health workers and medical professionals to strengthen adolescent health services.

Guided by screening data and community insights, the workshop focused on improving referral pathways, aligning roles and strengthening coordination to ensure adolescent girls receive timely care through government health services.

With every partnership strengthened, Project SATHI moves closer to building a future where every girl can thrive in good health. Supported by the Vandana & Vivek Sharma Family Foundation, this effort reflects the enduring spirit of Sewa- strengthening systems for lasting impact.

PROJECT SATHI: CELEBRATING CREATIVITY, INSPIRING SELF-RELIANCE

This Karwa Chauth, young hands turned creativity into opportunity! Schoolgirls from Project SATHI celebrated Mehndi Utsav in Kotdwar, Uttarakhand, setting up two mehndi stalls at Arya Kanya School and Lakshmi Wedding Point.

With their artistic skills and entrepreneurial spirit, the girls collectively generated **₹13,000,** gaining valuable hands-on experience in teamwork, financial management and enterprise.

More than a festive celebration, the initiative was a step towards confidence, creativity and self-reliance—where every skill became an opportunity to shine.





BIHAR FLOOD RELIEF: EXTENDING HOPE, ONE FAMILY AT A TIME

In times of uncertainty, every helping hand brings hope closer. On the fourth day of its Bihar Flood Relief Programme, Sewa International, in collaboration with Kotak Mahindra, distributed another **1,000 relief kits** to flood-affected families in Bhagalpur district.

The Government of Bihar acknowledged Sewa International's humanitarian initiative to distribute **4,000 ration kits** across five districts, extending its permission and best wishes for the effort.

With every kit reaching a family, the spirit of Sewa continues to stand strong—bringing relief, reassurance and hope to communities navigating difficult times.



SEWA SHAKTI SAAHAS: EMPOWERING GIRLS, BUILDING RESILIENCE

Confidence, courage and preparedness are essential steps towards empowerment. Sewa International's Sewa Shakti Saahas initiative concluded its training programme in Kargil, Ladakh, with a certificate distribution ceremony on 27 October 2026, recognising over 100 girls who completed self-defence and basic disaster management training.

Launched with a target of training 300 girls and women across border regions of Jammu & Kashmir and Ladakh, the initiative has successfully surpassed its goal, reaching **325 participants** through training in self-defence, disaster management and leadership skills. Every trained girl carries forward more than a certificate- she carries the confidence to face challenges and the courage to lead.

SEWA INTERNATIONAL & BOSCH: BUILDING PARTNERSHIPS FOR GREATER IMPACT

Meaningful change begins with partnerships rooted in a shared vision. On 22 October 2026, Sewa International signed a Memorandum of Understanding (MoU) with BOSCH, marking a new step towards strengthening collaborative efforts in social impact and community development.

As two organisations come together with a shared commitment to serve communities, this partnership opens doors to new possibilities and a greater collective impact.

Together, we move forward with the spirit of Sewa, turning shared purpose into meaningful action.

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CELEBRATING THE SPIRIT OF WOMANHOOD: NAVRATRI AT PRAGYA NIKETAN

Festivals become even more special when celebrated together! This Navratri, adolescent girls at Pragya Niketan, a Sewa International initiative, came together to celebrate devotion, joy and the spirit of womanhood through the vibrant rhythms of Garba.

Amidst music, dance and festive cheer, the celebration became a beautiful expression of togetherness, confidence and cultural connection.

A celebration of tradition, joy and the strength that shines within every girl!



MENSTRUAL HEALTH & DIGNITY: REACHING WOMEN WHERE IT MATTERS

Awareness is the first step towards breaking barriers and building confidence. On 12 October 2026, Sewa International organised a Menstrual Health Awareness Session in Baladia village, Gujarat, engaging 32 female migrant workers from North Gujarat.

The session encouraged open conversations around menstruation, addressed common myths and misconceptions, and highlighted the importance of safe menstrual hygiene practices. To further support their well-being, **32 menstrual hygiene kits** were distributed among the participants.

Through awareness, access and compassionate outreach, Sewa International continues to create spaces where every woman can embrace her health with knowledge, confidence and dignity.

PROJECT SATHI: FROM ASSESSMENT TO ACTION, BUILDING STRONGER FOUNDATIONS

Every learning journey begins with understanding where a child stands. Under the Education Support Vertical of Project SATHI, Sewa International assessed **860 students** from Classes 6–8 across 10 schools in Dugadda Block, Pauri Garhwal, to understand their foundational learning levels in English, Hindi and Mathematics.

The assessment revealed that 49% of students were at foundational Levels 0–1, highlighting the need for focused learning support. In response, 10 School Volunteers have begun conducting Foundational Literacy and Numeracy (FLN) sessions for students through a 250-session Bridge Curriculum.

From recognising letters to reading, writing and expressing themselves with confidence, every step brings students closer to unlocking their potential.





SHE: Leading the way to a cleaner & healthier tomorrow through formation of WASH clubs

A 25-member student-led WASH club across 3 schools- 2 in Uttarakhand & 1 in Rajasthan were formed, engaging a total of 75 boys, girls and teachers. Supported fully by school leadership, these newly established WASH clubs bring students and teachers together to champion vital water, sanitation, and hygiene initiatives in their respective schools, spearheading daily cleanliness campaigns to drive a lasting, localized change in creating a healthier school environment.



SHE CLUBS: MERA MANN, MERI TAQAT – BUILDING EMOTIONAL STRENGTH

A healthy mind is just as important as a healthy body. Marking World Mental Health Day, Sewa International's SHE Clubs conducted interactive sessions across 92 clubs in Chamoli and Rudraprayag districts, reaching 923 adolescent girls.

Through storytelling, role plays and engaging activities, the girls explored the importance of understanding emotions, recognising stress and developing healthy coping mechanisms. They also learned about available support systems, helplines and the importance of reaching out to trusted people when feeling overwhelmed.

By creating safe spaces for conversations, SHE Clubs are helping girls build emotional resilience and the confidence to care for their mental well-being.

Because understanding our emotions is the first step towards finding our strength.

SHE: EMPOWERING TEACHERS, CREATING HEALTHIER SCHOOLS

A supportive school environment can make all the difference in a girl's journey towards health, confidence and dignity. Under the SHE Project, Sewa International organised a one-day Training of Trainers (ToT) on Menstrual Hygiene Management (MHM) and WASH in Schools in Yamkeshwar, Uttarakhand, bringing together 20 participants, including teachers and frontline health workers.

The training equipped teachers with the knowledge and confidence to address menstrual health, break myths and stigma, promote personal hygiene and create safer, girl-friendly school environments.

By empowering those who guide and nurture young minds, SHE is helping build schools where every girl can learn and grow with dignity and confidence.





SHE: BREAKING BARRIERS, BUILDING CONFIDENCE

Every girl deserves the knowledge and confidence to embrace her health with dignity. Sewa International conducted Menstrual Hygiene Management (MHM) awareness sessions across three schools in Mane, Kibber and Chamba, Himachal Pradesh, reaching around 100 adolescent girls.

Through interactive workbook activities, engaging puzzles and pre-assessments, the sessions encouraged learning and open conversations around menstrual health. SHE Flow Kits were also distributed to promote safe and sustainable hygiene practices.

With awareness comes confidence, and with confidence, every girl can take charge of her well-being.

SHE: KNOWLEDGE, CONFIDENCE & DIGNITY FOR EVERY GIRL

When girls are equipped with the right knowledge and resources, they take confident steps towards better health. Under Sewa International's SHE Project, Menstrual Hygiene Management (MHM) awareness sessions were conducted across three schools in Ghordi Block, Udhampur, Jammu & Kashmir, reaching around 200 adolescent girls.

Through interactive MHM workbooks, SHE Flow Kit distribution and the formation of WASH Clubs, the initiative encouraged healthy hygiene practices, peer learning and open conversations around menstrual health.

Because every girl deserves to grow with knowledge, confidence and dignity.





SWACHH BHARAT MISSION: SMALL ACTIONS, A GREENER TOMORROW

A cleaner environment begins with a collective sense of responsibility. Under the MMU Sanjeevani – SBI Foundation Project, Sewa International organised a Swachh Bharat Mission at Maha Union School, Chandel, Manipur, engaging 220 students and school staff in promoting cleanliness and environmental awareness.

The initiative included a cleanliness drive across the school campus, distribution of dustbins and soap to encourage hygiene practices, and a tree plantation drive to nurture environmental responsibility.

Through these simple yet meaningful actions, students are encouraged to become changemakers in their communities, taking forward the spirit of a cleaner, greener and healthier India.





Meet Sewa Parivaar



My Journey with Sewa International

My journey with Sewa International since Nov 2022 has been both a path of learning as well as rooting myself in the Indian traditions and values. As part of the Program Team, it has been a satisfactory experience to contribute to the key process of grant applications, while appreciating the finer aspects of Program Implementation in diverse domains.

– Peter A Lakra
Lead - Grant Writing

What does the word 'Seva' mean to me?

Sewa International holds aloft the tenet of Vasudev Kutumbakam 'the world is one family'. Thus to me Sewa fulfils and completes our own humanness and existence. It answers to our goal, meaning and purpose in life. To serve means to restore hope, faith and love,

A Recent Experience That Brought Me Joy

Recently I had the opportunity to visit Pragya Niketan, a Centre for Adolescent Girl Students in remote Rajasthan. During an interactive session a few girls presented the traditional Ghoomar dance. We joined with a movie dance where I feared a cultural gap, instead we were met with the loudest cheers. It was a real joy to see the girls so enthusiastic, confident and brimming with potential, the project aiming to nurture the same.

Meet Sewa Fellow



Ashish Rajendra Deshmukh
Sewa Fellow (Batch 3)

From a Sewa Fellow to Building the Next Generation of Rural Leaders

Some journeys are not just about personal growth; they are about creating opportunities for others.

Meet Ashish Rajendra Deshmukh, originally from Nashik, Maharashtra, and a Sewa Fellowship Batch 2023–25 alumnus.

An engineer by education, Ashish's interest in rural development grew through his experiences during his academic years and his involvement in social activities. His journey took him from Nashik to the remote villages of Dhalai district in Tripura, where he worked with the Eklavya Foundation under the Longtharai Integrated Livelihood Development Project (LILDP).

During his fellowship, Ashish worked closely with tribal communities, focusing on improving livelihoods through horticulture, fruit farming, modern agricultural practices and village-level development activities. He also worked with Gram Vikas Samitis to encourage community participation and support better livelihood opportunities for rural families.

But his journey did not stop with his fellowship.

Today, Ashish is taking his experience a step further. He is serving as a Program Officer at Jan Kalyan Sansthan, contributing to the Shashwat Vikas Evam Ajivika Sudhar Yojana (SHVAS Fellowship).

Through this initiative, he is working with young people across Maharashtra, Madhya Pradesh and Gujarat, supporting their leadership development and encouraging them to take an active role in rural, tribal and livelihood development.

From being a fellow who worked closely with communities to now helping run a fellowship that works with young people at the grassroots level, Ashish's journey reflects how learning and experience can grow into opportunities for others.

His story is a reminder that a fellowship is not just about what one learns during the programme, but also about what one goes on to create and contribute afterwards.

At Sewa International, we are proud to see our alumni taking forward the spirit of grassroots leadership and creating opportunities for the next generation of changemakers.

From a Sewa Fellow to nurturing future grassroots leaders Ashish's journey continues!

Sewa Sandesh

October, 2026

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:
Sewa International
First Floor, Plot 8,
Site 11, Near SD Public School,
West Patel Nagar, New Delhi - 110008