



Sewa Sandesh

September: A Month of Solidarity,
Support and Sewa

September, 2026

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September: A Month of Solidarity, Support and Seva

Editors Note

Sewa in Action: Reaching, Empowering, Transforming

Namaskar,

Sewa is not just about responding to a need; it is about standing with communities through every step of their journey. This month, our stories reflect that spirit in action- reaching families during times of disaster, empowering young people and communities with knowledge and skills, and transforming everyday lives through sustained efforts in health, hygiene, nutrition and education.

From relief reaching flood-affected families in Kosi, Kerala and Chitrakoot to health camps in Nepal, and from menstrual health and WASH initiatives to disaster preparedness and leadership programmes, each effort carries the same purpose: to serve with compassion and create meaningful impact.

These stories remind us that change often begins with a simple act of service- a ration kit reaching a family, a girl gaining the confidence to speak about her health, or a young person learning how to respond in a crisis.

This is Sewa in action: reaching where help is needed, empowering people to move forward, and transforming communities, one step at a time.

Jineshlal R.V.

Executive Director (Sewa International)

BE AND MAKE 2.0: LEARNING TO LEAD, CREATING IMPACT

From 31 August to 7 September, Sewa International's Sewa Fellowship team organised the Be and Make 2.0 Camp for batch 4 at Velhe, Pune, bringing together 19 fellows for an immersive learning and leadership experience.

The camp combined practical learning with meaningful conversations and activities, helping fellows strengthen their understanding of project management, leadership and creating impact on the ground. The fellowship batch also came together for an engaging cultural programme, marking the conclusion of the "Learn to Lead" camp.

The camp offered fellows a space to learn, reflect, connect and take forward their journey of creating meaningful change.





Now in its third day, the camp is being held at the temporary tent settlement in Swara Dara Forest, where **187 households** from Betrawati market are currently sheltered across 19 tents. The health camp is bringing essential medical support directly to the disaster-affected community in Bidur Municipality-10.

By taking healthcare closer to families living in temporary shelters, the initiative is helping ensure that displacement does not mean being deprived of essential care when it is needed most.

HEALTHCARE REACHES FAMILIES DISPLACED BY FLOODS: NEPAL FLOOD RELIEF

For families displaced by floods, access to healthcare can become an added challenge during an already difficult time. In response, Sewa International Nepal, in collaboration with the Nepal C.M.A. Association, organised a free health camp for flood-affected families in Nuwakot.



STANDING WITH FAMILIES IN THE KOSI REGION: BIHAR FLOOD RELIEF

When floods disrupt homes, livelihoods and daily life, timely relief can provide families with much-needed support and reassurance. Responding to the situation in the Supaul and Saharsa district in Kosi region, Sewa International reached affected communities with essential relief supplies.

As part of the relief efforts, **1350 families** received ration kits and **2700 ration & relief kits**, containing essential items to support them through the difficult days. Sewa volunteers worked closely with local communities to identify immediate needs and ensure that relief reached families who required support.

The effort reflects Sewa's commitment to standing with communities during times of crisis- bringing essential support where it is needed and helping families take their first steps towards recovery.





STANDING WITH COMMUNITIES IN KERALA: FLOOD RELIEF

When heavy rains and flooding disrupt everyday life, timely support can make a meaningful difference to families navigating uncertainty. As part of its disaster response efforts, Sewa International reached affected communities in Kerala with essential relief supplies.

The relief effort supported 1050 families with ration kits and **1050 relief and utility kits**, providing essential food and household items during a difficult period. Sewa volunteers worked alongside local communities to understand immediate needs and ensure that support reached families requiring assistance.

Through timely relief and community-led action, Sewa International continues to stand with communities during disasters- extending a helping hand today while supporting the journey towards recovery tomorrow.

A HEALTHY PLATE, A STRONGER FUTURE

Healthy habits often begin with simple choices- what we eat, how we care for ourselves, and what we learn along the way. As part of Rashtriya Poshan Maah 2026, Sewa Sathi organised a health and nutrition awareness programme at Atal Utkrisht Government Inter College, Kotdwar, reaching **65 students**.

Through engaging poster-making and quiz competitions on Shri Anna (millets), students explored the nutritional and health benefits of incorporating millets into their diets. **Dr. Ajay Negi**, Medical Officer, Government Hospital Kalalghati, spoke to the students about health and hygiene and encouraged them to make informed and healthier choices. To carry this awareness forward, a Health & Hygiene Club comprising **25 students** was also formed, creating a group of young champions who can encourage healthy practices among their peers.

The initiative turned nutrition awareness into an opportunity for students to learn, participate and inspire one another towards healthier everyday choices.



A VISIT THAT CONNECTED SEWA ACROSS BORDERS

The visit of Sh. Srikanth Ji (President, Sewa International USA), offered an opportunity to connect, learn and reflect on Sewa's growing journey of service across communities and geographies.

During his interaction, Srikanth Ji shared insights from Sewa International USA's work in community service, youth development, family support, education and disaster response. He emphasised the importance of understanding local needs and working alongside communities to create meaningful and sustainable change.

His reflections also drew from Sewa's experiences across different parts of the world, highlighting how local participation and community ownership are central to effective service. The visit was a valuable opportunity to strengthen the connection between Sewa Parivaars across borders and reaffirm a shared spirit of Sewa, collaboration and community-led change.



PREPARING YOUNG MINDS FOR SAFER COMMUNITIES

Disaster preparedness begins with awareness, but it becomes meaningful when people know how to respond when it matters most. As the first activity under the Empowerment Track of Project SATHI, a one-day disaster preparedness training workshop was organised at GGIC Dugadda in collaboration with Project SCODE.

The workshop focused on equipping students with practical knowledge and essential disaster preparedness techniques through hands-on training and demonstrations. By learning how to respond during emergencies, students are being encouraged to become more confident and prepared in situations that require quick and informed action.

Through such initiatives, Project SATHI is helping young learners build skills that extend beyond the classroom- preparing them to be more aware, responsible and resilient members of their communities.

REACHING COMMUNITIES WHEN THEY NEED IT MOST: CHITRAKOOT FLOOD RELIEF

When floodwaters rise and everyday life is disrupted, timely support can bring much-needed relief to families facing uncertainty. Following the rise in the Mandakini River and continuous rainfall, Sewa International, intensified its flood relief efforts across affected areas of Uttar Pradesh and Madhya Pradesh.

The relief campaign was formally flagged off in Satna in the presence of the Additional District Magistrate. As part of the response, **4,000 ration kits** are being distributed among **4000 flood-affected** families across Satna district, providing essential food supplies to vulnerable households.

The relief efforts brought together Sewa volunteers, social workers, public representatives and local stakeholders, ensuring that support reached families on the ground when they needed it most. The response also highlighted the community's need for long-term solutions such as improved drainage, safer housing and stronger flood-prevention measures.

In times of crisis, Sewa's response remains rooted in one simple principle- to reach those in need, wherever they are, and stand with them through the difficult days.



CHAMPIONING HEALTH AND DIGNITY IN SCHOOLS

A MHM training and WASH Club monthly activities were, successfully completed in the month of September 2026, in the schools of Mysuru and Mandya districts of Karnataka. Through engagement with over **1,990 students**, this initiative championed good health, hygiene and overall well-being of adolescent girls in 10 schools through promotion of positive WASH habits and raising awareness around menstruation among the adolescent girls.



A STEP TOWARDS HEALTHIER, STRONGER GIRLS: HB SCREENING CAMP

For adolescent girls, good health is not only about growing up strong—it is also about having the opportunity to learn, participate and build a confident future. Taking a step towards this, **Project SATHI** and Sewa Aarogyam have joined hands to strengthen anaemia awareness and early screening among adolescent girls.

Through the Hemoglobin (Hb) Screening Camp, **1,084 adolescent girls** have been screened so far, enabling early identification of possible anaemia and creating opportunities for timely support, referral and nutritional awareness. The initiative contributes to the broader goals of Anemia Mukh Bharat, while bringing essential health services closer to young girls.

The progress has been made possible through the coordinated efforts of the Project SATHI team, Sewa Aarogyam MMU team and school administrations, ensuring that the screenings reach girls in a smooth and organised manner.

With every screening, the initiative takes another step towards ensuring that healthy girls have the strength, confidence and opportunities to shape healthier and empowered communities.

CONNECTING THROUGH A FIELD VISIT TO PRAGYA NIKETAN

A Sewa International team recently visited Pragya Niketan, a remedial training centre in Bassi, Jaipur, to understand its work, facilities and the opportunities it offers to adolescent girls. The visit began with a briefing by the Rajasthan Pragya Niketan team, followed by a tour of the centre to understand its day-to-day functioning and the facilities available to the girls. The interaction later took a joyful turn as the Sewa team and the girls came together to share moments of singing, dancing and laughter.

The visit concluded with a discussion on how Sewa International's programmes could be integrated to further strengthen and utilise the centre's potential, opening avenues for greater impact in the future.



BRINGING HEALTHCARE CLOSER TO REMOTE COMMUNITIES

For families living in remote areas, accessing basic healthcare can often mean travelling long distances. Through regular OPD camps in the villages of Dharmanagar, North Tripura, Sewa International is helping bring essential healthcare closer to the communities that need it most.

In the last quarter, 46 OPD camps were conducted, reaching **1,500+ beneficiaries** with essential medical consultations and support.

By taking healthcare services directly to communities, these camps are helping make timely care more accessible and reducing the distance between people and the healthcare they need.

Because healthcare should never be out of reach.

CELEBRATING NATIONAL OBSERVANCE DAYS

National Nutrition Month/ Rashtriya Poshan Maah Led by the Ministry of Women and Child Development of India, the month of September is observed annually as the National Nutrition Month (Poshan Maah) to raise awareness about proper nutrition, tackle malnutrition and promote healthy eating habits for children, adolescent girls, pregnant women and lactating mothers. The SHE project is championing the growth and well-being of adolescent girls through key initiatives that perfectly match with this objective. In celebration of National Nutrition Month, interactive village-level training sessions were conducted across **89 SHE clubs** located in **6 blocks** of Rudrapur & Chamoli districts of Uttarakhand, to teach them the importance of a balanced diet.



Scaling Impact in Gujarat: A State-level MHM Training of Trainers (ToT)

A State-level Training of Trainers (TOT) on Menstrual Hygiene Management (MHM) was successfully conducted in Kutch, Gujarat, preparing **15 master trainers** for the implementation of MHM trainings at the school level. The training focused on critical topics, including menstrual hygiene awareness, water and sanitation, personal hygiene, and the physical changes during adolescence. The event brought together **20 participants**, including an ICDS supervisor, school teachers, Anganwadi workers, female health workers, and ASHA workers from neighbouring villages.

TRANSFORMING HEALTH, HYGIENE, AND EDUCATION IN KUTCH, GUJARAT

A toilet inauguration ceremony was successfully completed across 5 schools in Kutch, Gujarat in the presence of local leaders, students and the communities. Along with it, an impactful Menstrual Hygiene Management (MHM) training session was successfully completed, benefitting **333 adolescent girls** to build awareness around menstruation, and breaking stereotype, across these schools.

Alongside vital education on menstrual hygiene, these adolescent girls were equipped with SHE flow kits comprising of three reusable sanitary napkins and essential hygiene materials.- And to ensure a lasting impact, a school-level WASH Club was launched- bringing together teachers, boys, and girls to champion healthy sanitation habits together across all the 4 schools.



Meet Sewa Parivaar



My Journey with Sewa International

I joined Sewa International in 2021 as a Designer-Executive with the Communications Department. Since then, Sewa has become much more than a workplace; it has become a part of my journey and a family I am proud to be part of.

People often associate NGO work with being on the field and directly serving communities. While my work happens away from the field, my role is to bring the stories from the field to people across the country through my art and creativity. Through my designs, I try to make these stories visible and accessible, so that the work happening on the ground reaches homes, communities and supporters across India.

- Sanjay

Lead - Graphic Designer

What does the word 'Seva' mean to me?

To me, Seva is not only about directly helping someone. It is also about supporting those who are making a difference, even from behind the scenes. Not everyone can reach the field, but everyone can contribute in their own way. Sometimes, Seva happens quietly, behind the curtains, helping someone else's efforts reach further.

A Recent Experience That Brought Me Joy

My recent visit to Spiti Valley, where Sewa is working as part of its focus on border regions, gave me an opportunity to see the realities faced by communities living in remote areas. I saw how something as basic as a regular medical check-up can become difficult and expensive for people living far from healthcare facilities. What stayed with me was seeing people patiently waiting to receive care at the medical camp. The experience reminded me why the stories we capture and communicate matter- and why every small act of Sewa can create a meaningful difference.

Meet Sewa Fellow

Journeying from Self-Doubt to Empowering Others: In Conversation with Shrishti Kumari

At Sewa International, every change-maker brings a personal story of transformation. When we sat down with Shrishti Kumari, Sewa Fellow (Batch 3), to ask about her journey into the social sector, she looked back candidly on where it all began.

"I was an average student, and somewhere along the way, I started believing that I was an average person too," she shared. "For a long time, I thought my academic struggles meant that I was not capable of doing much in life. I quietly wondered- what will I really be able to do with my life?" Despite these doubts, Shrishti chose to pursue a Master's in Social Work. While she did not have everything figured out at the time, stepping into the field revealed that her strengths were never defined by marks. She found purpose in understanding people's realities and working on the ground. When the pandemic hit, her progress came to a temporary halt. "I found myself back home, away from the plans I had started making," she recalled.

Her turning point came through the Sewa Fellowship, which helped her rebuild her confidence through real-world responsibilities. Today, after completing her 2 years in Sewa Fellowship, she continues her journey in Sewa International Uttarakhand. Shrishti works directly with adolescent girls on health, hygiene, wellbeing, and empowerment through projects like **SHE** and **SATHI**.

When asked how this work impacts her personally, she reflected on seeing her younger self in the girls she mentors:

"I see the hesitation and the questions- girls who may not always believe in themselves," she said. "I often wonder- what if someone had created such a safe space for the younger me to ask questions and believe in my dreams? I cannot go back and change that for myself, but I can help create that space for another girl. That is what makes this work so personal."

As we wrapped up our conversation, she left us with a thought that resonates with anyone searching for their path: **"I don't know exactly where this journey will take me, but I have learned that not having everything figured out does not mean you are going nowhere. Sometimes, you discover your direction while walking."**



Ms. Shrishti Kumari
Sewa Fellow (Batch 3)

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

