

Sewa Sandesh

July: A Month of Joy,
Journey & Justice

July, 2026

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Editors Note

From Awareness to Action, From Action to Impact

Namaste Sewa Parivaar,

Meaningful change begins with awareness, but it is sustained through action and measured by the impact it creates. At Sewa International, we believe that true development goes beyond delivering support- it is about equipping individuals, strengthening communities, and creating systems that continue to inspire progress long after an intervention is complete.

This edition of Sewa Sandesh reflects that journey. Across schools, villages, border regions, and disaster-affected communities, we have witnessed awareness transform into action. Adolescent girls are gaining the knowledge and confidence to make informed choices about their health. Students are stepping into leadership roles through WASH Clubs. Women are beginning their journey towards financial independence through Self-Help Groups. Teachers, health workers, and volunteers are being empowered to become changemakers in their own communities. At the same time, strategic partnerships are enabling us to expand our reach, strengthen border villages, and build resilient communities across the country.

Yet, our work is not limited to long-term development alone. As floods continue to affect thousands of families in Assam, we are reminded that compassion must also be immediate. Every contribution, every partnership, and even every shared message has the power to bring hope to those facing adversity.

As you turn these pages, we invite you to see each story not as an individual achievement, but as a step in a larger movement- one where awareness sparks action, action creates lasting impact, and together, we build stronger, healthier, and more self-reliant communities.

Thank you for being an integral part of this journey.

Together, let us continue turning awareness into action, and action into lasting impact.

Thank you



Jineshlal R.V.
Executive Director
(Sewa International)

A STRATEGIC PARTNERSHIP TO BUILD VIBRANT BORDER COMMUNITIES

India's border villages are the nation's first line of resilience, and empowering them requires strong partnerships driven by innovation and community participation. With this shared vision, AIC-RRU Incubation Foundation and Sewa International have come together to forge a strategic collaboration aimed at strengthening national integration, border resilience, and inclusive rural development across the country's remote and strategically important border regions.

The partnership will support the Vibrant Villages Programme (VVP) through sustainable, community-led interventions in healthcare, education, livelihoods, skill development, women empowerment, entrepreneurship, digital inclusion, infrastructure development, and rural innovation. By combining AIC-RRU's expertise in incubation and innovation with Sewa International's grassroots implementation experience, the collaboration seeks to nurture self-reliant, economically vibrant, and resilient border communities. Together, this initiative is contributing to the larger vision of Atmanirbhar Bharat and Viksit Bharat 2047, ensuring that India's first villages continue to thrive with opportunity, dignity, and hope.





A NEW BEGINNING FOR BRIGHTER FUTURES IN UTTARAKHAND

Every new region we reach is another promise to stand beside children who deserve the opportunity to learn, thrive, and dream without barriers. Sewa International is delighted to expand Project SATHI into Dugadda Block, Pauri Garhwal, Uttarakhand, in partnership with the Vivek Sharma & Vandana Family Foundation, extending holistic support to adolescent girls in government schools.

Project SATHI empowers young girls through three core pillars- Health & Wellness, Education Support, and Empowerment- helping them build confidence, resilience, and aspirations for the future. To prepare for this new journey, a two-day Capacity Building Workshop was organised in Kotdwar on 6-7 July, bringing together school volunteers, school and health facilitators, project leads, coordinators, and field teams. By equipping frontline changemakers with the knowledge and skills to guide and mentor adolescent girls, the workshop laid a strong foundation for meaningful and sustainable impact across the region.



BUILDING PARTNERSHIPS FOR SUSTAINABLE CHANGE

Meaningful transformation begins when committed leaders come together with a shared vision of serving communities. In this spirit, Dr. Janak Raj Ji, renowned neurosurgeon and MLA from the Bharmour Assembly Constituency, Himachal Pradesh, met with Sh. Shyam Parande (General Secretary & Global Coordinator, Sewa International) to discuss opportunities for strengthening development initiatives in the region.

The meeting focused on expanding efforts in healthcare, education, sustainable livelihoods, and holistic rural development, particularly across the remote tribal areas of Himachal Pradesh. With a shared commitment to improving the quality of life in underserved communities, the discussions explored avenues for long-term, community-driven collaboration. Sewa International looks forward to partnering in this journey to create sustainable impact and bring meaningful change to the lives of those living in some of the state's most remote regions.



**BECAUSE CARING FOR YOURSELF IS THE FIRST STEP
TO CARING FOR OTHERS: SHE SPEAKS JULY EDITION**

Another inspiring edition of SHE Speaks brought together women from diverse backgrounds to explore one of the most important yet often overlooked aspects of well-being self-care. The webinar served as a meaningful platform to encourage students to prioritise their physical, mental, and emotional health while embracing self-care as an essential part of everyday life.

The session, led by Dr. Priya Das, was filled with practical insights, thoughtful discussions, and inspiring perspectives that resonated with participants. Sewa International extends its heartfelt gratitude to Dr. Das, every participant, and the dedicated team working behind the scenes, whose collective efforts continue to make SHE Speaks a space where women learn, connect, and empower one another.

 Online Webinar

SHE Speaks

July Edition

Topic:

SELF CARE

Dr. Priya Das

Homeopathic Physician





**A FIRST STEP TOWARDS FINANCIAL
INDEPENDENCE**

For the women artisans of the Vadha community, a bank account represents far more than financial access- it marks the beginning of greater confidence, dignity, and economic empowerment. Under the Project, Sewa International facilitated the formation of five Self-Help Groups (SHGs), enabling women to come together, build collective strength, and take charge of their financial future.

Marking a historic milestone, the bank account of the group, Shri Ramdev Sewa Sakhi Mandal, Misriyado Group was successfully opened at Indian Overseas Bank, Bhuj after completing all the necessary documentation. According to Mr. Sachin, Manager, National Rural Livelihood Mission (NRLM), this is the first-ever bank account opened for women of the Vadha community. Appreciating Sewa International's efforts, he described the initiative as a significant step towards financial inclusion, creating new opportunities for sustainable livelihoods and long-term economic independence.

EMPOWERING EVERY GIRL, ONE KIT AT A TIME

Across the government schools of Mysuru district, hundreds of adolescent girls are taking confident steps towards a healthier and more informed future. As part of Sewa International's SHE (Sanitation, Hygiene & Empowerment) initiative, around 480 Menstrual Hygiene Management (MHM) kits were distributed across seven government schools in three taluks, ensuring girls have access to safe and sustainable menstrual hygiene products.

But this initiative goes beyond the distribution of kits. The next phase will bring comprehensive Menstrual Hygiene Management awareness sessions and personality development workshops, covering topics such as menstrual health, nutrition, emotional well-being, communication, self-confidence, and essential life skills. Through awareness, education, and continuous engagement, Sewa International is helping young girls embrace their potential with confidence, dignity, and the knowledge to make informed choices for a brighter future.





A KIT OF HOPE, A FUTURE OF POSSIBILITIES

The smiles on the faces of hundreds of children in Delhi NCR reflected the true impact of education when opportunity reaches those who need it most. With the generous support of Federal Bank, Sewa International successfully conducted its School Education Empowerment Kit (SEEK) distribution programme at Composite School, Chhalera and Senior Secondary School, Bistrakh, reaching 500 students with 250 SEEK kits distributed at each school.

Each SEEK kit is more than a collection of school supplies- it is an investment in a child's learning journey, encouraging regular school attendance, confidence, and academic growth. The enthusiasm and gratitude expressed by the students served as a powerful reminder that small acts of support can inspire big dreams. Together with committed partners like Federal Bank, Sewa International continues to empower young learners with the tools they need to build a brighter future.

NOURISHING RECOVERY, RESTORING HOPE

The journey to recovery from tuberculosis requires more than medical treatment- it also depends on proper nutrition, care, and timely support. In the North and Middle Andaman districts, Sewa International has begun the distribution of TB Nutritional Kits to tuberculosis patients and their family members, helping them receive the nutritional assistance needed during their recovery.

As part of this initiative, 60 nutritional kits have been delivered to the respective Primary Health Centres (PHCs), with distribution currently underway in close coordination with the Health Department. By strengthening nutritional support alongside healthcare services, Sewa International continues to stand with vulnerable families, ensuring that every step towards recovery is backed by compassion, dignity, and community care.



YOUNG LEADERS, HEALTHIER FUTURES

Under Sewa International's SHE Project, adolescent girls participated in an interactive menstrual hygiene awareness session, where myths were addressed, healthy practices were discussed, and hygiene kits were distributed to support their well-being and confidence at Composite School, Chalera, Noida.

To ensure that these efforts continue long after the session, a WASH Club was formally established in the school. With elected student leaders serving as the Chairman, Vice Chairman, and Secretary, the club will spearhead WASH initiatives, conduct monthly reviews, and encourage active participation from students and teachers alike. Complementing these efforts, five new school toilets have been constructed, creating a safer, cleaner, and more dignified environment for girls. Together, these initiatives are empowering students to become champions of hygiene, health, and lasting change within their own school.

CELEBRATING HARELA BY NURTURING NATURE

The festival of Harela is a celebration of life, growth, and the deep bond between communities and nature. Embracing its true spirit, Sewa International marked the occasion with plantation drives across all blocks of Chamoli and Rudraprayag, led by Sewa-driven Community-Based Organisations (CBOs), including Self-Help Groups (SHGs), Farmer Interest Groups (FIGs), and SHE Clubs.

Extending the celebrations further, the Project SATHI team also organised plantation activities in selected schools of Duggada Block, inspiring students to become active custodians of the environment. By bringing together communities and young minds in a shared commitment to greener surroundings, the initiative reaffirmed that every tree planted today is a promise of a healthier, more sustainable tomorrow.



FROM INDIA'S BORDERS TO ITS CLASSROOMS, EMPOWERING EVERY GIRL WITH DIGNITY

Across the remote frontiers of Rajasthan and Arunachal Pradesh, the SHE Project continues to ensure that no girl's future is limited by inadequate sanitation or lack of awareness. From inaugurating new sanitation units and conducting Menstrual Hygiene Management (MHM) sessions to distributing SHE-Flow kits, Sewa International is creating safe and supportive school environments where adolescent girls can learn with confidence, dignity, and good health.

In Barmer, Rajasthan, newly constructed sanitation facilities were inaugurated at across 3 schools namely- Government Higher Secondary School, Kanoda, Government Senior Secondary School Bhadreshr & Government Senior Secondary School, Sejuao ki Dhani followed by interactive MHM sessions that challenged myths surrounding menstruation, benefitting 245 adolescent girls. The state also hosted a Training of Trainers (ToT), bringing together teachers, Anganwadi Workers, ASHAs, nursing staff, and project teams to strengthen grassroots capacity in adolescent health, facilitation skills, and government health programmes. Meanwhile, in the Lower Dibang Valley of Arunachal Pradesh, sanitation units were handed over across 2 schools in Government Upper Primary School, Iduli & Govt secondary school new Abali, accompanied by MHM awareness sessions and the distribution of SHE-Flow kits to students, empowering 130 adolescent girls.

What makes these interventions even more significant is their reach. Both Barmer and Lower Dibang Valley are Aspirational Districts, where every initiative contributes to the larger national mission of inclusive development. Stretching from the desert borders of western Rajasthan to the remote eastern frontiers of Arunachal Pradesh, Sewa International continues to bring health, hygiene, education, and dignity to some of India's most underserved communities. Behind every milestone stand dedicated field teams, facilitators, and Sewa-driven partners whose unwavering commitment is transforming lives—one school, one community, and one girl at a time.



TOGETHER FOR ASSAM: EVERY SHARE CAN SPARK HOPE

The devastating floods in Assam have affected more than three lakh people, leaving countless families in urgent need of support. While relief teams continue to respond on the ground, each one of us has the power to amplify their efforts online. Sewa International has launched the #TogetherForAssam digital campaign to ensure that the voices of affected communities reach every corner of the country.

We invite you to become a part of this movement by visiting our donation page. Every share helps extend the campaign's reach, inspiring more people to contribute and stand in solidarity with flood-affected families. Together, let's transform our digital presence into a force for compassion, awareness, and timely relief for Assam.

sewa
International

ASSAM

IS FACING SEVERE FLOOD

Help Us Support Flood-Affected Families Across Assam
TOGETHER, WE CAN MAKE A DIFFERENCE.

Flood Impact

- 78+ Lives lost
- 3 lakh+ People Affected
- 1k+ Homes Shattered

How Sewa is Responding

- Mobile Medical Services
- Food and Clothing Facilities
- Kits Distribution Disaster, Relief, and First Aid Kit

Pray for Assam

STAND TOGETHER. SAVE LIVES.

DONATE NOW

Scan to Donate

KERALA RAIN FURY STANDING TOGETHER

#KERALAMFLOODRELIEF

TOGETHER,
WE CAN OVERCOME

**TO DONATE
SCAN HERE**

60+ Villages Impacted

1K+ Families displaced

5+ Districts Affected

Meet Sewa Parivaar



Sunil Shukla

Manager
Marketing & Outreach,
Fellowship

My Journey So Far with Sewa International

Although I have been associated with Sewa International for only three years, I never felt like a newcomer after my very first day. The trust, responsibility, and warmth I received from the organization made me feel as though I had been a part of this family for a much longer time. During this journey, Sewa has given me opportunities to contribute to diverse projects across different states. They have also broadened my perspective on community development and the spirit of selfless service.

One of the most fulfilling aspects of my journey has been contributing to Sewa International's efforts to prepare young people for leadership in the field of social service. Being actively involved in this initiative is especially meaningful to me, as I have been working with young people for the past fifteen years. It is deeply satisfying to support and mentor youth who are committed to creating positive change in society.

What Does Seva Mean to Me?

For me, Seva means working selflessly for the well-being of every living being on this Earth— whether humans, animals, birds, or nature itself. When we serve people, we should not think about their religion, caste, community, language, region, or ideology. Sacchi seva is beyond all these differences. In the Indian tradition, the idea of Seva has existed since ancient times, even before many of these social divisions came into existence. Just as nature provides everything we need without discrimination, true Seva should also be unconditional, inclusive, and driven by compassion. That, to me, is the real meaning of Seva.

One Recent Moment of Joy

It is difficult for me to describe my joy through just one moment or incident. Over the last three years of being associated with Sewa, I have experienced a deep sense of satisfaction and purpose. One of the most memorable experiences for me was meeting the Sewa Fellows. Their commitment to society, their values, and their willingness to dedicate themselves to nation-building deeply touched me. Learning about the work being done in border regions and disaster-affected areas, and witnessing the positive impact of these efforts, always fills me with joy and hope. The greatest satisfaction comes from knowing that I am also a small part of these meaningful efforts and contribute, in my own way, to this larger mission of Sewa.

Meet Sewa Fellow

From Adversity to Purpose: The Inspiring Journey of Sukhnandan Das



Mr. Sukhnandan Das

Sewa Fellow
Batch: 2024-26

Some journeys begin with opportunity, while others begin with unimaginable loss. For Sukhnandan Das, a Sewa International Fellow from Bhaismudi village in Janjgir-Champa district, Chhattisgarh, life changed forever when he lost both his parents at a young age. Burdened with family responsibilities and limited financial resources, he cycled nearly 25 kilometres every day for daily wage work, yet never allowed his circumstances to stand in the way of his education. Through perseverance, he completed his B.Com., PGDCA, Master of Social Work (MSW), and Post Graduate Diploma in Rural Development (PGDRD)— each milestone reflecting his determination to build a better future. Rather than letting his struggles define him, Sukhnandan chose to transform them into a force for social good. He began by starting a small coaching and values education centre for children in his village and actively participated in community initiatives through the National Service Scheme (NSS). During the COVID-19 pandemic, he played a vital role in relief efforts, health awareness, and supporting vulnerable families. His journey gained new direction through the Sewa International Fellowship.

Inspired to create lasting change in his own community, Sukhnandan established the Maa Babuji Jan Kalyan Samiti, Chhattisgarh, in memory of his parents. Through its flagship initiative, the Maa Babuji Sanskar Kendra, children across 45 gram panchayats are receiving quality education, personality development, and value-based learning. The organisation also conducts entrepreneurship training for women, cyber awareness programmes for youth, and provides digital and technical support to community organisations and women's groups. His story is a reminder that true leadership is not born from privilege but from purpose. With resilience, compassion, and an unwavering commitment to service, Sukhnandan Das continues to inspire countless others to believe that even the greatest hardships can become the foundation for extraordinary change.

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

