

Sewa Sandesh June 2018

International Yoga Day



The true essence of Yoga is mindfulness and awareness. As believed by many that yoga is a form of exercise for the body, on the contrary, it is the coming together and balancing of the Trinity – Of the mind, the body and the soul. With its emphasis on breath and the mindfulness,

we inhale the virtues, the joys and exhale the vices and the stress of our lives. Our centres throughout India, especially in Uttarakhand where our SKVK centres in Chamoli, Rudraprayag as well as all of our 7 Model Training Centers namely PMKK Centers in Pauri, Haridwar, Dehradun, Tehri, Chamoli, Uttarkashi and Rudraprayag saw great participation from all members of Sewa team who participated in various events on the eve of Yoga Day. Sewa Kashi project also witnessed a massive participation of volunteers, children, men, women, old and young alike, on International Yoga Day on 21st June 2018, practising the science of 'Yog', for a healthy and happy life.

Sewa International wishes everyone a very Happy Yoga Day.

Uttarakhand

The SHG story in Uttarakhand has been crossing new milestones with its team working towards expanding the reach of the groups and to sensitize the people



regarding the new age rural development policies and initiatives. Another



feather added to the Sewa International success stories marking our initiation into the 2nd cluster in Joshimath block with the formation of “SewaJyotika Sahayta Samuh” in Urgam Valley, Salna village. The success comes as a great motivation to the team who has been working tirelessly to mobilise the women. The SHG has consolidated the women of the area into a binding force socially and hopes to be the harbinger of change in the community.

Bal Panchayat in Dhankot Village



Seeing the effectiveness of the Panchayati System, the idea of Bal Panchayats took a shape in Uttarakhand. The purpose of the children’s council is to involve the youth in asserting their rights, building their sense of community involvement, and training them to hold leadership positions in Gram Panchayats and higher tiers of the system when they reach adulthood.

A Bal Panchayat for children aged 7 to 12, has been formed in the village Dhankot of Chandrapuri cluster in Rudraprayag by Sewa International’s Uttarakhand vertical called Sewa Yuva Jyoti. Various activities include management games, inspirational storytelling sessions, creative drawings, debates etc. A core team of 4 members was elected and a Bal Pradhan, Bal Mantri and Gullak Mantri were chosen from amongst the members.

Sewa International seeks to make the children also as stakeholders in the community decision-making process by providing them with the knowledge and means to discuss and plan for their own development. These children are going to be the leaders of tomorrow so training starts now!!

Sewa Mahila Jyoti (Non-Farm Based Livelihood Initiative)



A Ringal training program was organized, starting on 14th June 2018, for the members of the SHGs in Ukhimath, Rudraprayag. The training program spanning for a week every month aims to train the

women in creating new and market relevant designs for better sales of the products. Sewa International team has also provided the trainees with the necessary toolkit required to make the baskets.

Bamboo craft is practiced in many places of Uttarakhand due to abundant availability of rich quality and variety of species of bamboo in the local forest. Among the species of bamboo, Ringal is one of the bamboo species. The farmers fetch the Ringal bamboo from the forest and weave the baskets in the winter when there is not much work in fields. The finished baskets are mainly used for storing grains and supplements and carrying purposes.

Ringal handicrafts have a huge potential for providing sustainable livelihood to people in Uttarakhand due to its unique eco-friendly properties, which have a great demand abroad also. But, it suffers from a lack of trained and motivated people, who are willing to put efforts to carry this forward. Sewa through its dedicated SHGs for Ringal Handicrafts aims for changing the existing scenario for good.

Tripura

Sports Meet at Naisinghpara Camp



Our tuition centres in Tripura for the Bru tribal children have not just been a source of learning but also a platform to bring together these

young minds for their personality development. Recognizing the importance of sports in this regard a sports meet was held at Naisingpara camp, where more than 450 students participated. The children happily and enthusiastically played badminton, football, and other games. The whole place came to life with the squeals of their laughter and their unbridled energy. They also performed dances and sang songs which were enjoyed by everyone. The winners and best performers were rewarded with small gifts.

Sewa International believes that “A Healthy Mind lives in a Healthy Body”, and through these extra-curricular activities, it encourages students to not only study but also play, in order to develop their personality.

Kashi

Nursery Management Training



Sewa International in collaboration with Kalloogautam Research & Development Foundation organized a Nursery Management



Programme in Vegetables at Chunar

(Mirazapur) on 24th June 2018. The chief guests of the program were eminent scientists from Indian Institute of Vegetable Research Center(IIVR), Varanasi, Mr Kaushlendra Panday and Dr Nagender Rai. The lecture involved a detailed talk around the following important pointers regarding identifying a good nursery, planting the seedling, various plant protection measures and treatment of common plant diseases.

Around 40 farmers who participated in the event were greatly benefitted from the program and expressed gratitude for senior scientists for their valuable time and knowledge sharing.

Apart from the training imparted, a seed distribution drive was also held which involved the distribution of Sponge Gourd and Trichoderma seeds to 40 farmers. The farmers can now with the help of these best practices, increase the productivity of their crops at the same time taking care of the soil nutrient balance.

The event was a great success and we hope to benefit the community and the farmers in the future by more of such events.

Training Program – Onion and Garlic Research

Sewa International along with ICAR – Directorate of Onion and Garlic Research, Pune organized a training program on June, 2nd, 2018 whereby 80 farmers were trained. Prof Gautam Kalloo, former VC, Jawaharlal Nehru Agricultural University, Jabalpur was the chief guest of the programme. The training programme imparted knowledge to the farmers regarding the sowing techniques of onion, the necessary soil conditions, the optimum weather conditions required for a good crop.

Our future endeavours would be to develop Farmer Producer Organisations in Kashi. Time to time visits by the senior scientists would also be organized for the benefit of the farmers.

Sewa Australia

Counselling – Crack Your First Job(CYFJ)

We have all been there at some point in our lives, clueless about the nuances of applying for our first job. From drafting the cover letter to approaching the interview with the right skill set it can



become quite a challenge for the newcomers into the industry. Sewa Australia with its novel idea of 'Crack Your First Job' has been helping the migrant job seekers to build a career and to develop a community of 'High Potential' individuals. The latest edition of the CYFJ was held on June 17 2018, which was a great success. The team shared valuable insights on job search strategy, networking behaviour and the importance of body language.

Sewa International associates worldwide are engaging local communities by identifying the local needs and providing valuable services for the growth and benefit of the community as a whole.



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

Explore More

[Partner with Us](#)
[Shop for Cause](#)
[Media Coverage](#)

Sewa Movement

[Sewa USA](#)
[Sewa Canada](#)
[Sewa UK](#)

[Gallery](#)
[Volunteer](#)
[Recent Post](#)

[Sewa Europe](#)
[Sewa Australia](#)
[Sewa TT](#)
[Sewa South Africa](#)

Newsletter

Subscribe



[Terms and Conditions](#) | [Privacy Policy](#) | [Refund and Cancellation Policy](#) | [Contact Us](#) | [Careers](#)

Copyright© 2023. Sewa International. All Rights Reserved.