



CHETANA

Conscience of Women (CCW)

LIVING EMPOWERED

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Newsletter

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EXPANSION TO NCR



We are proud to say that Chetana is growing not only vertically in terms of number of projects, but is expanding its branches to East Delhi and NCR region. In July 2015, CCW held its first safety and gender sensitization talk in one of the schools in Noida, and since then it has not looked back. Chetana, till date has organized more than 20 workshops and sessions related to Menstrual Health, Safety, Self Defense, Mental Health, Gender Sensitization, and Financial Literacy in

East Delhi, Noida & Gurgaon. Under the leadership of Mrs. Sandhya Randev (Advocate), all the members have played a key role in making the roots strong in the new region. More than 15 new members have come forward in actively participating in completing modules on 'need of the hour' topics and organizing workshops. Youth volunteers are also taking initiative in reaching out to beneficiaries.

The expansion is an achievement and has motivated all the volunteers to work harder, and give their best for the betterment of society and empowerment of women by bridging the gap between those who want to give it back to the society and those who need such Evangelists.





BEJHIJHAK BAATEIN

In a country like India where talking about menstruation is still a taboo, we at Chetana aim to break taboos and raise awareness about the importance of good **menstrual hygiene** for adolescent girls. To make the project full of information Chetana designed a workshop kit targeting adolescent girls consisting of three workshops namely **Menstrual Hygiene , Safety Awareness and Self Defence**. We have conducted **more than 20+ workshops in schools** catering **1500+ adolescent girls**



The basic aim of the project is —To address menstruation-related issues among school-going girls including hearing their voices and discussing about their needs, claiming that a majority of girls skip school when they have their periods. Along with that to impart safety awareness and teach these young girls some basic self defence techniques to save themselves in need of hour.

- To talk about puberty and the different physical changes one experiences.
- To teach them about the menstrual cycle and why menstruation does occur.
- To talk about menstrual management in terms of flow and products that can be used.
- To give them an idea about the different advantages and disadvantages of each product/method.
- To educate them about the different hygiene measures that should be taken during menstruation.
- To make them aware about the ways in which infections can spread.
- To bust different myths regarding menstruation.
- To talk about the need to be aware about safety tips.
- Make them aware of the different ways to keep themselves safe at home, school, outside home.
- Giving tips on how to be street smart.
- Giving tips that can save their lives in times of need.
- General guidelines to identify attackers.
- Making the students aware about cyber safety.
- Teaching them basic self-defence techniques and situation based moves.
- Cater to their doubts and misconceptions.

WORKSHOPS



Chetana organized a various workshops on Health & Hygiene and Financial Literacy Awareness workshops for women in Delhi / NCR. The basic aim is to make the women aware of certain basic hygiene tips on personal hygiene and the need for keeping the surroundings also clean as well. An experiment was also done to show how germs are actually transferred from one person to another. Basic way to maintain personal cleanliness is to use clean clothes or cheaper sanitary napkins. They were made aware of the risks of using unhealthy materials during the menstrual cycles. Topics taken in Financial Literacy are 'Promotion of savings', 'Formation of Self Help Groups' and various Benefits of Government Schemes like Jan Dhan Yojana, Atal Pension Yojana, etc.

PICTURE STORY



Our volunteers were surprised to see the enthusiasm in the women to become Self Reliance and Financially Independent. She-"Madam ji, gents jitna kamate hau, utne mein toh ghar hi bohot mushkil se chalta h, jo bachat karte hai woh mahine k ant mein lag jati. Aap hume batao hum kaise kamaye."

LIVING EMPOWERED

INSPIRATIONAL CORNER



"Learning is a life long process and every day you learn something new".

With the concept of training the trainers so that in turn they can be better teachers for their students.

Mr G.S Dhapodkar, Professor and Head of Technical Design -Department of Fashion Design at Pearl Academy of Fashion with 35 years of experience in Fashion and Garment, giving his time to train trainers. These trainers, chetana skill development center's teachers, are learning new skills in a professional manner from one of the best teacher in industry. This is helping them manifolds like :

-Professional skills that are accorded to them is helping trainers to improve the quality of products.

-They are getting to know new designs and patterns from industry expert which will ultimately help them to improve their products and earnings.

-They are learning fashion trends which makes it easy for them to focus on products that are in demand.

-Last but not least, on receiving training by a professor, they now know how to teach their students in more effective way.

Ruchi Sharma, teacher at Baljeet nagar skill development center, "i am feeling a lit more confident after attending these classes, learned few short-cut techniques too which made my work lot easier "





CHETANA Conscience of Women (CCW)

About us — Chetana Conscience of Women (CCW) is a “non-for-profit”, “non-governmental” organisation registered under Societies Act 1860 formed in the year 2011. Inspired by the ideology of equal opportunities for women in social, economical, political and all walks of life Chetana started as a Counselling center catering to wide plethora of needs of women However over the years Chetana has expanded its horizons and has escalated itself in addressing the welfare needs of every-one encircling women i.e children, men for effective positive changes in their families and society in general.To bring about this tremendous change Chetana has been working on Five verticals namely:- Education, Empowerment, Health, Safety and Awareness.

“Chetana stands resolute to make their visualization a world mission”.

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INTO A VOLUNTEER'S SOUL

Working in Chetana Conscience of Women has been an enlightening experience which brought me in touch with the practical side of the theory I've learnt so far. It gave me an opportunity to test my skills in various fields. Working here has been a comfortable experience with moderately spaced out activities. The love, care, concern and affection that I received here made me feel closer to home. Member of this NGO do not miss out on any opportunity for appreciating good work. This organization is beaming with ideas for various projects which is a very positive sign for Chetana. It has taken up some quite commendable activities for the women welfare. I would like to extend my heart felt appreciation and gratitude to all the members of Chetana Conscience of Women for making these two months a wonderful and a one of a kind experience for me.



— **VEDIKA JAISWAL, Intern (J.D.Birla Institute Kolkatta).**