

# Youth Sevas Tailoring Unit



Women Wellness Initiative

[www.naariwellness.co.in](http://www.naariwellness.co.in)



## TRENDS

A valuable skill that extends beyond sewing—focused on sustainability, dignity, and economic empowerment

## INSIGHTS

Keep reading to explore the insights of women's empowerment through equipping tailoring skills leading to sustainable results



# INTRODUCTION

Naari, a progressive organization dedicated to the empowerment of women, believes in fostering sustainable practices and promoting positive social change. Through the provision of essential skills and resources, Naari empowers women to improve their quality of life while contributing to environmental sustainability.

One of the latest initiatives, in collaboration with Youth for Seva's tailoring unit, focused on teaching women the skill of stitching cloth pads. This hands-on workshop aimed not only at imparting a technical skill but also at promoting sustainability, dignity, and creating economic opportunities for the women involved.

This impact report highlights the outcomes of the workshop and its lasting significance for the participants and their communities.



Naari hosted a cloth pad stitching workshop at Youth for Seva's tailoring unit, engaging 30 women. The workshop provided hands-on training in sewing reusable cloth pads, while also highlighting the environmental and health benefits of this practice.

# Key Activities and Methodology



SDG 5  
SDG 13

Gender Equality (women empowerment)  
Climate Action (sustainable practice)

The workshop began with a session focusing on the significance of reusable cloth pads for health and sustainability. Facilitators demonstrated various techniques involved in the stitching process, ensuring that every participant could follow along. The interactive nature of the workshop allowed for hands-on learning, with facilitators providing close support to help women gain confidence in their ability to create their cloth pads.

Discussions on the environmental benefits of using reusable pads were also held, highlighting the reduction of plastic waste and the long-term cost savings. The idea of turning this skill into a business opportunity was actively explored, encouraging participants to see the economic potential of producing and selling cloth pads in their communities.

# Impact and Outcomes

The workshop was highly successful in terms of both engagement and outcomes. The women, full of energy and excitement, expressed pride in their ability to stitch their own reusable cloth pads. Beyond acquiring a new skill, many participants were inspired to consider how this knowledge could improve their lives economically and socially.



We Empowering  
Women  
Through Skill  
Development



The NAARI Founder  
Anju Arora

**Skill Acquisition:** Each participant successfully learned how to stitch cloth pads, gaining confidence in their ability to create a sustainable product.

**Health and Sustainability:** Participants gained a deeper understanding of the health and environmental benefits of using reusable cloth pads, with several expressing interest in adopting them in their personal lives.

**Economic Empowerment:** Many women were eager to explore the possibility of producing and selling cloth pads. The workshop not only imparted a practical skill but also opened up the potential for these women to generate income and contribute to their families' financial stability.

**Community Building:** A strong sense of solidarity emerged among women coming together to further explore sustainable business opportunities.