

# Newsletter **July 2024**

## A little help from you is a big help for others

The children at the community center of LittleBigHelp came together to celebrate Rath Yatra, decorating their own chariot with colorful papers and flowers. This celebration was not just about festivity, but also about engaging with and understanding their cultural heritage through active participation.

#### Rath yatra

#### CRAFTING AND CONNECTING WITH CULTURAL HERITAGE



A comprehensive workshop on Women's Rights and Entitlements was conducted for the basic tailoring trainees in Santragachi. During this session, participants were learned about various rights and legal entitlements available to women, empowering them with crucial knowledge to navigate and access these resources. The workshop aimed to not only enhance their awareness of these rights but also to provide practical guidance on how they can leverage these opportunities to improve their lives and secure a more equitable future.

Skills Bevelopment



The Adolescent Health initiative by LittleBigHelp India Trust is dedicated to improving menstrual health and hygiene. the initiative works closely with adolescents in the community to provide education, resources, and support. By fostering open conversations about menstrual health, the initiative aims to break down taboos, empower young individuals with knowledge, and ensure access to essential hygiene products through sanitary napkin vending machines

### Adolescent Health



"ARISE AWAKE AND STOP NOT TILL THE GOAL IS REACHED"

Swami Vivekananda