



ACTIVITY REPORT ON THREE-MONTH SEWING TRAINING FOR SELF-HELP GROUP WOMEN

Organized by: Sandhan Trust

Duration: 5th December 2024 – 8th March 2025

Location: Doomarkachhar

Participants: 45 Women from Self-Help Groups (SHGs)

Introduction

To empower women with livelihood skills and promote economic independence, Sandhan Trust organized a three-month sewing training program for 45 women from Self-Help Groups (SHGs) in Doomarkachhar. The training aimed to equip women with technical skills in tailoring and stitching, enabling them to start their own ventures or seek employment in garment production.

Objectives

- ❖ To train women in basic and advanced sewing techniques.
- ❖ To enhance their earning potential through self-employment.
- ❖ To promote women's financial independence and entrepreneurship.
- ❖ To encourage group-based income generation through SHGs.

Training Structure & Activities

Phase 1 (5th – 20th December 2024): **Basic Sewing Skills**

- ❖ Introduction to sewing machines and their maintenance.
- ❖ Learning basic stitches, fabric cutting, and hand embroidery.
- ❖ Practice on simple household items like handkerchiefs and pillow covers.

Phase 2 (21st December 2024 – 20th January 2025): **Garment Stitching**

- ❖ Training on cutting and stitching women's and children's clothing.
- ❖ Understanding fabric types, measurements, and tailoring techniques.
- ❖ Practical sessions on stitching blouses, salwar suits, and skirts.

Phase 3 (21st January – 20th February 2025): **Advanced Sewing & Designing**

- ❖ Introduction to pattern-making and garment fitting.
- ❖ Stitching designer garments and decorative embroidery.
- ❖ Learning about quality control and finishing techniques.

Phase 4 (21st February – 8th March 2025): **Entrepreneurship & Livelihood Support**

- ❖ Business training on pricing, marketing, and selling products.
- ❖ Guidance on starting tailoring units or small businesses.
- ❖ Encouragement for SHG members to take up collective tailoring projects.
- ❖ Distribution of certificates to participants.

Impact of the Training



- ❖ 45 women successfully completed the training and acquired sewing skills.
- ❖ Several trainees started tailoring businesses from home.
- ❖ Some women collaborated with SHGs for bulk stitching orders.
- ❖ Increased confidence and self-reliance among participants.

Challenges Faced

- ❖ Initial lack of experience in using sewing machines for some participants.
- ❖ Need for more advanced machines for future training programs.
- ❖ Limited awareness about market linkages and product sales.

Conclusion & Future Plans

The three-month sewing training program was highly successful in enhancing the economic prospects of SHG women in Dumarkachar. Sandhan Trust plans to:

- ❖ Expand training programs to include fashion designing and embroidery work.
- ❖ Connect trained women with local markets and cooperative groups for income generation.
- ❖ Advocate for government schemes to support women-led tailoring businesses.

Acknowledgment

We extend our sincere thanks to trainers, volunteers, SHG leaders, and all participants for their dedication and enthusiasm. Together, we move towards a self-reliant and empowered community!
