

BEST PRACTICE 2: Women Empowerment through Livelihood Training

Objectives of the Practice

The primary objective of this practice is to empower women in the local community by providing them with livelihood training in tailoring. This initiative aims to equip women with the necessary skills to become self-reliant, enhance their economic independence, and contribute to their families' and communities' well-being.

The Context

In 2022, **Idhu Namma Avadi Trust** a tool of **Nazareth Community Toolbox** a distinctive initiative of Nazareth College of arts and science collaborated with **Surjana Charitable Trust** to launch a tailoring project aimed at empowering women through skill development. Surjana Charitable Trust provided ten sewing machines for the project, while Idhu Namma Avadi Trust recruited qualified trainers to deliver the training. The project targeted women and girls in the local community, encouraging participation through advertisements and outreach.

The Practice

The first batch of trainees began in April 2022, consisting of fifteen members. The training was structured as follows:

Initial Sessions:

- Interactive Session
- Introduction to Tailoring
- Handwork and Hand Stitching
- Various stitching techniques were used to train like straight stitch, back stitch, zigzag stitch, blind stitch, buttonhole stitch, chain stitch, satin stitch, blanket stitch, cross stitch, catch stitch, feather stitch, whip stitch, etc.

Second Month Activities:

- Advanced Stitching, Measurement Techniques: Material measuring and body measuring, Garment Construction, and Practice Sessions

Evidence of Success

The success of the program is evident from the significant number of women who have completed the training. To date, nearly 450 trainees have been awarded certificates upon successful completion of the program. Of these 150 students of the college have benefitted by the training unit.

Students of the College:

1. MS. Harini Nanda an alumni of social work has become a Fashion Tailor & Designer for movies.
2. MS. Keerthana from English department has started a boutique.
3. Ms.Hemalatha.R. from commerce department has become an entrepreneur and specialized in bridal blouse.

Parents of the Students:

Mrs.Shafiya Begum was trained in basic of tailoring and ARI work and now is the proud owner of a shop in Thiruvallur.

Problems Encountered

No significant problems were encountered during the implementation and execution of the program. The collaboration between Idhu Namma Avadi Trust and Surjana Charitable Trust, coupled with effective planning and execution, ensured the smooth operation of the training sessions and the achievement of the program's objectives.

Conclusion

The Women Empowerment through Livelihood Training initiative has proven to be a highly effective and impactful program. The program's success is a testament to the collaborative efforts of Idhu Namma Avadi Trust & Surjana Charitable Trust, as well as the dedication of the trainers and participants. This initiative serves as a model for similar programs aimed at empowering women and enhancing their livelihoods.




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