

A large red square with a white border, centered on a white background. Inside the square, the text "Project emPOWER in India" is written in white, bold, sans-serif font.

**Project
emPOWER in
India**

What is Project emPOWER?

Project emPOWER centers around making self-defense training accessible in schools so that kids can be better equipped to deal with abductions, bullying and general safety while working on their self-esteem and confidence. Students spend about 1000 hours on P.E. from elementary to middle school, and if 30 of these hours were to be spent on self-defense, students would be able to make the community a better place for themselves and for others.

In partnership with the Town of Danville Recreation, Arts and Community Services Department, Girl Scout Troop 32666, which I am a member of, piloted this program at Diablo Vista Middle School and organized a *free* educational self-defense course.

Good Harvest School

While equality and progressiveness is constantly being pushed here in America, there are areas of the world, such as rural India, where women still are fighting the everlasting battle for equality. The Good Harvest School is a school founded in rural India which:

- Is an all-girls school for the less-privileged who wouldn't normally have the opportunity to be educated
- Aims to transform the current education system in villages
- Allows girls to explore who they are as young women without social pressure
- seeks to establish strong bonds of connections between the girls
- Offers a comfortable learning atmosphere with strong female role models as their positive mentors, equipping our students to adapt to the ever-changing demands of the world.



THE GOOD HARVEST SCHOOL

The Good Harvest School is an initiative to give free education to rural girls in Unnao. Giving them a fair chance to learn and grow, and helping them break the cycle of poverty and gender inequality.

Why Self Defense for Good Harvest School?

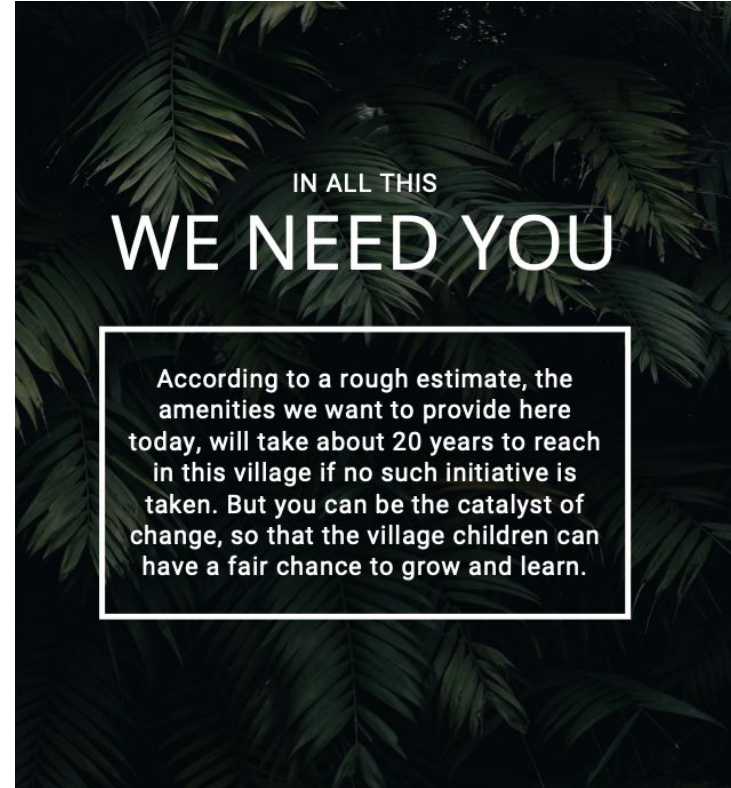
Data on violence against children, especially girls, shows a fraction of the real picture:

- In India, one in three (34 per cent) of adolescent girls (aged 15-19) married or in union have experienced physical, sexual or emotional violence by their husband or partner. Among these, more than one in 10 (13 per cent) have experienced sexual violence by their partner.
- Almost half of girls (45 per cent) and boys (48 per cent) justify wife beating.
- Twelve million adolescent girls – that is almost one in five – have experienced physical violence since the age of 15. In these cases, the most common perpetrator of physical violence for married girls is the husband or partner (33 per cent). For unmarried girls the mother or stepmother is the most common abuser (41 per cent), followed by the father or stepfather (18 per cent) and teacher (11 per cent).



What can CJSF do?

- Giving Good Harvest School girls access to self-defense would cost money (to hire trainers, buy equipment, etc.)
- Seeing as CJSF largely believes in supporting causes such as this, fundraising for this event would be something we could be able to do



More Information About the
Good Harvest School and its
mission

A survey says,

**98.8 % OF YOUTH IN
RURAL INDIA DON'T
WANT TO GET INTO
FARMING.**

Our food is at risk.



A SMALL SCHOOL IN NORTHERN INDIA IS SLOWLY BRINGING A CHANGE.

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Agriculture and girls



Due to migration, agriculture is not a male dominated field anymore. It is actually women who often outdo men. From selecting, preparing and sowing seeds to transplanting the seedlings, applying manure and then harvesting, winnowing and threshing, women work harder and longer on the field than men. Yet, we fail to recognize their hard work. The Good Harvest School is a small and a long-term effort to support young girls from the farming community to become responsible food growers in the future.





OUR CORE VALUES

01

In whatever we do,
we must

**TAKE CARE OF
THE EARTH**

02

In whatever we do,
we must

**TAKE CARE OF
THE PEOPLE**

03

Anything excess, we
must

**SHARE OR
RETURN IT**

MORE THAN A SCHOOL - OUR INITIATIVES



Setting up a
Seed Bank
and an agri-
lab



Designing
agri-based
curriculum for
children



Free green
education
for all



By 2022, our
goal is to be
100% self
sustainable



Connecting
and helping
female
farmers



IN ALL THIS
WE NEED YOU

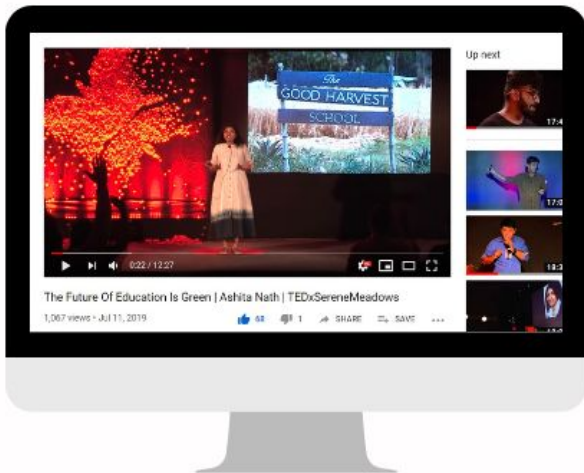
According to a rough estimate, the amenities we want to provide here today, will take about 20 years to reach in this village if no such initiative is taken. But you can be the catalyst of change, so that the village children can have a fair chance to grow and learn.



**Anish Nath and Ashita Nath
Founders of The Good Harvest School**

Anish Nath worked in advertising field for 7 years and decided to make a career shift by becoming a full time farmer in 2014. Since then Anish has been working on different crops and animals, and developing models for farmers to increase their income.

Ashita Nath is M.Sc in Zoology and B.Ed. She has over ten years of teaching experience. She has also worked in Delhi with an NGO to set up a home for children with difficult backgrounds. Ashita has been representing the school on various platforms including two TEDx Talks.



MAKING SOME (GREEN) NEWS



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connect with us

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**Click here to donate to Sonia's initiative
to bring self defense instruction to the
Good Harvest School.**

<https://www.gofundme.com/f/empower-girls-in-rural-india>