

2025

Project Sankalp

Hub for Empowerment of Women
(An Initiative of DWCD Goa)

A report on empowering
Women through Screen and
Iron Printing in South Goa



PRESENTED BY

Directorate of Women and Child
Development (DWCD) and
ARZ (Anyay Rahit Zindagi) NGO



Towards a new dawn

Ministry of Women and Child Development
Government of India



Foreword



Smt. Jyoti Desai

Project SANKALP brings empowerment directly to vulnerable women through community-based training in practical skills and awareness on safety and support. This collaboration between the Directorate of Women & Child Development and ARZ NGO has helped identify and uplift those who need it most. I commend everyone involved for their commitment to strengthening women's confidence, skills, and access to opportunity

“Through Project Sankalp, ARZ and the Directorate of Women and Child Development have trained women from Birla, Sada, and Mangoor Hill in screen and iron printing, while raising awareness on child sexual abuse and domestic violence. The program is not just about skills, but about dignity, confidence, and safer, independent lives.”



Ms. Juliana Lohar

About Sankalp Project



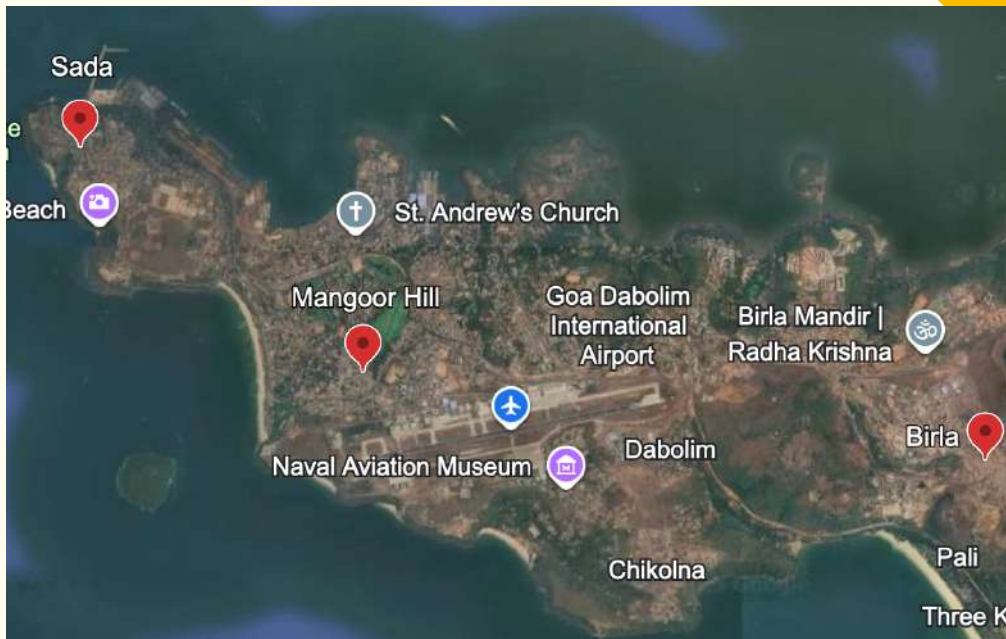
Background:

SANKALP: HEW (Hub for Empowerment of Women), under Mission Shakti, helps women learn about government schemes and access their benefits. It also acts as a monitoring unit for Mission Shakti and works together with the Beti Bachao Beti Padhao scheme.

Objective:

The goal of Mission Shakti is to support all women and girls, including those who are differently-abled, socially or economically disadvantaged, and vulnerable, by providing them with short and long-term services and information to ensure their overall development and empowerment.

Overview:



Implementation:

- Skill-based training program for single mothers, survivors of violence, and economically disadvantaged women.
- Skills were identified according to women's interests and job demand.
- Women were identified from slum areas of Sada, Birla, and Mangoor Hill and shortlisted through a joint survey by ARZ NGO and the South Goa District Mission team, based on socio-economic vulnerability.
- The course was held in the community for maximum participation.

Course Highlights:

- Training covered screen printing, iron printing, marketing, and costing.
- Expert-led sessions addressed child sexual abuse, and domestic violence
- Three batches of around 14 women each were trained over seven days; batches were from Birla, Mangoor Hill, and Sada.



Course Overview



Inauguration of a 7-day skill-building training in screen and iron printing for women at Cyclone Shelter Hall, Birla, on 23rd April 2025. The course began with an orientation covering the organization, course outline, and job prospects.



In the initial stages of the course, the participants are acquainted to the parts of machines and materials used for screen and iron printing. And later, the participants had practical lessons on screen printing.

Bags printed by participants from Sada.



Visit to WISH



Cup Printing



T-shirt Printing



Paper Unit



Fabric Unit

Course participants visited WISH (Women's Initiative for Self Help), a business unit by Arz in Vasco that supports the economic rehabilitation of women affected by sex trafficking. Through ventures in textiles, handcraft, and paper products, WISH empowers survivors as social entrepreneurs. At WISH women learned Cup Printing and T-shirt printing. Rest of the training continued in the community.



Costing



Colour Theory

Life skills Sessions



POTI Awareness



As part of the course, the participants were given a session on the POTI (Protection of Ocean Trees and Inhabitants) an initiative by GWMC, MMC, and ARZ NGO. The session highlighted the impact of plastic pollution and textile waste on biodiversity and encouraged the use of recycled cloth bags made from donated clothes. At the end, participants received POTI bags.



Awareness on CSA



Awareness on DV

Participants attended a session on child sexual abuse covering the POCSO Act, types of abuse (touch and non-touch), and online risks. They were guided on seeking help from teachers, police, helplines, NGOs, and were given tips on supporting children who disclose abuse, encouraging calm listening and timely action.

The course also covered awareness on the Domestic Violence Act and its provisions. Women were informed about the harmful effects of domestic violence on families, especially children, and the different ways it impacts them. Finally, they were made aware of the support services available.

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