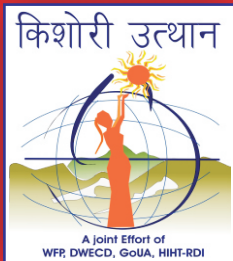


KishoriUtthan

A Project for Adolescent Girls

Udaan

(Flight of Dreams)





The young girls are unaware about the outside world, they are unaware about the fact that very soon they will get married and will be deprived of their adolescence. Passing directly from early adolescence to the life of a married woman, they don't know even what it means to be a married woman or being a mother. They are unaware about the basic minimum rights of being a human being, not to say anything about the legal rights and so on. Even then they carry dreams in their eyes which make their face so lively. There are so many similar girls around us but nobody pays attention to their woes. Nobody, exactly nobody.

They come to this world, and many are even not allowed to see the sunlight of this world, live with their woes and bid good-bye to this world unknown, unseen and unaware.

Is anybody listening?



*I have gained in confidence through the
Kishori Utthan project. I want to become a police officer.
Rajani Arakot, Chamba, Tehri*

I am proud of my daughter. She is better than any son.



I feel confident to leave the village now.

Vinita, Dobhalgaon, Chamba, Tehri

Her aunt says that Vinita has become more confident and whatever she learnt about health, nutrition and HIV has also shared with the women folk of the household.



I was happy to learn about legal rights.

“In rural communities, domestic violence is a continuing problem, one that is not often talked about. Description of legal rights, such as the illegality of violence against women and PNDT Act under the Kishori Utthan project has given space to girls to discuss about such issues and make them confident to find a solution to all these.”

Bimla, Adalilol Narender nagar, Tehri



The intervention for the girls has changed my life. I worked as a Sakhi (master trainer) for my group of girls in the village. Many girls in the group had dropped out of school. After the project, these girls have decided to join the school again. Girls have learnt a lot through the project about benefits of healthy and nutritious food, physical and mental changes and legal rights as well. Girls don't feel embarrassed talking about adolescent health. I have now joined Mahila Samakhya as its field worker."



Kavita, Mason
Jaunpur, Tehri

Dharkot, a village of three hundred families, is getting changed from the inside out with the twenty girls of the group. Eating habits of families have changed due to girls when they started talking about the benefits of nutritious food. Attitude towards the adolescent health has changed."



Girls of Dharkot Village, Chamba, Tehri

"Before the programme, there was a big difference between the way boys and girls were treated. Now there is more equitable treatment by parents between both the sexes."



Km. Nita Pant,
Vishal Gaon, Pokhri, Chamoli

KISHORIUTTHAN: A PROJECT FOR ADOLESCENT GIRLS

GENESIS

Adolescence is a crucial phase in the life of women. At this stage, she stands at the threshold of adulthood. The stage is intermediary between childhood and womanhood and is the most eventful for mental, emotional, and psychological as well as physiological well-being. This is also the period of psychological transition from a child who lives in the protective shelter of the family to an adolescent who is coming to grips with the realities of society. The adolescent girl is especially vulnerable, being often deprived of both adequate care and learning opportunities and being more vulnerable to nutritional deficiencies, during this period. They have limited life options and are caught up in a cycle of early marriage, pregnancy and childbearing with little control over their lives.

The KishoriUtthan Project was conceived for empowering adolescent girls from Chamoli, Tehri and Uttarkashi districts of Uttarakhand through health, nutrition and overall development and create an enabling environment for the girls to take initiatives for fulfilling their potential.

The project was conceptualized and designed by The United Nations World Food Programme (WFP) and Department of Women Empowerment and Child Development, Government of Uttarakhand. Rural Development Institute (RDI-HIHT) was entrusted by WFP as the nodal agency to implement the project through field NGOs.

The project builds on the existing 'Kishori Shakti Yojna' (KSY) under Government of India's Integrated Child Development Scheme (ICDS).

The project has been funded by WFP and DWECD, Uttarakhand jointly with each of the two pooling in half of the resources.

OBJECTIVES

1. Enhance general health, hygiene and nutrition status of adolescent girls in the project blocks.
2. Promote reproductive and sexual health with a special focus on RTI/STDs and HIV/AIDS among adolescent girls in the age range of 11 to 19 years.
3. Empower adolescents through life skills, vocational skills and livelihood options.
4. Establish intersectoral collaboration and linkages as well as promote community participation in enabling adolescent health and development.

The project was implemented in two phases starting from October 2004. The first phase lasted till September 2006 and during this period the project was implemented in 15 out of a total of 24 blocks of Chamoli, Tehri and Uttarkashi.

In the second phase, December 2006-May 2008, the project was replicated in the 9 remaining blocks of Chamoli, Tehri and Uttarkashi districts while the key elements of the project was upscaled at the state level in all the remaining districts of Uttarakhand.



COVERAGE

Chamoli, Tehri & Uttarkashi

All 24 Blocks, 1,331 Anganwadi Centres

STRUCTURE

Groups of girls (Kishori Samooh) aged between 11-19 years, have been formed at the village level. One group consists of 15-20 girls. One leader called 'Sakhi' (the Peer Leader) has been selected among the girls. For twenty such groups there is one federation (Kishori Sangh). Representatives from Kishori Samooh will form these Sangh. Kishori Samooh is the platform to address and regularly discuss various skill development training and learning session. Anganwadi centers in the villages are the hub for the group activities.

At block level, the Sakhis were imparted training who in turn provided training in their respective groups to the member girls. The groups of girls used to meet weekly. The Anganwadi Workers (AWWs) also attend the meeting. The girls use the platform not only for the purpose of learning about health, nutrition and life skills but also to share and discuss with each other, play and enjoy. Now they are able to manage some time from the daily chores for themselves, which is now reflected in the level of confidence, with which they converse with outsiders.



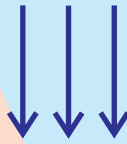
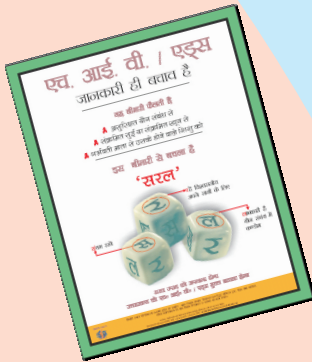
Project Activities

In consideration of above objectives and the findings of the baseline study as well as Adolescent Needs Assessment following activities were planned & implemented under the project:

- ⌘ Formation of groups of girls and community sensitization
- ⌘ Development of training modules and Kit on participatory training for girls
- ⌘ NGO-Training and capacity Building
- ⌘ Training of adolescent Girls focusing sexual and reproductive health, General health and Nutrition, Vocational skills, Legal rights, Life skills, communication etc.
- ⌘ Regular meetings of adolescent girls at village and Cluster level and its monitoring for handholding support to Sakhis
- ⌘ Capacity building of ICDS staff on project indicators and monitoring
- ⌘ IEC and printing/distribution of News letter for adolescent girls
- ⌘ Establishment of Block level resource center on Information required by adolescent girls on health, life skills, nutrition, HIV/AIDS, vocational options and other relevant issues
- ⌘ Impact assessment



Publications



Adolescent Resource Centres

To continue providing support to the adolescents throughout the duration of the project and even beyond, Adolescent Resource Centers (ARCs) have been set up in each block.

The ARC has been kept low-cost and the main emphasis is on the resources being provided at the center rather than on the infrastructure.

The resources are material and literature essentially related to health, nutrition, life skill, career and livelihood. Besides, books on self-improvement; literature to prepare for competitive tests/exams; newspapers, accessories for education through recreation (interactive games, puzzles, quiz etc.); inspiring biographies; classics (fiction and nonfiction), magazines, IEC/BCC materials (audio, video, print, materials including posters, flip charts, flash cards, adolescent kit etc., are kept at the ARCs.

To make the ARC useful and attractive to the adolescents, various events like quiz competition, poster competition, essay writing competition, debate competition, creative writing competition, painting competition, cultural programmes, sports competition, celebration of important days in a year, talks on development of pre-vocational skills for e.g.: schemes in banks, handling operations in banks, post offices, government offices etc. counseling services through trainers, Sakhis and eminent people in the local region on varied issues of career, health etc. were organized periodically.

The Centres have provided a suitable platform to the girls to express their creativity and have been instrumental in mobilizing the girls for undertaking different developmental activities at the village level.



Some Development Initiatives Undertaken by Girls

In many project villages, the adolescent groups have been motivated to expand literacy opportunities among elder members of the local community. In Mathli village, Dunda block, 23 girls of the Kishori Samooh decided to get all their mothers together and begin weekly adult literacy classes. The mothers have benefited a great deal from these classes. They have not only learnt to write their names and do basic calculations but also learnt to read bus numbers before getting on to the bus.

In one village in Mori block, one of villager was nominated under the 'Indira Awaas Yojana' a government-housing scheme for families below poverty line under which the poorest of the poor are selected and given monetary benefits. During the Kishori Samooh meeting the girls happened to talk about this scheme and it was apparent that someone else in the village was poorer than the selected villager and therefore a more deserving candidate. The girls decided to raise the issue in the Panchayat and fight for his rights. They did not give up till the nominee was changed and the poorer family benefited from the government scheme.

In Bhunyasari village, Thatyur block in Tehri district, a group of girls helped to organise a health camp in the village, where T.T. injections were administered to adolescent girls. The leader of the group (Sakhi) wrote a letter to the health officials informing them that there were some girls who had not taken the first dose, which should be administered at the earliest so that the right gap between injections can be achieved. Similarly, the girls also took the initiative of starting a sanitation campaign wherein they educated families about the use of toilets. The campaign was quite successful and the local community gained awareness on the benefits of better hygiene and sanitation.

UDAAN :

Workshop for Adolescent Girls

A workshop titled “Uraan” (Flight of dreams) was organized for the adolescent girls of the project area. All together seventy-five girls and twenty Field trainers participated in the workshop. The event was organized in Tehri at Ranichauri Hill Campus of G B Pant University.

The workshop was organized as an informal affair. It included games, cultural shows by girls, and stalls providing adequate information on career opportunities available for adolescent girls.

The event proceeded in a twofold manner. Onstage performances by the girls in the form of songs, cultural dances, Street plays, experience sharing etc. was organized which was followed by visit to the stalls by girls. On second day games were organized and winners were awarded followed by launch of website on the project.

Stalls for information and demonstration were established for the benefit of the participant. The stalls included following viz:

- ☺ Health Checkup including Gynecology and Dentition
- ☺ Career Counseling
- ☺ Computer courses available
- ☺ Beautician
- ☺ Herbal medicines



Review and Outcome

An impact assessment of the project carried out revealed that substantial changes had taken place not only in the information and knowledge base of the girls but also in their own attitudes and more importantly in the attitudes of the community towards the girls. Briefly the status is as below:

Indicators	Baseline	Endline
Girls who are aware of symptom of iron def. anemia	4.3%	49.7%
Girls having knowledge of importance of TT vaccine during pregnancy	6.4%	64%
Girls aware about colostrum feeding	35%	83.1%
Awareness about importance of immunization	10.6%	42.2%
Girls receiving TT vaccine	5.7%	51.4%
Girls Receiving Any Vaccine	5.0 %	45.2 %
Girls who have heard about HIV	41.7%	88.2%
Girls having knowledge of transmission of HIV	0.5%	11.6%
Girls aware about prevention of HIV	0.1%	6.4%
Girls having conducted post office transaction	10.6%	27.1%
Girls knowing at least one law of prevention of exploitation of women	17.4%	51.1%

Our Trained Adolescent Girls: Now A Skilled Social Capital in the Village

Many groups have volunteered to form advocacy and community support groups to generate awareness on HIV/AIDS, addiction, hygiene & sanitation, environment etc.

Most of the Sakhis are actively participating in AWC activities collaborating with the AWWs in conducting NHED sessions, weighing of children, filling in records and registers, mobilizing beneficiaries etc.

Trained adolescent girls are a value addition as community providers to resource base at grassroots with ANMs, Anganwadi Workers (AWWs) and Community Health Volunteers (CHVs).

The awareness levels of the girls are now much higher about various issues like planned parenthood, care ensuring safe motherhood & childhood, best practices related to under nutrition, anemia, low birth weight, risk behaviours vis-a-vis HIV/ AIDS, etc.

The girls are now being looked up to as change agents in the community. They are slowly being consulted on important issues within the household.



Upscaling **Uttarakhand**

ICDS, Uttarakhand upscaled the key elements of the Project at the State level in the remaining ten districts of the State. Training of Supervisors, CDPOs and DPOs have been undertaken under the second phase on the project module and now the state is undertaking the training of AWWs and Sakhis in remaining 10 districts on its own.

The Department has developed a state level module for KSY Project, which is based on the module of the KU Project.

National Level

A GOI team from Ministry of Women and Child Development visited Uttarakhand to study the initiatives under KishoriUtthan project. The GOI team was appreciative of the initiatives undertaken and lauded the outcomes of the project. They were impressed with the entire design of the project as well as materials developed for the project.

The team decided to draw key elements of the model for revamping the KSY project at the national level for XIth FYP. The draft scheme is ready and will be finalised very soon.



Partners of the Journey

NGOs involved in Phase I and II in Tehri, Chamoli & Uttarkashi districts of Uttarakhand

District	Block-Pilot Phase	Block-Expansion Phase	FNGOs
Chamoli	Joshimath Pokhari	Deval Dasholi	Asta Seva Sansthan
		Ghat Gairsain	Jay Nanda Devi Swarojgar Sikshan Sansthan (JANDESH) Jan Kalyan Samiti
Tehri	Narayan Bagar Tharali	Kanprayag	Institute of Himalayan Environmental Research & Education (INHERE) Gramin Sudhar Avam Shamik Sevwa Sanstha (GRASS)
		Kirtinagar	Uttaranchal Youth & Rural Development Center (UYRDC)
	Chamba	Bhilingna	Society for Voluntary Approach in Rural Development Action (VARDAN)
	Hindolakhali	Narendra Nagar	Gramin kshetra Vikas Samiti (RADS)
Uttarkashi	Mori, Purola	Jakhnidhar Pratap Nagar	Garhwal Community & Development Welfare Society (GCDWS)
		Thauldhar	Uttaranchal Jyoti Samiti (UJS)
	Chinyalisaur	Naugaon Dunda , Bhatwari	Society for Rural Awareness and Development in Himalayan Area (SRADHA) Gram Niyojan Kendra (Samridhi) Himalayee Paryavaran Shiksha Sansthan (HPSS)
			The Himalayan Ecology and Treatment of Natural Agriculture Samiti (HETONA)

Project in Action



Project in Action



पर्वतों की गोद में,
पली बढी हम किशोरियाँ
जीत लेंगी हर खुरशी,
न रहेंगी अब कोई मजबूरियाँ

←← किशोरी उत्थान परियोजना गैरसैंग



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