

Annual Report

SAKHI - STRENGTHENING ADOLESCENT GIRLS KNOWLEDGE, WOMEN'S RIGHT, HEALTH & INCOME



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ABBREVIATIONS

UKSVK	Uttar Kshetriya Samaj Vikas Kendra
DSSS	Diocesan Social Service Society
AGs	Adolescent Girls
SHG	Self Help Group
ANM	Auxiliary Nurse Midwife
Govt.	Government
AWC	Anganwadi Centre
RKSK	Rashtriya Kishor Swasthya Karyakram
RTE	Right to Education
RTI	Right to Information
FIR	First Information Report
POSCO	Protection of Children from Sexual Offences
FP	Family Planning
HIV	Human Immunodeficiency Virus
AIDS	Acquired Immune Deficiency Syndrome
POU	Point of Use
ICDS	Integrated Child Development Services

1. Formal details

1.1	Name of the partner organization	Uttar Kshetriya Samaj Vikas Kendra (UKSVK)
1.2	Project Number	321-900-1626 ZG
1.3	Project Title	SAKHI - Strengthening Adolescent girl's Knowledge, Women's Right, Health and Income.
1.4	Reporting Period	October 01, 2017 – September 30, 2018

1.5 Brief description of project activities

UKSVK presents its annual report of SAKHI project, "Strengthening Adolescent Girls Knowledge, Health & Income", in the Northern region of India, through the kind assistance of MISEREOR, Germany. The objective of the program is:

- Objective 1: The number of girls who marry or give birth before the age of 18 has decreased significantly.
- Objective 2: A significant number of boys have become sensitized towards gender injustice and violence against girls.

The project is being catered by the coordinator, animators, vocational instructors, accountants, anganwadi workers, teachers and other influential people to make it fruitful. The year 2017-18 for UKSVK has been a year of experimentation, learning and evolving. The year threw up many challenges, prompted us to push ourselves to new limits, become innovative and emerges with new insights. It made us face many situations where we were challenged to transform, modify or recreate the modality to work with adolescent girls. However, what did not change for us, is our zeal to create healthy, skillful and safe environment for Adolescent Girls.

This Annual Report is prepared by UKSVK secretariat staff consisting of the Executive Director, General Coordinator, Associate Coordinator and Accountant. The inputs covered in the entire report is assembled from the monitoring/field visit, coordinators meet which was organized twice, quarterly reports, data compilation format with diverse case /success studies and other achievement articles shared by the diocesan partners shaped this annual report.

We are delighted to have exceeded our targets across all of our activities. We have also strengthened and streamlined our interventions through regular monitoring, evaluation and timely strategic decision making throughout the partner organization. In times of crisis and pain, what has helped us stay the course is the faith that has been bestowed on us by our beneficiaries, partners, and funders.

UKSVK is presently addressing the following issues in the field area.

• Increasing number of dropouts especially among AGs.	• Marriage of daughters before the age of 18.
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<ul style="list-style-type: none"> • Lack of legal knowledge and of government schemes and programmes. 	<ul style="list-style-type: none"> • Reenrollment of drop-outs to schools.
<ul style="list-style-type: none"> • Self-empowerment through skill development and vocational courses. 	<ul style="list-style-type: none"> • Ensuring access to primary health care services.
<ul style="list-style-type: none"> • Awareness raising in community through literacy programs. 	<ul style="list-style-type: none"> • Income-generation activities.
<ul style="list-style-type: none"> • WATSAN (Water and Sanitation) program 	<ul style="list-style-type: none"> • Healthy and nutritious cooking
<ul style="list-style-type: none"> • Knowing our body/Sex education 	<ul style="list-style-type: none"> • Family planning with emphasis on natural family planning

The aforesaid issues were raised in the community by the DSSS. The participatory community approach and trust building dialogue assisted in creating a favorable condition for the fruitful intervention of activities. Increased stay in school concept was promoted through peer to peer learning model. Girls were trained in sexual and reproductive health by public health workers, like ASHA, ANM and PHC Doctors. The adolescent girls of Jhansi diocese were conferred the title of 'POWER ANGELS' for their awareness on women empowerment and legal issues by the local police officer. The power angels were issued special identification cards and were given direct access to the police stations to bring untoward incidents to the police station to register them. Sex education, Health issues and Awareness of HIV/AIDS is imparted through health sensitization programs. Triangular session between parents, teachers & community based workers, gender sensitization and behaviour modification sessions have created a discrimination free environment wherein the target group is been taken care.

These programs have created a discrimination free environment wherein the sufferer is being taken care. Health Sakhi's have been identified to facilitate community outreach programs like vaccination drive, thereby strengthening the working relationship with frontline health workers.

The report encapsulates the process and results of one year: October 2017 – September 2018.

2. Changes in the project context

2.1 Important changes in the External Framework Conditions and Project setting

Various political, economic and social situations concerning the country are somehow directly or indirectly affecting the ongoing implementation of SAKHI. Some important changes for this reporting period are:

Political

2017 proved once again that there is never a dull moment in Indian politics. And so, it was a year of consolidation for the ruling Party which now has ruling governments in 19 states. A lot of political up-

down is happening making it quite tough to take decisions. The proposed GST (Goods and Service Tax) make foreign companies feel unsafe in India as an investment destination.

Farmers are facing a difficult situation and are demonstrating their opposition by holding rallies, movements, and meeting to oppose the Government. They are accusing Government for their poor condition. Farmers are even committing suicide.

The leaders of political parties are fake politicians, after taking the oath of office on the Holy Book and after lousy thanksgiving services use their power as an end in itself, rather than for public good, making themselves indifferent to the progress of the citizens.

Several new rules were adopted especially zero-tolerance policy towards those involved in cow smuggling. However, Uttar Pradesh saw a rise of cow-vigilante and a state of unrest where no one felt safe. People were lynched on suspicion of eating cow meat, thrashed when transferring their own cows from one place to another (under suspicion of smuggling). Government officials to were beaten on suspicion of taking the cows as per the official government purpose.

Inspite of all this down side; numerous affirmative work and schemes have been launched by the Government for the welfare of adolescent girls, like, Esakhi programme, Rani Lakshmi Bai Mahila Evam Bal Samman Fund, Rajshri Yojana, Shadi Anudan, Sukanya Yojana, Ladli diwas etc.

Economic

The economy of North India is predominantly agrarian, but is changing fast with rapid economic growth that has ranged above 8% annually. According to IMF (International Monetary Fund), 'India's economy is picking up and growth prospects look bright—partly thanks to the implementation of recent policies, such as the nationwide goods and services tax'.

But the aforesaid data are not realistic when it comes to implementing sites. Most of the parents of our SAKHI are involved in agriculture and allied activities. As a result the main economic source remains agriculture. Moreover all input costs – water, fertilizer, seeds, machines, labour and fuel have gone up, while prices obtained for the final product have not risen commensurately. Withdrawal of subsidies by public authorities has further aggravated the burden. In general farmers are at the mercy of nature and markets. Farmers' suicide is rising due to great losses all over the country.

Demonetization and GST had an impact on the people, many Small Scale industries, shops were effected thus having a wide impact on the economic stability of people.

The adolescent girls after the age of 18 are mostly married off and they are burdened with household chores. Majority adolescents are dependent on their husbands for their economic growth. The project SAKHI is providing a supporting hand wherein the adolescents are given livelihood training which will enable them to be economically sustained and lead an independent life.

Social

The status of women in India has been subject to many great changes over the past few millennia. These changes in the attitude of women have come from various national and international movements. Today the urban woman is walking hand in hand with men, but the rural women are not yet empowered. Speaking about our intervention areas the conditions are improving but there is need for more movements.

Child marriage, early child bearing are still persisting in the area, with the number of cases registered being minimal. Women are subject to domestic violence and many have no say in family matters. Adolescents were reluctant to participate in project activities and their mothers were not in favor of sending their wards to the meeting.

Yearlong efforts are yielding positive results and mothers are allowing their wards (adolescent girls) for project activities.

Relevant Social Issues affecting directly and indirectly are:

Caste related violence: it's a regular phenomenon in India where the Dalits are the most vulnerable groups. They are often mistreated and are neglected for basic amenities. They face exclusion and are often prone to communal violence.

The caste system directly affects SAKHI implementation, in villages girls of a higher caste avoid sitting with girls of lower caste. This practice hinders program implementation. The project staff are cautioned against such situations and often influential people are brought in to tackle the complex situation.

Safety of Women: safety of women especially in India is a major concern. The major threats surrounding them are domestic violence, eve-teasing, rape, female infanticide, child marriage etc. Due to the prevalence of these threats parents are discouraged / reluctant to send adolescent girls to project activities.

2.2 Important changes within the partner organization

All staff at the secretariat level are newly appointed, experienced and are implementing the proposed interventions with more vigor. Sad to share that the coordinator from the Allahabad diocese, Mr. Lalmani bid adieu to enter heavenly bliss. He was a very genuine and hardworking person.

3. Implementing the project and achieving its objective

Specific Objective 1:	Promote adolescent girls leaders and strengthen girls' forum.
Planned activities	<ul style="list-style-type: none"> • Group formation and Group work Activities • Networking with school teachers' and community based workers
Immediate outcome/result	
<ul style="list-style-type: none"> • Project SAKHI directly touched the lives of 6745 adolescent girls (10-24 years of age) and their families in the villages of 12 diocese of Uttar Pradesh, Uttarakhand & Rajasthan. 343 adolescent groups were formed; each group is a small voluntary association of adolescent girls. They come together for the purpose of learning, sharing and self-sustainability. 	

- Meetings are organized monthly, wherein the girls assemble to share and discuss the activities and the way forward.
- Approximately 1979 group meetings with input sessions on health, nutrition, legal rights and vocational courses were conducted by 12 partner DSSS. These group meetings have built self confidence in them and enhanced their leadership quality. It has been observed that after these meetings, AG's are themselves maintaining the group register. In one instances AG's from Gorakhpur applied in their respective villages for toilet construction from government authorities and the government heard their plea by constructing 10 toilets in their locality.



Adolescent girls with newly constructed household toilet from Gorakhpur

- Through networking with school teachers and community-based workers a friendly atmosphere is created. This helps to build a direct student-teacher relationship and make them comfortable in asking anything related to their needs, their rights and their difficulties.
- Teachers motivated the AG's to apply for government vacancies resulting in heartening stories that emerged as we returned to the children we had worked in the past. Thus has strengthened our conviction that through proper guidance, it is possible for projects to have power to bring about real change.

Objective 2. Decrease the number of girls who marry or give birth before the age of 18

Planned Activities

- home visit by the animators to AGs homes.
- networking and lobbying with the govt. Authorities to prevent child marriages.
- counselling sessions and home visits to beneficiaries on family planning

Immediate outcome/ result

Home Visit

- UKSVK believes that each and every adolescent girl is important. Home visit aims to enhance the health, wellbeing and resilience of adolescent girls. Family home visiting aims to provide better support for parents thus getting acquainted with our project objective. Around 5000 home visits were successfully conducted on educating AGs' and their parents about the drawbacks of child marriage. 100 parents postponed their daughters marriage and assured to continue their education.
- Regular home visits led to Community discussion sessions. These discussions enabled to explore

alternatives to the practice and to coordinate a collective decision to abandon child marriage. Religious and traditional leaders endorsed and participated in the community discussions.

- Around 70 parents postponed the date of their daughter's marriage to after the age of 18.

Networking and lobbying with government authorities

Coordinators had meetings with the government authorities and arrived at a conclusion to have awareness programs to overcome this situation.

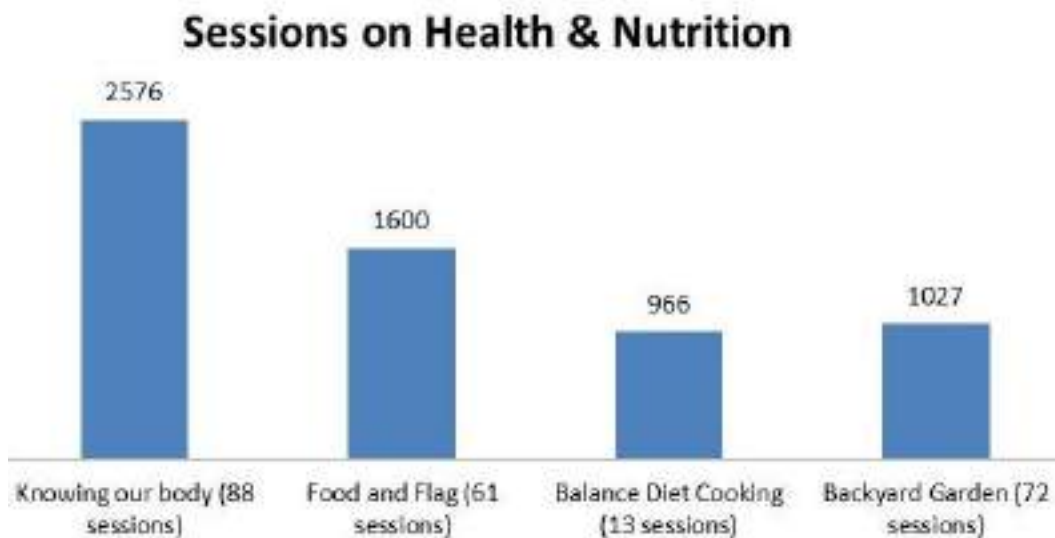
Sessions on Family Planning

- It was noticed that in rural areas many communities' family planning needs were under-served. To combat this lack of assistance the project created a FP session to educate couples in the reproductive age (15-49 years old).
- In family planning sessions, the project staff strictly emphasized the natural family planning methods for healthy future prospects over contraceptives. The sessions also include information on: health schemes, promotion of institutional deliveries and complete and timely immunization of children.
- 85 sessions were organized in most of these sessions men's participation was meagre because of the patriarchy system, work schedule and migration to new place.

Objective 3	Upgrading the health status of AGs by enhancing their knowledge and developing training modules
Planned Activities	<ul style="list-style-type: none"> • Sex education (knowing our body, menstrual system and hygiene) • Kitchen garden • Healthy cooking • Food and Flag • Swasth Kishori Pratiyigita • Celebrating World Health Day and organizing health exhibition • Kishori health camp, conducting HIV/AIDS & TB awareness program
<p>Immediate outcome/result:</p> <p>UKSVK managed to gather essential study material for the partners as per their requirements.</p> <ul style="list-style-type: none"> • Modules on sex education, nutrition chart, food and flag etc, were developed and shared with adolescent girls and also displayed at schools and anganwadi centers. • The modules assisted in sensitizing the Adolescent girls to follow good hygiene practices during menstruation. 250 girls were provided with sanitary pads by the health workers. • 240 adolescent girls were trained to maintain kitchen gardens by experts of (KVK) Krishi Vigyan 	

Kendra a government agency.

- In each diocese 10 kitchen gardens were developed as models for replication by the community members.
- The girls are following and practicing the intake of fresh and leafy vegetables and thus consumption of fast food is being minimized. Consumption of seasonal fruits and vegetables like has increased among the adolescent girls. The following vegetables tomato, chili, bottle gourd, brinjal, lady finger etc. are being grown in kitchen gardens.
- From time to time thematic ideas were shared with project staff during the coordinator's meet and monitoring visit.
- All DSSS have developed information/resource centers, where reference materials are available.





Session on Health for Ag's

Objective 4	Exposure visit for AGs to explore their knowledge
Planned activities	exposure visit to banks, post-office, police station, AWC etc
<p>Immediate outcome/result:</p> <p>The exposure visit to Police station, post office and bank was an enriching experience for the adolescent girls where they learned the functioning of these institutions. These visits were organized to develop awareness among them for pursuing a career in any of these institutions and to build confidence of the girls especially towards the police. In Jhansi diocese the police capped four girls, Neha, Saroj, Julie and Rupa as “Power Angels” and provided them with identification cards. These girls have direct access to the police station and register complaints as and when required.</p>	



Identification cards of Power Angels

129 adolescent girls have opened new saving accounts in the bank. Adolescents have been sensitised on use of police service and other helpline numbers. In this reporting period no FIR were lodged by AGs.

Objective 5	Increasing stay in school concept
Planned activities	<ul style="list-style-type: none"> regular girl friendly sessions between parents, teachers and AGs teacher sensitization program networking with the state and central govt. on various schemes
Immediate Outcome/Result <ul style="list-style-type: none"> During the reporting period, 58 girl friendly sessions with parents and teachers were organized. This created a platform for girls to share their issues. Many shared that work load at home and sibling caring often forces them to discontinue studies. Parents were made to understand that adolescent girls should be given time for studies. Parents too shared their perceptions and expected regular teaching, improved infrastructure and access to facilities like toilet and clean drinking water. Teacher sensitization program aimed to sensitize and orient school teachers on adolescent problems and associated issues, need and relevance of reproductive health education, crucial role of teacher and suitability of school classroom for bringing this subject matter in line with mainstream education. Also they were sensitized to the meaning and classroom practice of 	

implications of gender consciousness and gender equity.

- 677 drop out girls were identified of which 73 drop out girls were re-enrolled to school with effect to this activity, the details of re-enrolment are as follows:

Re-enrolled to class	5 th	6 th	7 th	8 th	9 th	10 th	11 th	12 th	B.A 1 st year	Private Coaching
No. of children	8	12	2	9	14	2	4	1	9	12


Objective 6	Legal literacy and advocacy campaign, ‘ME and My Friend’ for AGs
Planned activities	<ul style="list-style-type: none"> training on legal rights like child rights, property rights, RTE, RTI, FIR etc training on laws and acts related to women – domestic violence act, dowry act, POSCO
Immediate Outcome/Result <ul style="list-style-type: none"> Thirty five sessions on legal literacy (RTE, RTI FIR) were organized in which 988 adolescent girls participated. The sessions are yielding; like in Gorakhpur an adolescent girls’ group approached the village head, pradhan for repairing the kaccha/ bad road. The road has been rebuilt by the pradhan after regular approach by the adolescent girls. These sessions are helping the adolescent to learn about their legal rights and their contribution towards an empowered society. The power angels of Jhansi diocese are assisting the community on use of helpline numbers like 1090, 101, 108 etc. 	

Objective 7	Sensitization of boys towards gender injustice and violence against girls
Planned activities	<ul style="list-style-type: none"> gender distinction (biological and psychological) behaviour modification counselling sessions
Immediate Outcome/Result <p>Under gender distinction activities, 35 sessions were organized in which 1177 participants participated. They were imparted education on distinction between sex and gender, anatomy of the individual’s reproductive system and secondary sex characteristics and their roles based on the sex of the person. This has helped them to change their perspective and approach puberty in a healthy manner rather than being in doubt.</p>	



Session on Behaviour Counselling

Behaviour modification counselling sessions: In this reporting period, 114 programs were organized in which 3779 boys participated. The boys were given classes on positive thoughts and attitude, time management, discipline in school, friendly behavior with girls etc. The sessions are helping in developing a sense of respect towards girls. The boys are realizing that girls should be given equal opportunity both at home and in society.

Objective 8	Capacity building of Adolescents and raising livelihood options
Planned activities	Basic and advanced stitching training course (embroidery & croshia) <ul style="list-style-type: none"> • Training on required language medium/career counseling/ personality development etc. for girls/boys. • Basic and advance computer training. • Any Training as per the requirement (Trades: Jewellery making, electrical/mobile course, beautician course)
Immediate Outcome/Result 	



Girls in vocational course

UKSVK through its SAKHI program is capacitating the adolescent and is trying to increase their livelihood opportunities.

- In this reporting period 917 girls were trained under the advanced stitching course, 486 girls under computer course, 570 girls in beautician course and 42 girls were trained on electrical and mala making course specifically in Udaipur.

- For the aforesaid

trades' preference was given to the dropouts and the marginalized. Getting dropouts for the vocational course was not easy. Regular interaction and counselling led to their involvement in the courses. In a yearlong implementation, the girls have attained proficiency in the above trades according to the syllabus. 40% girls are sewing from home and earning Rs. 500 to 1000/- p.m. making them self-dependable. Some girls are also being motivated to start their own unit as well as enhance their knowledge of the market thus providing them more exposure.

Objective 9	Continuous community mobilization through IEC & BCC activities
Planned activities	<ul style="list-style-type: none"> • Nukkad natak • Film shows • POU training • Community exchange program
<p>Immediate Outcome/Result</p> <ul style="list-style-type: none"> • As part of BCC activities, all 12 DSSS organized nukkad natak /street plays as part of mobilization activities. These activities have helped in establishing a rapport with the community. • POU training and test was conducted to detect bacteriological infection in the drinking water. Water samples from both, Point of Use and Point of Source was collected and tested. It was found that in many cases the Point of Use was infected due to unhealthy handling practices. In the coming months sessions will be organized at community level on water handling practices. • Attached a copy of POU test conducted by Lucknow diocese. 	



4. Additional effects and risks.

The project has generated additional effect in the following:

Health: networking with health department assisted in mobilizing resources like distributed Iron tablets and sanitary pads, conducted Haemoglobin (Hb) tests and timely vaccination of adolescent girls.

Gender: Boys took the initiative of providing hand holding support to female, both at home and schools.

Enhanced Livelihood: Two trained Ag's from Banswara have become entrepreneur by opening their own tailoring shop and effectively running their business. Whereas girls from other dioceses are taking stitching orders and are working from home. This act led a motivating environment throughout the target area.

Ecology: Important days like World Water Day, Toilet Day, Earth Day etc. were celebrated. These celebrations created a sense of awareness and unity for the importance of ecology. In some places groups have been formed responsible for promoting and maintaining the environment.

Civil society: Enhanced participation of villagers in program activities is being witnessed. Mothers are content to witness the transition in adolescent girls. Boys are also actively involved in community led programs. The logistics of such programs are managed by boys.

The invisible social boundaries still persist and this hinders project activities. Girls from higher caste will hesitate to accompany girls of lower caste and vice-versa. This invisible boundary is a bit hard to overcome. Project staff is trying to destroy these pre-deposited thoughts from their mind so as to create a common platform where all come together, learn and expand their thoughts.

5. Evaluation

As of now no external evaluation has been conducted. The secretariat team by themselves conducted the monitoring/field visit. This visit was conducted twice, after which the findings and learning's' were shared with all the diocesan partners. Besides, the diocesan directors also visited the villages to learn the progress and difficulties faced by the project staff. Internal staff meetings happened monthly wherein the director and sometimes the Program Manager of the diocesan society would monitor and evaluate the project interventions. In some instances the village leaders and other influential people also accompanied the director during the monitoring visit.

The challenges encountered during field work activities are presented at a bigger platform called the Coordinators Meet. In this meet all lights and shades are shared and discussed and accordingly a consensus is developed for implementation.

During evaluation and field visits the need of capacity building had emerged, for which UKSVK organized two workshops on, i. Finance Management and ii. Legal Rights. The resources for these training programs were pooled from other sources.



Monitoring / field visit to diocesan partners

6. Conclusion

6.1 Lessons learned within the project

Adolescence is a time of change and development, a window of opportunity for the improvement of nutritional status and correcting poor nutritional practices. In most of our intervention areas we found that female adolescents suffer from a variety of poverty-ridden village life conditions: caste oppression, lack of facilities, malnutrition, educational backwardness, early marriage, domestic burden, and gender

neglect. Girls carry a heavy work burden as a result of which many girls become drop outs, Many rural parents fear that education and freedom would ruin their daughter.

It was challenging for project staff to overcome the suffering faced by the adolescent girls. During the beginning of the project the attendance of adolescent girls in project activities was meager. Regular interaction, meetings, games and sports event with adolescent girls and their families lent a hand holding support and trust emerged. Now adolescent girls and the community have accepted our team.

Presently the adolescent girls are happy to be a part of the program. The enhanced vocational skills is making them independent and helping the family with more income. The girls are now turning to be a source of inspiration for girls of other villages. A major change reported after our intervention is increased mobility of adolescent girls.

The village government health workers like ASHA and ICDS are now gratified to have Health SAKHI's (adolescent girls) as a helping hand in achieving their target.

The dropouts always felt neglected and were in isolation. Through our project activities the dropouts are being brought to the limelight and are being re-enrolled in the school.

The project helped us to realize the culture and tradition of different religions and working with them has given an opportunity to understand the present society and aspects of further work with them.

The overall learning is that the girls are confident, eager to learn and are updated on their neighbourhood.

6.2 What lessons were learnt from project implementation to date with respect to your organization?

During the project implementation the organization felt the need of capacity building for its DSSS personals and the diocesan directors. After much analysis capacity building program on Finance Management and Society Governance was organized. These workshops assisted the DSSS personals in optimizing themselves with the present government norms. Various innovative interventions were lined in with the adolescent girls group especially the drop outs to ensure their participation in group work activities. Timely interactions and community led intervention were initiated with the stakeholders (parents, teachers and other influential people) to bring about a social transformation.

These enriching activities for adolescent girls were appreciated by the girls of adjoining villages who too expressed their desire and willingness to be part of it. Though they are not part of the activity, the project staff is trying to bridge and streamline them for their sustainable growth.

6.3 How do you rate the current status of the achievements of project objectives?

Within a year of project implementation we have reached the community, but still more efforts are required. At present we have achieved 50% of the target. At the field level our intervention gets a setback due to the poor economic condition of our beneficiaries (families of adolescent girls), as they are compelled to participate in bread earning activities. To ensure their participation achievable strategies are being formulated which will enhance the chances of attaining our objectives.

We could rate the achievement at 60%, although most of the partners have set and pull efforts for its accomplishment. This variation could be defined and stated owing to the differences in the human resource as well as the circumstances in each vicinity.

6.4 Are you planning to change your approach in any way? If so, how?

As of now we are contend with our approach and strategies for achieving the objective. But from the first year's report card we learn that some changes need to be incorporated in our approach. At the field level a village monitoring committee will be formulated to overview the program achievement. All training / workshop need to be organized at the grass root level wherein the community will arrange the logistic. HEALTH SAKHI's in coordination with the local health body will arrange health and nutrition day where timely vaccination, distribution of iron tablets, sanitary pads, and anaemic girls will be referred to the primary health centers.



Marching towards group formation

Adolescent girls (AGs) especially from villages are vulnerable. It has been observed that a very large number of them enter into matrimony and become young mothers before they have the opportunity to realize their full potential. Discrimination against the girl child in health, nutrition and education is heightened in adolescence.

Domestic violence against adolescent girls is also most common all across India. The type of abuse or violence adolescent girls are subjected to at home has been categorized into—beating, torturing, scolding & calling names, sexual abuse, suspecting their character/keeping watch on movements, neglect of health problems, insult in the presence of outsiders, friends and younger making to feel guilty for no fault, treating like servants, verbal threat of using force and comparing with the other gender and giving him preference even if it underserved.

The above mentioned status of AGs can be seen more or less across the region, religion, cast and creed in India, but situation is grimmer in the state of Uttar Pradesh, largely due to high incidence of poverty and illiteracy.

Under SAKHI programme supported by UKSVK, PGSS, the implementing agency has tried to address the issues pertaining to adolescent girls by mobilizing Adolescent Girls' Groups. PGSS decided to address the issues and need of these adolescent girls by mobilizing them into adolescent girls groups.

PGSS is committed to offer adolescent girls a combination of life skills: Skill development training, Family life education, and Leadership training through **Adolescent empowerment Program -SAKHI**.

Under the Program 10 exclusive **Adolescent Girls' Groups (Kishori Samooh)** for adolescent girls were formed at 10 target Villages wherein 1000 AGs became members of AGGs. Rules and regulation and other modalities of **Adolescent Girls' Group (Kishori Samooh)** were finalized by the SHG with active guidance from the Sakhi Staff.

The program has significant potential to make an impact on the lives of young women in terms of vocational skills, economic empowerment, education, autonomy and mobility, self-confidence, reproductive health and child survival behavior; and we have achieved little success so far. The first step has been taken by SAKHI team and supported by UKSVK but there is a long way to go to bring confident & healthy smiles on the faces of our future women fraternity.

Through regular monthly meetings, AGs of the group were given information regarding their rights, entitlements and duties towards their society. For their economic empowerment, a tailoring centre was established to provide the AGs of the village with vocational training to wherein 40 AGs joined, but the road to reach the tailoring centre was damaged and the problem of constant water logging was common. AGs have to face these difficulties to reach the tailoring centre.

In the monthly meeting of January 2018, as group work AGG decided to celebrate Republic day and to invite the Gram Pradhan as the chief guest of the celebration. AGG decided to write an application for reconstruction of the road (approx. 500m) to Mrs. Poonam (Gram Pradhan, Dalelganj). She gave assurance for the reconstruction of road.

After much interaction and patience the road construction was accomplished. A CC (Concrete Cement) road was constructed by the PWD department in the month of August, 2018 (it ran from Mr. Makbool's house to Mr. Ashok's House approximately 500 meters). This is a big achievement for the AGs of Dalelganj at the beginning of the project Sakhi.

Don't be afraid to dream, As God said to King Solomon, "Whatever your hand finds to do, do it with your might" (Ecclesiastes 9:10).

AGs have set an example for other Adolescent girls to work towards development of the village and become a responsible part of the society.



Before Construction



After Construction

Training that made her self-dependent.....

This is the story of Manisha Mahawar daughter of Mr. Jagdish Mahawar a resident of Dayalpura village, Bassi block, Dausa. Manisha is a class 8 dropout. She has two siblings who are attending school. Manisha's father is a daily wage laborer and her mother rear goats to supplement the family's income.

Poverty forced Manisha to dropout and she was made to take charge of household chores. When SAKHI program was implemented the program staff came in contact with her they shared the program goal and its objectives. After consulting her family, Manisha whole- heartedly participated in the project activities and enrolled herself in ROSHNI KISHORI GROUP. She was a regular in all the group activities and gained knowledge on health and hygiene, kitchen garden, legal literacy etc.



Manisha Mahawar

Her keen involvement in group meetings was appreciated by her family. She often used to share the health tips with her mother, especially tips on hygiene. It was only through Manisha's intervention that her mother followed the steps of hand washing after rearing the goats. Her mother shared the inputs with other women. These small good practices are yielding results in the field.

During group work activities the girls were informed of the vocational courses such as: tailoring, computer and beautician course. After much reflection and consulting her parents Manisha decided to enroll herself for the six months' tailoring course. She successfully completed it, and thereafter visited nearby households and expressed her willingness to provide stitching service at a very nominal charge. This gesture of hers touched the people and eventually led to her getting orders.

Today Manisha is getting frequent orders and is earning Rs. 1000/- to Rs. 3000/- per month. Her family is proud of Manisha's success and is thankful to SAKHI staff for all its endeavors and trust. Manisha's mother is persuading other adolescent girls to participate actively in SAKHI program.

Self-confidence built through SAKHI



This is the story of Goldy, age 17 from Barampura village. Goldy is a first year B.com student. Her father Mr. Santosh Singh is a farmer and mother, a housewife. She has a younger brother studying in class XII. Goldy is active and very much involved in community led activities. She often accompanies her father to open sabhas and other community activities.

Goldy joined the SAKHI program and became a member of Jhalkari Kishori Samuh. Sessions on health, legal rights, leadership etc, have helped her to enhance her knowledge, which she disseminated to her college classmates too.

Her enthusiasm and zeal for women empowerment was very much appreciated by the SAKHI staff. Goldy often accompanies the project staff for networking meeting with government officials, shares village issues, and collect information on the existing government schemes which she further shares at group meetings.

Goldy also assisted the Anganwadi workers in mobilizing people especially children and adolescent girls during vaccination drives. The anganwadi workers totally relied on Goldy for achieving their targets. This commitment and dedication of Goldy was rewarded and she was made one of the Healthy Sakhi for SAKHI activities.

During the course a project on Internet Awareness was launched by the Tata Trust. A NGO named, Samarpan Jan Kalyan Samiti was implementing the project. The project objective was to empower rural women aged 14-60 years on the use of mobile internet and have access to mobile services like paytm, online banking etc. The executives of Samarpan Jan Kalyan Samiti visited our intervention areas and had meetings with the group after which Goldy was selected.

Thereafter Goldy participated in a three -day training program wherein she was taught mobile internet. She was given two mobile phones and study material. Her target was to train 700 women for mobile internet from 4 villages within 6 months. Goldy managed to complete her target within the stipulated time and earned Rs. 6000 @ Rs. 1000/- per month.

Goldy has become an inspiration to girls of other villages. She is often called to group meetings and other activities. Goldy is thankful to SAKHI project and team for all their efforts and guidance imparted to her.

Health is wealth.....

Ms. Anshu Kumari is a resident of Rampur Joga village, Banki block, Lucknow. Her Father Mr. Devedeen is a daily wage laborer and only bread winner of the family. There are 4 members in her family and its financial condition is very meager. Her elder sister Sonu Kumari could not continue studies after XII because of fund crunch. Anshu being the youngest was much pampered by her father. Her father wanted Anshu to be educated and after a long struggle he got her enrolled in the government school. Today Anshu is studying in class IX and is very active academically.



During the process of group formation the DSWS staff came across Anshu and shared with her the SAKHI program. Since this was the first initiative being undertaken for adolescent girls in Joga village, she was quick to accept the invitation and agreed to join the program. Anshu then informed her parents about SAKHI initiatives. They agreed and allowed Anshu to become a member of the group. She joined the Adarsh group and started participating in the group meetings.

Through group meetings Anshu started learning the importance of the group. The sessions on knowing our body, legal rights and food and flag enhanced her knowledge which she also shared with her parents. Her mother was very much pleased to see Anshu learning new things.

During the course of time Anshu started developing pain in her hands and legs. After medication she got relieved, but the situation remained the same. Then one day in the group meeting she shared her health problems. The group members soon informed to SAKHI staff of the same.

Then SAKHI staff rushed her to the nearest primary health centre where Hemoglobin (Hb) test was done, also her BMI (Body Mass Index) test was done. Both the tests were negative, Hb count was 7. Thereafter the SAKHI team met her parents and counseled them on her health. Further she was accompanied to the Anganwadi centre from where she was given iron tablets and some nutritious food packets. She was instructed to eat more leafy vegetables and iron rich locally available supplements.

After two months Anshu's Hb test was re-conducted, the result was positive and Hb rising to 10 points. Anshu is very thankful to SAKHI program for the timely support and guidance. Now she is actively involved with the anganwadi worker and assists in health camps and vaccination drives and ensures that no adolescent of her village is anemic.

Developing Skills

Km. Reena D/o Mr. Ravi belongs to village Pepla, Meerut and hails from a very poor family. She has five brothers in her family of whom two are working as daily wage labourers, two are going to primary school and one is at home. Her father is a daily wage laborer, earns very little and is unable to look after his family. Her mother is a housewife. The money he earns is mostly spent on alcohol. Due to poor economic condition she was forced to drop out after class IX.



Meerut Seva Samaj under Sakhi project identified the village and conducted an awareness meeting with the girls and motivated them to group formation. After much effort the girls were convinced and a group was formed. This group wherein Reena was also a member was named 'Ekta Kishori Samuh'. Reena took great interest in group work activities. Owing to her interest she was made the president of the group. Thereafter all group meetings were presided by Reena and she gave equal opportunity to all group members for any community - led activities.

Meanwhile a tailoring centre was established in this village and Km. Reena registered her name for the course. She successfully completed the tailoring and embroidery course. After completing the course she expressed the desire to have her own stitching centre. The SAKHI staff decided to help her by getting orders from the village. Reena now has the expertise in stitching ladies clothes such as suit-salwar, blouse, petticoat etc, and is earning Rs. 1000 – 1500 per month.

Km. Reena's family is proud of her and acknowledges Meerut Seva Samaj for providing her a platform for developing her skills and earning some a livelihood.

Hold the Vision, Trust the process

This case study is Shakshi Bhaskar from Mohammadpur Devmal block, Bijnor. Shakshi Bhaskar d/o Mr. Jai Prakash Singh is from a middle class family and has four siblings. Her mother is a house maker. Shakshi is a graduate girl and very shy in nature. She was neither involved in any community led activities and nor wanted to be part of such program.



When SAKHI got implemented the project staff visited her and invited her for group work activities. She never accepted the invitation and stood away from SAKHI staff. During regular home visit Shakshi's mother shared to SAKHI staff her willingness to involve her daughter in adolescent group activities.

Thereafter Sakhi team regularly met Sakshi and started briefing her about project activities and the results achieved. Fed up with regular counseling; Sakshi decides to attend one of the group meeting just to register her presence, wherein that day the session was on Menstrual Hygiene. The session on menstrual hygiene turned to be quite interesting and informative for Sakshi. She was overwhelmed with the resources being used for dissemination.

She then started attending the meetings of Jyoti Kishori Samuh and took part in sessions on health, education, legal awareness etc. and finally became member of the group. The group meetings provided a platform to Sakshi where she discussed about her health related problems. She was linked to anganwadi centre from where she got health counseling and iron supplements. Sakshi further shared her knowledge and experience that she acquired through group meetings as well as her own tale to other adolescent girls and motivated them to come forward and contribute for the better society.

Owing to her interest and zeal for community development she was appointed as the Health Sakhi of Ganjalpur village. Presently as a health Sakhi she is assisting the health line workers in organizing health camps, vaccination drives and various other activities. The health workers are happy to have Sakshi as a support in achieving their targets.

Family members of Sakshi are happy with the change in Sakshi and are thankful to the SAKHI team for giving this opportunity to their daughter. Today if any program is organized in her village, she inspires other adolescent girls to come on the stage to partake in various cultural events or discussions.

Point Of Use
SAFE DRINKING WATER AND WATER DISINFECTION
Water testing Evaluation sheet – Lucknow

S.NO	Names of member and address	Testing kit number	Point Of source (S)	Point of Use (P)	Result	
Mallahanpurwa village					Source bottle	POU bottle
1.	Mr. Ram Bahadur	S1P2	S1	P1	X	X
2.	Mr. Bheekhari	S2P2	S2	P2	X	✓
3.	Mr. Rammilan	S3P3	S3	P3	X	✓
4.	Mr. Satyavan	S4P4	S4	P4	✓	✓
5.	Mrs. Yashoda	S5P5	S5	P5	✓	✓
Rani Kheda Village						
6.	Mr. Ramesh Yadav	S6P6	S6	P6	✓	✓
7.	Mr. Ramsamuj	S7P7	S7	P7	X	X
8.	Mr. Yayasi Ram	S8P8	S8	P8	✓	X
9.	Mr. Lakshmi Prasad	S9P8	S9	P9	✓	X
Tinduwani Village						
10.	Primary School	S10P10	S10	P10	X	X
11.	Mr. Sheshnath	S11P11	S11	P11	X	X
12.	Mr. Sunil	S12P12	S12	P12	X	X
13.	Mr. Rajesh	S13P13	S13	P13	X	X
14.	Mr. Nokhelal	S14P14	S14	P14	✓	X
15.	Mr. Rajaram	S15P15	S15	P15	X	X
Kaithi Village						
16.	Mr. Ram Aoutar	S16P16	S16	P16	✓	✓
17.	Mr. Pyare Lal	S17P17	S17	P17	X	X
18.	Mr. Ram Sagar	S18P18	S18	P18	✓	✓
19.	Mr. Rati Pal	S19P19	S19	P19	X	X

X – Water is contaminated

✓ - Water is fit for drinking

