

# SAKHI

**Strengthening Adolescent Girls Knowledge,  
Women's Right, Health & Income**

**Project No : 321-900-1626 ZG**

**Submitted to :**

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**Submitted by :**

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PRATIBHA (Exploring the Unexplored)

# ABBREVIATIONS

<b>UKSVK</b>	Uttar Kshetriya Samaj Vikas Kendra
<b>DSSS</b>	Diocesan Social Service Society
<b>Ag's</b>	Adolescent Girls
<b>PGSS</b>	Purvanchal Gramin Seva Samiti
<b>MSS</b>	Meerut Seva Samaj
<b>DDWS</b>	Diocesan Development Welfare Society
<b>ANM</b>	Auxiliary Nurse Midwife
<b>Govt.</b>	Government
<b>AWC</b>	Anganwadi Centre
<b>KVK</b>	Krishi Vigyan Kendra
<b>RTE</b>	Right to Education
<b>RTI</b>	Right to Information
<b>FIR</b>	First Information Report
<b>POSCO</b>	Protection of Children from Sexual Offences
<b>FP</b>	Family Planning
<b>HIV</b>	Human Immunodeficiency Virus
<b>AIDS</b>	Acquired Immune Deficiency Syndrome
<b>POU</b>	Point of Use
<b>ICDS</b>	Integrated Child Development Services
<b>ASHA</b>	Accredited Social Health Activists
<b>PHC</b>	Primary Health Centre
<b>TT</b>	Tetanus Toxoid
<b>BDO</b>	Block Development Officer
<b>CMO</b>	Chief Medical Officer
<b>RCDSSS</b>	Roman Catholic Diocesan Social Service Society
<b>WASH</b>	Water Sanitation and Hygiene
<b>PHED</b>	Public Health Engineering Department

# 1. FORMAL DETAILS

1.	Name of the partner organization	Uttar Kshetriya Samaj Vikas Kendra (UKSVK)
2.	Project Number	321-900-1626 ZG
3.	Project Title	SAKHI - Strengthening Adolescent girl's Knowledge, Women's Right, Health and Income.
4.	Reporting Period	October 01, 2018 – September 30, 2019

## Brief description of project activities

UKSVK is sharing its narrative report against each activities being implemented under the SAKHI project, "Strengthening Adolescent Girls Knowledge, Health & Income", in the Northern region of India, through the kind assistance of MISEREOR, Germany. The objectives of the program are:

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

The program is progressing under the guidance and supervision of diocesan director, project coordinator, animators, vocational instructors, accountants, anganwadi workers, teachers and other influential people. The year 2018-19 for UKSVK has been a year of progressing, exploring and creating linkages with Govt. departments. Concrete plan and collective measures enabled in

achieving the four central goals: engagement with learning, emotional and physical safety, positive sense of self/self-efficacy and decision-making skills.

The hardships and constraints encountered were reviewed and dealt at par with community. Timely group meetings and training sessions on health, leadership development, legal aid and vocational courses enabled in transforming the knowledge of adolescent girls in particular, was the soundest way to break the intergenerational transmission of poverty. Also educated and mobilized girls are less likely to marry early, less likely to get pregnant as teenagers and more likely to have healthy children when they eventually become mothers. The vocational skills imparted have started yielding and girls started earning **Rs. 2000-3500/** month as additional income for their family needs. With supplementary income to family, children going to school are progressing good in studies.

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 have designed this annual report.

The major outcomes of the project are as follows

- **486** adolescent girls group formed with **9985** girls.
- **126** Health SAKHI's are actively involved in community led activities and liasoning with line departments.
- **4361** Ag's received sanitary pads from Govt. institutions.
- **118** Child marriages got postponed.
- **70** Ag's started earning Rs. **2500-3000**

additional income for their family.

- **825** kitchen gardens developed.
- **120** women volunteers are being trained on Social Security Schemes and Services:

During Networking meetings community members share their problems and figure out solutions in facilitation of project staff. Easiest and informative method of water testing (bacteriological test) was promoted by the project which was highly appreciated by the community. In POU test water is collected from 'source' and from 'use'. If the water from source turns black then it indicates that water is contaminated with harmful bacteria and is not safe for drinking. If water sample does not turn black water from the source is free from harmful bacteria and safe for drinking.

Besides the aforesaid activities, a training program on Catholic Social Teachings (CST) & Key strategic Pillars (KSP) was organized for the SAKHI

## 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 on-going implementation of SAKHI. Some important changes for this reporting period are:

**Political :** The Indian general election was held in seven phases from 11 April to 19 May 2019 and was won by the existing govt. with a substantial majority. Though in power the poor are still the crunch bearers.

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

Matters are bit worse when it comes to the plight of India's **200** million Muslims, representing nearly **15** percent of the country's population. They are now facing regular attacks in virtually every sphere of their lives. Mob lynchings in the name of cow protection and the victims rarely get any redress. The demonetization exercise in 2016 had overnight sucked out **86%** of the cash in circulation and was debilitating for businesses of all sizes, especially small and medium enterprises and the informal sector, which could not easily switch to a cashless, digital system.



India's economic reform program has, no doubt, been slow and incremental. Besides all this a few good initiatives have been initiated like the 'Ayushman Bharat' scheme, giving **500** million people the facility of an annual health cover of **Rs. 500,000** for free treatment.

Under Swachh Bharat Mission household toilets were constructed at subsidy rates for the poor. The Ag's who are part of the SAKHI program now have household toilets and have improved their health substantially.

**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.

There has been a deep drop in Child marriage and early child bearing. But women are subject to domestic violence and many have no say in family matters.

## **2.2 Relevant Social Issues Affecting Directly and Indirectly :**

**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 there basic amenities are conerned They face exclusion and ar prone to communal violence.

The caste system directly affects SAKHI implementation, in villages girls of higher caste avoid sitting with girls of a lower caste. This practice hinders program implementation. The project staffs 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.

## **2.3 Important Changes Within the Partner Organization :**

At secretariat level two staff members have discontinued their term and at DSSS, three new diocesan directors, Fr Cyril for MSS- Meerut, Fr Jaison for PGSS - Gorakhpur and Fr Sebastian Francis for DDWS- Allahabad were appointed.

# 3. Implementing the project and achieving its objective

**Specific Objective 1 :** Promote adolescent girl leaders and strengthen girls' forum.

**Planned activities :** (i) Group formation and Group work Activities  
(ii) Networking with school teachers' and community based workers

**Immediate outcome/result :** Project SAKHI directly touched the lives of **9985** adolescent girls (**10-24 years of age**) and their families in the villages of 12 dioceses of Uttar Pradesh, Uttarakhand & Rajasthan.

**486** adolescent groups are functional; each group is a small voluntary association of adolescent girls and comes together for the purpose of learning, sharing and self-sustainability.

**4673** group meetings were organized wherein sessions on knowing our body, menstrual hygiene, WASH, nutrition, legal rights and vocational courses were organized. These sessions enhanced their mobility and knowledge on health & hygiene, leadership and vocational skills, liasoning with line departments and other govt. officials.

Girls are taking the initiative of Mobilizing and educating communities to change harmful norms and practices and are promoting their participation in open Sabhas and other community led initiatives like spot fixing, counselling sessions etc .



*Monthly Group Meetings*

Through networking with school teachers and community-based workers a friendly atmosphere is created. Student-teacher relationship is being strengthened and a tangible environment for girl child education is being promoted.



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

**Planned Activities :** (i) Home visits by the animators to Ag's homes.  
(ii) Networking and lobbying with govt. Authorities to prevent child marriages.  
(iii) Counselling sessions and home visits to beneficiaries on family planning

**Home Visits :** Home visitation served as a popular model of service delivery for at-risk families of adolescent girls. A total of **320** teenagers were successfully randomized to home visitation and further linked to groups.

The home visitor made weekly home visits with the teenager and other family members. The intervention was designed to last until the adolescent girl's issues related to education, marriage or health issues.

Parents were mobilized to continue with girl child education as education will enrich their skills and can take full advantage of future economic opportunities to support her family and lift her own children out of the cycle of poverty.

**118** parents postponed their daughter's marriage and assured to continue their education, **148** girls were enrolled in schools.



*Home Visit*

Department and Child line Nodal to sensitise community on the impacts of child marriage and early child bearing.

In Jhansi, Ajmer and Gorakhpur diocese the pradhan/village head interfered and managed to restrain early marriage of adolescent girls. The Ag's has been enrolled in school and are pursuing their studies. These community led initiatives synergizes the objective of the program thus activate the enthusiasm of the project team.

### **Sessions on Family Planning :**

In family planning sessions, the project staff strictly emphasized the natural family planning methods over contraceptives for healthy future prospects . The sessions also include information on: health schemes, promotion of institutional deliveries and complete and timely immunization of children.

**336** sessions were organized and in most of the sessions men's participation was meagre because of the patriarchy system, work schedule and migration to new place.



*Networking meeting with Govt. officials*

**Networking and lobbying with government authorities :** **28** interface meetings were organized with the village pradhan and line departments & Institutions like District Legal Service Authority (DLSA), Child Welfare Committee, Teachers, CBO members, Health



**Objective 3 :** Upgrading the health status of Ag's by enhancing their knowledge and developing training modules

**Planned Activities :** (i) Sex education (knowing our body, menstrual system and hygiene)  
(ii) Kitchen garden  
(iii) Healthy cooking  
(iv) Food and Flag  
(v) Swasth Kishori Pratiyigita  
(vi) Celebrating World Health Day and organizing health exhibition  
(vii) Kishori health camp, conducting HIV/AIDS & TB awareness program

**Immediate outcome/result :** The intervention focused on three thematic areas i.e., menstrual hygiene, nutrition, and WASH. **306** health sessions were organized for **7883** Ag's, pre- and post-training assessment was done. School classroom sessions were also organized by the SAKHI team and adolescent girls who participated in the training programs. As follow-up to these sessions, parents were contacted during home visits and enlightened them about the importance of health and nutrition, especially for adolescents. Regular one-to-one meeting with village leaders was organized, especially with the sarpanch to update her/him on the program and elicit their support for implementation.

**World Health Day (WHD)** and **health camps** were organized in **24** villages reaching out to **1347** adolescents. Services provided on this event were (a) registration, general health check-up (body mass index [BMI] and anaemia), and referral to health clinics/ANM for counseling and clinical services; (b) information through appropriate Institutional personal and interpersonal communication on menstrual hygiene, nutrition, WASH, and substance abuse, specifically tobacco use; and (c) provision of commodities such as iron-folic acid (IFA) and albendazole tablets. At the end of the intervention, dissemination meeting was organized with health officials, anganwadi workers and guardians.





**Nutritional status including anaemia :** Adolescence is a crucial period when major physical, psychological, and behavioral changes take place. Improper diet and deficiency of nutritional diet leads to poor health and social conditions and well-being of millions of adolescents especially girls. Various sessions on improving the adolescent girls' health, nutrition and well-being were organized such as; food and flag session, healthy cooking and kitchen gardening. These sessions helped the adolescent girls' to know more on anaemia, its causes, symptoms and precautions.

Around **36** underweight adolescent girls were referred to health centres and anganwadi centres for primary treatment.

**266 Children (of 6-12 months)** received Vitamin 100000 IU and **347 children (of 13<sup>th</sup> month to 5 years)**, Vitamin 200000 IU along with Albendazole in collaboration with Vitamin Angels.



*Session on Food & Flag*

**Menstrual hygiene practices and WASH :** There has been a steep increase in the use of sanitary napkins and a decline in the practice of reusing cloth. Girls now demand for sanitary pads from school or anganwadi centres, **4361** Ag's received sanitary pads. The SAKHI team is taking the initiative of installing sanitary pad vending machine in collaboration with the govt. department.

There were issues on knowledge about disposal of sanitary napkins as majority treated it as general waste. Educational programmes, trained nurses/health personnel, school teachers and parents (especially mother) played a very important role in transmitting the vital message of proper menstrual hygiene to the adolescent girl.



*Ag's with sanitary pads.*



Hand washing sessions were demonstrated in each group and they were briefed on the hand washing practise and the importance of hand wash. These sessions were incorporated in anganwadi centres also where the anganwadi worker were sensitised to introduce these sessions in their mother group meetings. The following are the hand wash steps:

**Step - 1**



**Rub palms together**

**Step - 2**



**Rub the back of both hands**

**Step - 3**



**Interlace fingers and rub the hands together**

**Step - 4**



**Interlock fingers and rub the back of fingers of both hands**

**Step - 6**



**Rub fingertips on palm for both hands**

**Step - 5**



**Rub thumb in a rotating manner followed by the area between index finger & thumb**

**Step - 7**



**Rub both wrists in a rotating manner rinse and dry thoroughly**



**Kitchen garden :** the objective of promoting a kitchen garden was to enrich the Ag's diet and make it more nutritious in a cost-effective manner. Through the kitchen garden the Ag's sowed different types of seasonal seeds like sponge gourd, pumpkin, brinjal, bitter gourd, ladies finger etc. It was observed that the households having a kitchen garden appeared to achieve greater food security and their nutritional status tended to be better than families without a kitchen garden of the same socioeconomic status. **1308** kitchen gardens have been developed by the Ag's.

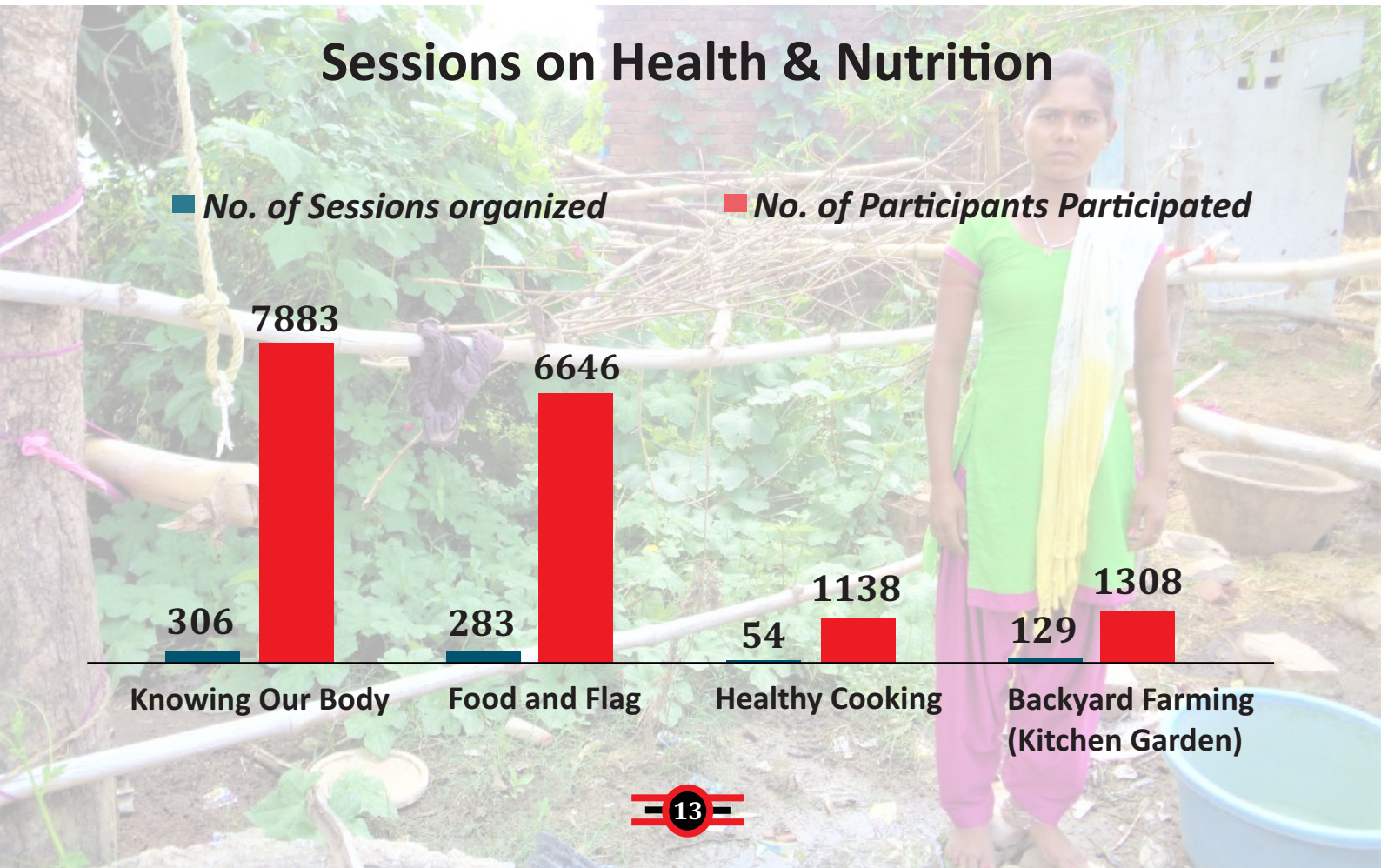
All DSSS have developed information/resource centres, where reference materials are available.



Official from KVK sharing on seed sowing and maintenance



Kitchen garden prepared by Ag's





**Objective 4 :** Exposure visit for Ag's to explore their knowledge

**Planned activities :** Exposure visit to banks, post-office, police station, AWC etc

**Immediate outcome/result :** The exposure visit to a Police station, a post office and a 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.

At the police station the Ag's learnt about the filing of an FIR, hierarchy of the police, police recruitment process, criminal & civil cases, functioning of Police Helpline numbers and most importantly, the role of common citizens in shouldering their responsibilities to help the

police do their duty efficiently. Happy and excited with all the new information, the girls were very inquisitive. The question-answer session at the end of the visit was a big success. The police were very happy to receive all the question and empowered these girls with all the information on how to deal with untoward incidents, be it encountering a road accident, or eve teasing, or theft, or other issues that we come across in our lives now and then.

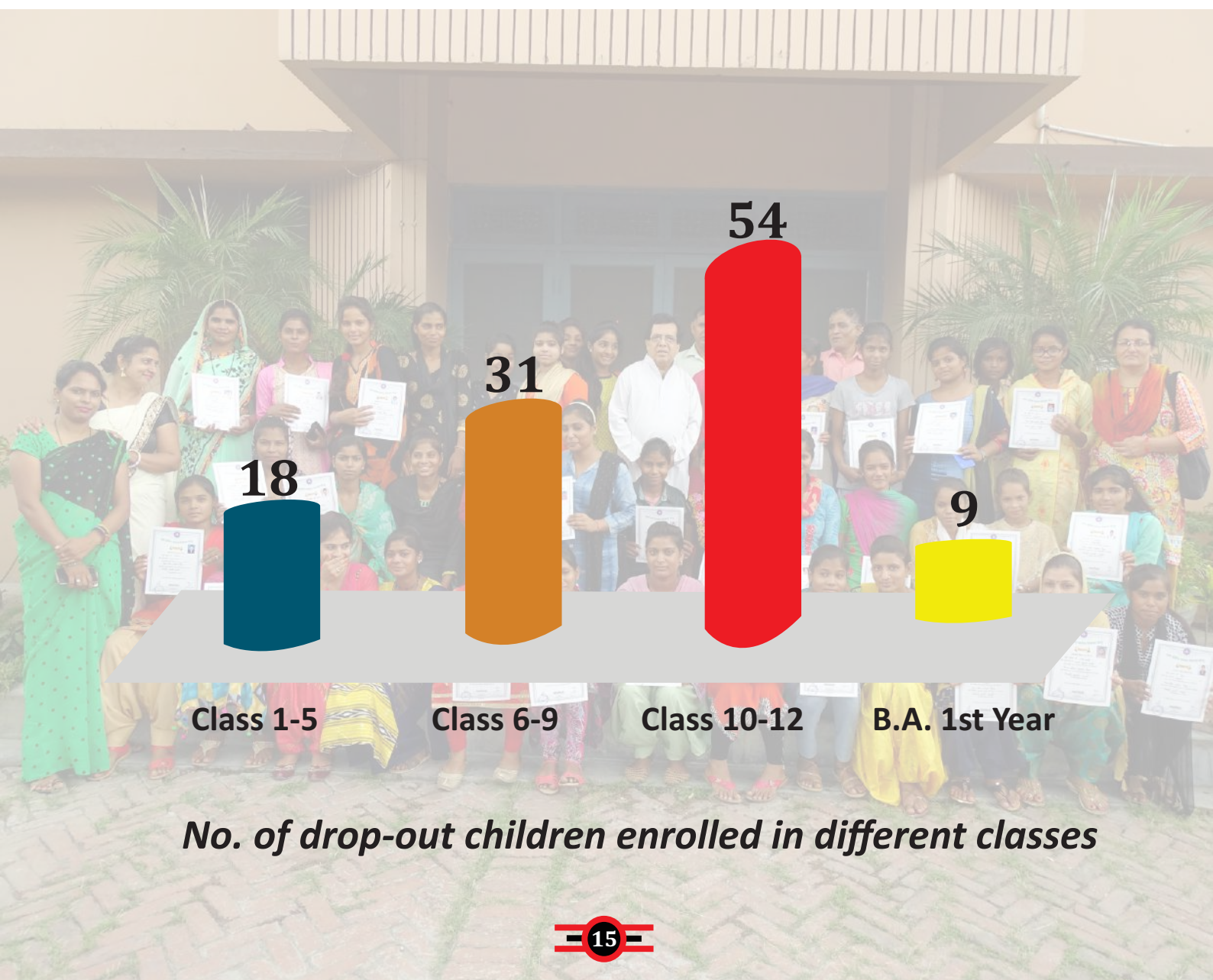


## Objective 5 : Increasing stay in school concept

**Planned activities :** (i) Regular girl friendly sessions between parents, teachers and Ag's  
(ii) Teacher sensitization program  
(iii) Networking with the state and central govt. on various schemes

### Immediate Outcome/Result :

- **154** girl friendly sessions with parents and teachers were organized. This created a platform for girls to share their issues. Many shared that their work load at home and sibling caring often forces them to discontinue studies.
- Teacher sensitization programs aimed to sensitize and orient school teachers on adolescent problems and associated problems, need and relevance of reproductive health education, crucial role of the 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.
- **148** drop out girls were identified of which **73** were re-enrolled to school with effect to this activity, the details of re-enrolment are as follows:





**Objective 6 :** Legal literacy and advocacy campaign, 'ME and My Friend' for Ag's

**Planned activities :** (i) Training on legal rights like child rights, property rights, RTE, RTI, FIR etc  
(ii) Training on laws and acts related to women – domestic violence act, dowry act, POSCO.

**Immediate Outcome/Result :**

- People living in rural areas, mostly are not aware of the rights conferred upon them by law. The absence of legal awareness is responsible for the deception, exploitation and deprivation of rights and benefits, from which the people suffer, especially women and adolescent girls.
- The miserable condition in which the people find themselves can be alleviated to some extent by creating legal awareness and the SAKHI team has taken the initiative of sensitising the community women and Ag's of their rights and entitlements.
- **35** sessions on legal literacy (RTE, RTI FIR) were organized in which **988** adolescent girls and women's participated. The sessions were facilitated by advocates and project officers.
- These sessions have increased the knowledge of Ag's and women's legal rights, domestic violence act, dowry act and POSCO act.
- Ag's have started dialling the helpline numbers like **1090, 101, 108, 181** etc. at the time of crisis.
- Around **10** girls raised their voice on dowry demand.

**Objective 7 :** Sensitization of boys towards gender injustice and violence against girls

**Planned activities :** (i) Gender distinction (biological and psychological)  
(ii) Behaviour modification counselling sessions

**Immediate Outcome/Result :** **63** sessions were organized and **1664** participants participated in these sessions. 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.

**Behaviour modification counselling sessions :** **259** programs were organized in which **6181** 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.

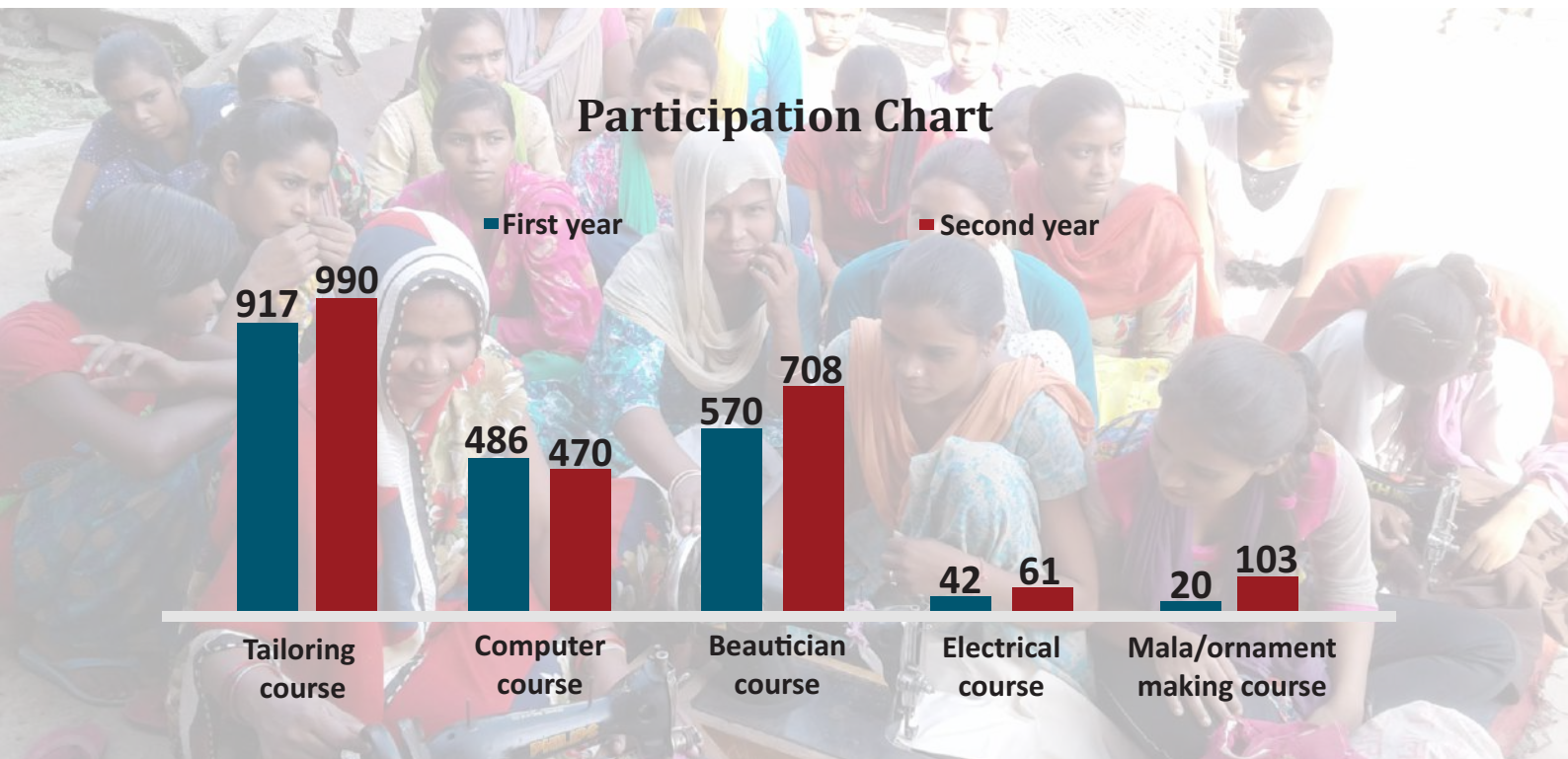


**Objective 8 :** Capacity building of Adolescents and raising livelihood options.

- Planned activities :**
- (i) Basic and advanced stitching training course (embroidery & croshia)
  - (ii) Training on required language medium/career counseling/ personality development etc. for girls/boys.
  - (iii) Basic and advance computer training.
  - (iv) Any Training as per the requirement (Trades: Jewellery making, electrical/mobile course, beautician course)

**Immediate Outcome/Result :** UKSVK through its SAKHI program is capacitating the adolescent and is trying to increase their livelihood opportunities.

- The main objective of this tailoring training program is to enhance the quality of life of women and teenage girls through enhancement of their skills and knowledge.
- In these training centres, tailoring skills are imparted free of cost. Students are trained by a qualified professional tailoring teacher. Certificates are given to those who successfully complete the course. After completing of 6 months training, some Girls can start their own tailoring shops, while many can secure well-paying jobs in the export garment factories in the nearby areas, or sub-contract work from large tailoring shops.
- In this reporting period **960** girls were trained under the advanced stitching course, **480** girls under computer course, **720** girls in beautician course and **42** girls were trained in electrical and mala making course specifically in Udaipur.



- The aforesaid trades preference were first given to the dropouts and the marginalized. The vocational skill training is assisting the Ag's in enhancing their skills and are capitalising their skills by earning **Rs. 2000 – 3000/** per month. certificates were given to the adolescent girls who successfully completed the vocational courses.

**Objective 9 :** Continuous community mobilization through IEC & BCC activities.

**Planned activities :** Nukkad Natak, Film Show, POU Training, Community exchanges program.

**Immediate Outcome/Result :** As part of BCC activities, all 12 DSSS organized film shows on social exclusion, gender and domestic violence and WASH as part of community mobilization.

Water may give life but in most backward areas water is also giving sickness. Contaminated water is the identification of the area in this region which cause deadly water born diseases like Anemia, Typhoid Fever, Cholera Diarrhea etc. These diseases can have a significant impact on the economy, locally as well as nationally.

Concerning above issues, Project Sakhi took an initiative and conducted water testing through POU testing method for Ajmer. Here water testing was done at two level i.e. at source of water and at point of use of water. Total **40** water testing were done out of which **10** were at point of source and rest ten at point of use. Details are mentioned below:



*Sample collection for POU test*

S.N	Name of Village	Number of Families from whom took sample	Name of Point of Source	Name of Point of Use Storage	Result (Point of Source)	Result (Point of Use/ storage)
1	Jhadwasa	3	2 Community Tank/Tanker Water	Water Storage Pot	No Bacteria	With Bacteria
2	Derathoo	4	Tap (Water supplied by PHED)	Water Storage Pot	No Bacteria	With Bacteria
3	Jaberkiya	3	2 Tap (Water supplied by PHED)/1 Hand pump	Water Storage Pot	With Bacteria	With Bacteria
4	Loharwada	1	Tap (Water supplied by PHED)	Water Storage Pot	No Bacteria	With Bacteria
5	Rampura	5	1 Tap (Water supplied by PHED)/1 Hand Pump/1 Community Tank /1 HH level Underground water tank/1 Well	Water Storage Pot	With Bacteria	With Bacteria
6	Balapura	4	1 Tap (Water supplied by PHED)/1 Hand Pump/1 Community Tank /1 HH level Underground water tank	Water Storage Pot	With Bacteria	With Bacteria



As per above table, we can observe that only 8 sources from village Jhadwasa, Derathoo and Loharwada have good quality water but all 20 points of use are contaminated as bottles converted into black.

These results were shared with community and sensitized them about seriousness of the issue as contaminated water is affecting health of villagers.

For point of sources, project did wall painting informing about process of water purification. Also, project staff sensitized community to avoid washing clothes; animal's movement and to keep hygiene around the source of water.

For point of use, household level counseling was done about side effects of contaminated water and how to keep water safe and purified. Apart from this, display boards at selected households were installed as reminders of water purification strategies and healthy practices as well.



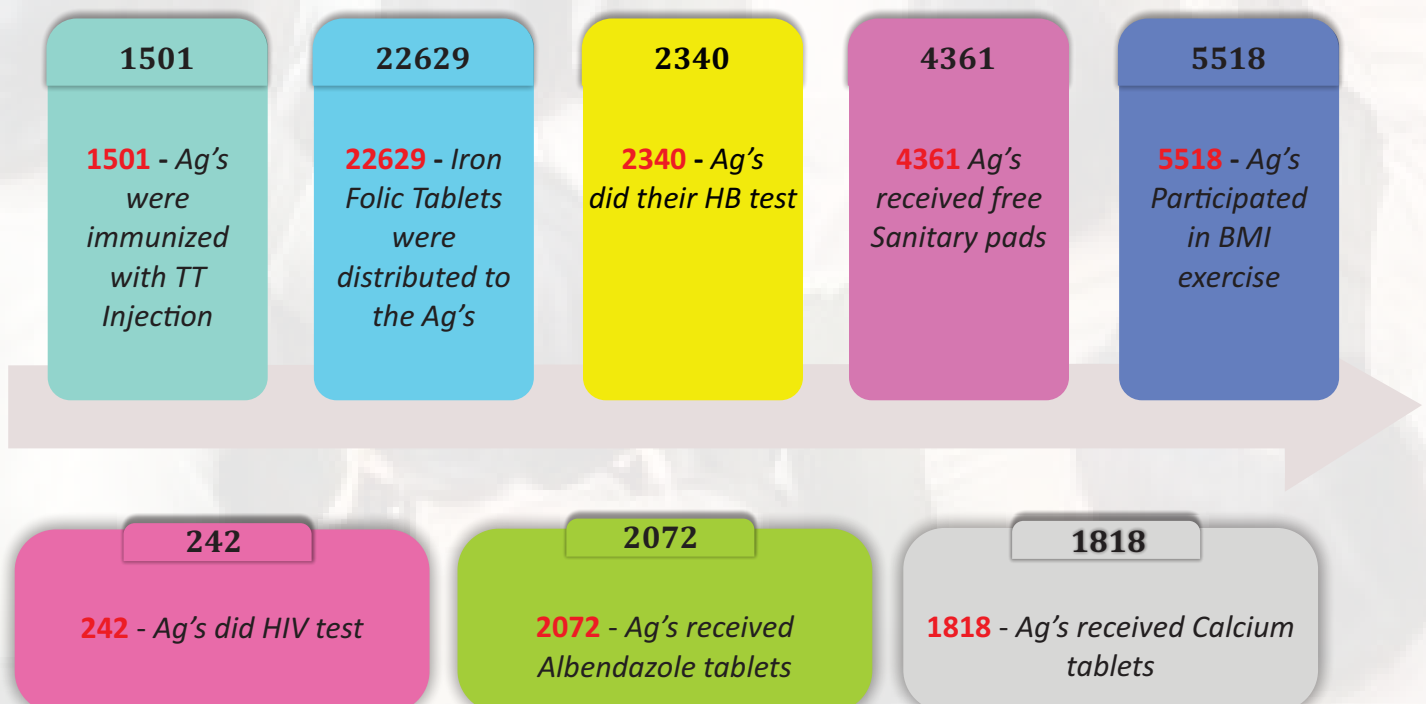
BCC activities

"Clean Drinking Water is the first and most important step to lifting communities out of cycle of illness and poverty"

## 4. Additional effects and risks.

The project has generated additional effect in the following:

**Health :** Networking and liasoning with health department assisted in mobilizing more resources and IEC materials on menstrual hygiene and nutrition as follows:



Human resource like doctor, nurse, ANM and anganwadi worker were pooled in for organizing health and counselling sessions for Ag's and their guardian's.

Though so many programmes for adolescent are available, the services have not reached the target group adequately because resources like materials, money and man power are limited. No separate man power has been allotted separately for adolescent health services. This unprofessional attitude of govt. departments often misleads the target group and hinders the project progress.

**Gender:** there has been a paradigm shift in the attitude of boys towards girls. But still in rural areas gender discrimination remains a point of concern and often girls and women are subjected to violence. The ratio of school drop-out among girls is more than compared to boys.

**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 action is motivating the environment

throughout the target area

**Ecology :** Important days like environment day, Independence Day, earth day etc. were celebrated with zeal and enthusiasm. These events were planned and executed by Ag's which enhanced their awareness and unity on the importance of ecology conservation. In some diocese the groups are responsible for promoting and maintaining the environment by planting trees and discouraging usage of plastic use.

**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 the 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 to create a common platform where all come together, learn and expand their thoughts.

## 5. Evaluation

An external evaluation is proposed for third year of the project. Meanwhile internal evaluation is a regular process and is conducted in two ways as follows:

Diocesan Level	Secretariat level
Every month internal evaluation is done by the diocesan director. At times, Program Manager of the diocesan society too monitor and evaluate the project interventions.	Every month the project progress and way forward is planned and reflected by the secretariat team.
Diocesan director also visits to learn the progress and difficulties faced by the project staff. In some instances the village leaders and other influential people too accompanied the director.	A field visit is conducted, twice a year, wherein the secretariat team reviews the progress record, books of account and field activities. The findings and learning's are further shared with the concerned team and it is ensured that the suggestions are being incorporated.

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.

## 6. Conclusion

### 6.1 Lessons learned within the project :

SAKHI project emphasises to promote the transition of adolescent girls from school to productive growth through innovative interventions that are tested, and then scaled-up or replicated if successful. Reaching girls during adolescence is critical—decisions made and behaviour's established during this period affect their horizons later in life.

During the course of intervention many success factors and lessons learnt enabled in streamlining the project objectives to the target group. The local support from panchayat, health and education department to the project interventions have enhanced their hope to strive hard for their needs.

Involvement of local stakeholders like teachers, school management community, parents, community members and groups, block level officials and media was helpful in fruitfully implementing the activities. Timely availability of resource materials, monitoring feedback to the staff and follow up sessions with Ag's group, anganwadi centres etc, was central to the girl's observance to the program and its success.

In most of our intervention areas we found that Ag's suffer from a variety of poverty-ridden village life conditions: caste oppression, lack of facilities, malnutrition, educational backwardness, early marriage and gender neglect. These difficulties sometimes become a hurdle and disturb the work atmosphere.

The enhanced vocational skills is making them independent and helping the family with increased 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.

In India, data on adolescents from national surveys call for focused attention with respect to health and social development for this age group. The lessons learnt indicate that SAKHI project is a platform for the empowerment of Ag's, reduce gender and social

inequalities and break the inter-generational cycle of under nutrition and deprivation in India.

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

During the course of implementation we learnt that though many programmes are available, the services have not reached the target group adequately because resources like materials, money and man power are limited. There is no direct access and space for privacy for the target population. Service providers are not given proper training. For the health care providers it is usually an extra burden because no man power has been allotted separately for adolescent health services. Moreover adolescents have little knowledge about the need of health services.

It was learnt that a large chunk of adolescent girls were drop out - the implicit understanding being that a girl is being trained for a role as a wife, mother and daughter-in-law, whereas boys are being trained for an occupation. Caste-based discrimination is also a befitting factor that hinders the growth of Ag's. Recently, the government has started a scheme for the protection of girl child.

The scheme called Sukanya Samrudhi Yojana (SSY) is a small savings scheme of the Central Government for girl child to save for higher education and marriage for a child under 10 years of age. But yet many are not benefitting due to the rudely behaviour of the nodal agency.

**120** HEALTH SAKHI's are assisting in promoting the project objectives. Their effortless contribution



in the on-going project is more cohesive, safe, increase the social network between the communities and line departments.

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 were formulated to ensure Ag's participation in all events.

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

As we have successfully completed two years, we are certain that we have achieved and successfully completed all major activities and events. The community played a vital role in the transition of project objective. Timely help from the community assisted in pooling community resources like space, man power and other logistics.

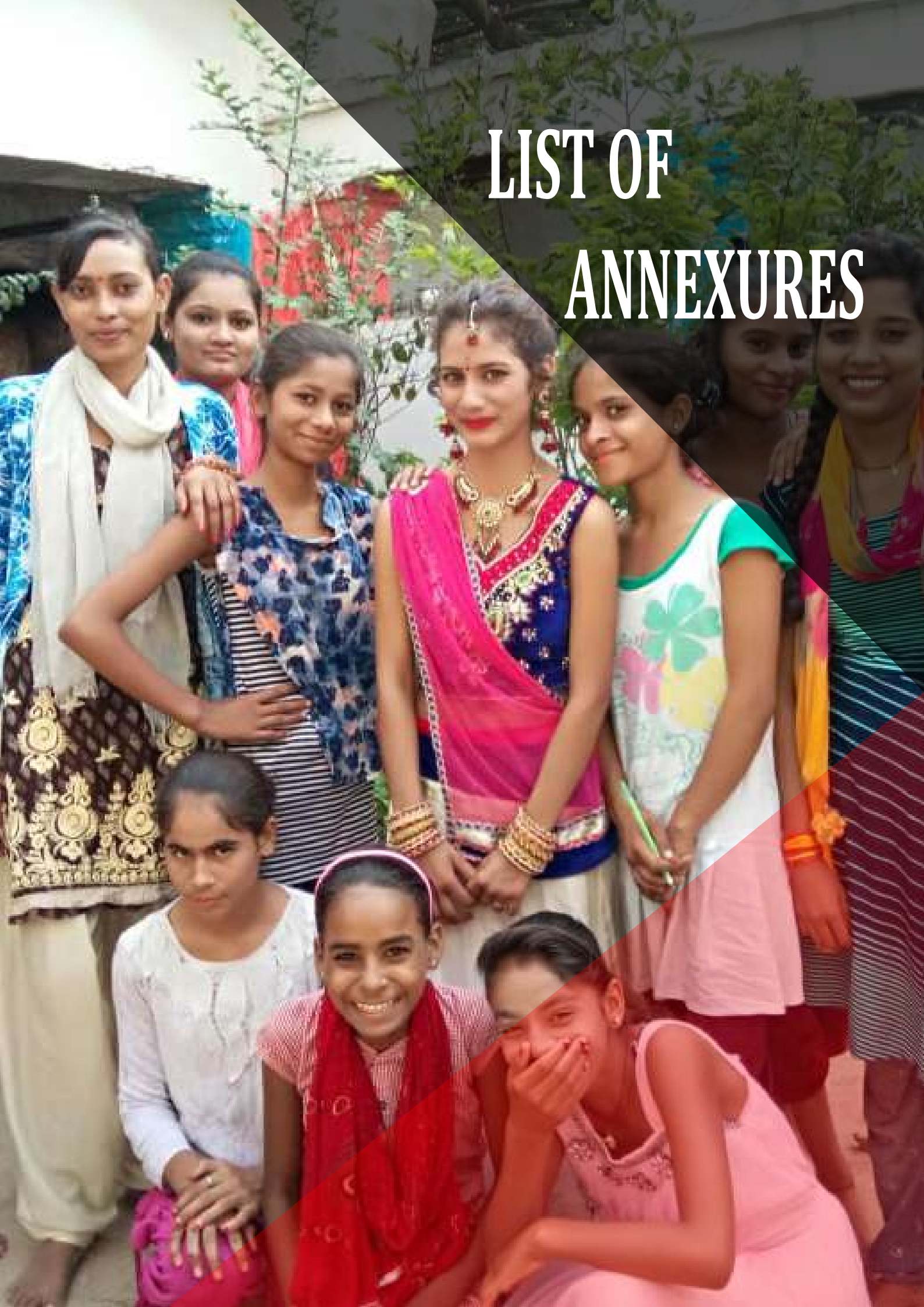
Only a few dioceses differed in achieving the project objectives due to the differences in human resources as well as the other circumstances. Support and technical inputs around the venture was provided to these dioceses by the secretariat team.

The constant support from the line department and govt. officials has synergized a positive outcome wherein the target beneficiaries are able to voice their needs and demands. The few achievements are as follows:

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

Only a few additions are proposed, like identification and listing of volunteers, promotion of child parliament and local resource mobilization. Besides a tool will be developed to monitor the progress of Ag's who have successfully completed the vocational course. Also a dialogue needs to be initiated with the officials at the district level to showcase our project activities and achievements.

# LIST OF ANNEXURES





## 1. SKILL DEVELOPMENT FOR ENHANCED LIVING...

**Kumari Swati**, age 18 year Adolescent girl is from Panchli Khurd Village, Jani block, Meerut district. Swati is associated with SAKHI program since 2018 and is a member of Lakshya Kishori Samuh. In this village five adolescent groups are functioning and each group is having around **20-25** members each.



Swati's father is a tailor and mother works as Anganwadi helper. There are six members in the family and her elder sister is married. Her younger sisters and brother are studying in upper primary and secondary classes. Swati has completed her BA and has taken admission in MA.

Swati is an active member of the group and plays an important role in the group meetings. Often group meetings are organized at her residence and all logistic arrangements are catered by Swati. When SAKHI team initiated beautician course in Panchli Khurd village Swati too enrolled for the course. She successfully completed her course and started

assisting her cousin in her beauty parlor. Every month Swati goes to the wholesale market which is around 15 km from her home by cycle and procures raw material. She also gives home visit for bridal decoration. Today Swati is earning around **Rs. 2000 - 3000** per month and is supporting her family.

She is thankful to SAKHI program for enabling her to enrich her skills and her mobility which earlier was in isolation.

## 2. IMPROVED SANITATION IMPROVED HEALTH...

**Savita Kumari** is from Bhadokhara village in Allahabad district. There are four members in her family, her father Mr Ram Awadh is a daily wage laborer and mother works as Agriculture laborer.

Savita is shy by nature and mostly avoids mingling with people. When project interventions initiated in her village she restrained from group activities. During the course of project implementation many efforts were done to pool Savita in group activities but all our efforts were in vain.

Meantime we started organizing some fun activities and competitions, many girls actively participated and started winning some gifts. This gesture made Savita a bit curious and she too desired to participate in these events but was not ready to be a part of the group. SAKHI team respected her decision and allowed her to participate in all events without being a member of the group.



*Savita with her mother*

During World Health Day event she learnt on the threats of open defecation and also on "Swach Bharat Abhiyan" wherein the govt. was providing subsidy for construction of household toilets. She contacted the project coordinator and shared that they are not having a household toilet. Till date they were practicing open defecation and this lead to many threats and health issues. During rainy season or illness the condition always deteriorated.

Due to poor financial condition they were not able to construct their own toilet. Savita then urged the SAKHI team to assist her in

constructing the household toilet under "Swach Bharat Abhiyan". The project staffs helped her in filling an application for the toilet construction under "Swach Bharat Abhiyan". Three months later Savita received the amount of **Rs. 20,000.00** for toilet construction under ST/SC quota .

Savita is happy and thankful to the Sakhi team project for guiding her to take the appropriate step towards health and sanitation.

### 3. EDUCATION MY RIGHT...



**Ruchi Devi**, age 19 is from Barampura village, Jhansi and is a member of Jalkari Bai Kishori Samuh since 2017. Ruchi is the eldest and has three sisters and a brother, her father Mr Rajeev is a daily wage laborer and mother a housewife. Her father's earning is the only source of income for the family.

Since the inception of the program Ruchi got associated with the group. Her association with the group activity was not supported by her father and he always discouraged her mobility. Due to financial constraint he never wanted Ruchi to pursue her studies but Ruchi never gave up her studies and in spite of hurdles she concentrated in her studies.

During the group meeting Ruchi shared the obstacles with the SAKHI team and said that her parents are forcing to discontinue her studies (studying in 12<sup>th</sup> class) due to financial constraints and want to get her married. Her parents stopped her from going to school on the pretext that she was mingling with local boys and this will give bad name to the family. All these allegations were falsely manipulated against Ruchi.

After listening to her plea SAKHI team planned to visit her parents. On meeting them the SAKHI team insisted them to let Ruchi continue her studies. Her parents shared that they are not in a position to finance resources for her studies. The SAKHI team decided to fund and collected **Rs. 2000** for her studies. SAKHI team also pooled **Rs. 700** as tuition fee for her younger sister, Sadhana who is in 10<sup>th</sup> class.



*Ruchi with her sister Sadhana*

Right after passing intermediate (12<sup>th</sup> class) her parents started looking alliance for her. When SAKHI team got to know on this, they revisited her parents and insisted them to let her continue studies. After much struggle they agreed and allowed her to enroll in BA course, meanwhile Ruchi got registered for a six month assistant nursing course in Gursarai also.

Today Ruchi is able to dream about her future and is thankful to SAKHI team for enabling her to grope some happy moments in her dark life.



#### 4. SELF - DETERMINATION FOR A SUSTAINABLE LIFE...

**Ms. Rinki Rani** D/o Mr. Rajendra Kumar is the resident of village Jani Khurd from Meerut. She has three sisters and two brothers. Her father is a daily wage labourer and mother housewife. The entire household expense is borne by the low income of her father and he finds it very difficult to meet the educational expense of all the children this led Rinki had to stop her studies after intermediate (12<sup>th</sup> class).

During the inception phase SAKHI team met Rinki and orientated on project activities and its objectives. Soon a kishori samuh was formed wherein Rinki played a vital role in mobilizing the girls of her village. The group was named Kalpna Chawla Kishori Samuh and had **20** girls. Rinki was elected as the group leader.

This group met every month to discuss on various aspects like health, community issues and services etc. Owing to the group's interest a beautician centre (three month course) was established in her village and **30** girls enrolled for the



course, Rinki too enrolled in the course. Once the course was completed Rinki got a job as an assistant in a beauty parlor and with that income she decided to continue her studies and enrolled for B.A. course. In the course of time Rinki joined a private school where she is teaching nursery class and gets remuneration for **Rs. 3000/-** and is paying her college fees. She is also continuing her beauty parlor work and earns around **Rs. 2000 – 2500** a month.



*Rinki teaching nursery class*

By developing the skill, Rinki has become a self-sustainable girl and is also supporting her family. The association with SAKHI project has impacted the life of Rinki and is thankful to SAKHI team for creating a platform wherein she has developed her skills and knowledge of her rights and entitlements and is also assisting the family to overcome poverty.

## 5. HARD WORK AND PERSEVERANCE YIELDS RESULT...



**Sanish Kumari**, aged 20 years hails from Dharwarkala village, block – Kasimabad, District - Ghazipur, Uttar Pradesh. Sanish has two sisters and three brothers, her father is a farmer and mother a housewife. Among six siblings she is the 5<sup>th</sup> one, her youngest brother is studying in class 5, rest all are married and staying

Sanish is associated with Chanda Kishori Samuh since 2017 and is an active member of the group. She often travelled **3** km and this distance never restrained her from participating the group events. Her active participation in the training sessions helped her to revive her skills and knowledge and also addressed the problems of other girls. Sanish got enrolled for the six month tailoring course implemented by SAKHI team and successfully completed it. But this course hardly impacted her financial condition.

Meanwhile she came to know KITEX Company in Kerala where adolescent girls of her block joined that company which is in Kerala. She too expressed her interest of joining the company, but for that she had to finish a two months advance stitching course at Purvanchal Gramin Chetna Samiti. Since this course was residential she feared that her parents will not allow it. She then approached the SAKHI team to help her in getting through. The SAKHI team met her parents and other family members and managed in convincing them. Thereafter Sanish got admission for the residential course and successfully completed it. On June 2018 she got a call from Kitex company and joined the company for **Rs. 8000/** per month.

She worked there for nine month and came back on February 2019. The savings she had was utilized in getting admission for B. Ed course at Jakhania College, Dist- Ghazipur. Sanish is thankful to SAKHI team for the timely help and assistance in rebuilding her carrier. Sanish is a role model for other adolescent girls of her village.



## 6. FEARLESS...



**Rani kushwaha**, age 18 is from Chakjainab village, block Kasimabad, Dist- Ghazipur. Her father Mr Yogendra kushwaha is a farmer and mother house wife. Rani is the member of Jyoti Kishori Samuh and joined in 2018. Since joining Rani actively participated in all group meetings and training sessions. During the exposure visit to Police Station she came to know on the services and helpline numbers like **1090, 181, 100** etc.

In the month of January she got a prank call from an unknown number and she disregarded it. But soon regular calls started coming and she tried to explain the caller not to disturb or action will be taken. But the caller refused to stay calm and created nuisance everyday. One day with the help of SAKHI team she dialed **1090** and informed the helpline. Action was taken against that caller but soon the caller started using other number to call her. Once again she raised the issue at **1090**, this time the **1090** helpline desk blocked his phone and threatened him of consequences if again he disturbed Rani.

This stringent action was helpful, henceforth Rani never received any prank call. Regular initiatives of the project assisted the girl to know about the govt. mechanism on safety of children. This information was shared with other Ag's of the village.

## 7. EXPECT MORE ACHIEVE MORE...



**Aarti Bheel** from village Dholabhata of Sri Nagar block of Ajmer had given up hope of continuing her studies. She has three siblings; her mother died because of acute illness. Being eldest girl in her home she had to take care of household chores and family due to which she was pulled out of school before 8 years when she was in class 5. Time passed and she got busy in her daily routine.

One day she got opportunity to involve in one of Sakhi project's activities. After getting understanding about the project and its interventions she applied for vocational training and got enrolled in Tailoring cum Embroidery Centre. She was very good student at the centre. During regular discussion she told her story and shared her interest to continue studies.

Field Animator of the project conducted counseling session with her father and siblings. As a result her family agreed on restarting studies. But, she did not have any records as supporting documents for admission. When learnings of Trainings on Basic Rights and Networking meetings, project staff and members of Adolescent groups helped her to get Transfer Certificate and other requisite documents. As of now she is enrolled in Open School and reviving her self-esteem.

*"I am very happy that I will complete my studies through open school. Little by little, I will fulfill my dream of becoming a Teacher. I like to teach because at first I was not able to study, as the children are like me in the village I feel very sad when I see they are not going to school. These children are from the same background and they are unable to get an education." says Aarti.*

## 8. HEALTH SAKHI'S...

Supporting the concept of community involvement, the Health Sakhi's are an important component of the project. The objective of Health Sakhi is to improve awareness among individual and community on communicable and non-communicable disease, their risk factors, basic preventive measures and transformation of healthy knowledge to healthy behavior.

Presently **120** Health Sakhi's are rendering their support to enhance the health of adolescent girls. During the monitoring visit the secretariat team interacted with the stakeholders to explore the implementation and acceptance of the role of the Health Sakhi's. They displayed appropriate knowledge of their role. The majority of the villagers knew the Health Sakhi's in their community and have used their services. Training sessions on communicable and non-communicable disease, water and sanitation were organized for them.

For instance Renu, Health Sakhi from Banki block helped a pregnant woman of her village by calling ambulance **(102)** on time and got her admitted in the govt. hospital and had a safe delivery.



*Health Sakhi assisting the health worker in organizing health check-up*

Health Sakhi's had organized awareness talk on anemia, menstrual hygiene, safe drinking water, seasonal disease etc. and accompanied girls to Community Health Centre for blood test (HB Count), T.T vaccination, counseling course and got them Iron Folic tablets and calcium tablets and sanitary pads.

In Gorakhpur the Ag's were denied of health services by the frontline health worker. Though several attempts were made but the frontline worker never turned towards their plea. The Health Sakhi, Priyanka interfered and decided to complaint to the Gram Pradhan, BDO, and a copy of the letter to CMO. When the frontline worker came to know about this she realized her mistake and promised to give all services. In

some diocese the Health Sakhi's visited the health department and in collaboration with the health department, organized Health Camps in their respective villages.

The secretariat team is in the process of identifying more Health Sakhi's who will work as a catalyst with an inclusive approach for community development.



## 9. PRATIBHA (Exploring The Unexplored)...

Sensitizing people on Child Marriage and Gender Equality is one of the prime objectives of the project SAKHI being implemented across the Northern Region by our 12 DSSS partners. There are interventions like Awareness sessions with Adolescent Girls, Parents, Teachers, Health Workers and other stakeholders as they play very important role in realizing this distant dream. Apart from this, platforms like Adolescent Groups, Networking Meetings with stakeholders etc. also add value and create live examples of empowerment indeed.

Celebration of Kishori Diwas has been resulted as a milestone event for two years. Here project Sakhi takes opportunity to acknowledge Adolescent Girls who got trainings under different Vocation Courses like Tailoring cum Embroidery, Beautician and Embroidery, also, winners of different competitions conducted by the project during whole year got felicitated by the honored guests.

In line with the above said intention, RCDSSS Ajmer organized Celebration of Kishori Diwas on 27<sup>th</sup> September 2019 at Atal Sewa Kendra Loharwada campus. Main guests at the event were Mr. Shakti Singh Shekhawat-Secretary District Legal Service Authority Ajmer, Mr. Dinesh Kumawat-Station House Officer Nasirabad, Mr. Ashok Vishnoi-Sub Inspector Anti Human Trafficking Unit, Mr. Goverdhan Singh Rathore-Sarpanch Loharwada, Ms. Pooja Agriculture Supervisor Loharwada, Ms. Dimple-Chair person Child Welfare Committee and Fr. Vishal Raymond-Director RCDSSS Ajmer.



Selected girls hosted the event and shared objectives of the program. Members of Adolescent girls presented a role play based on theme Child Marriage & Gender Equality and motivated participants to realize their responsibilities to stop child marriage and Gender Inequality. Different cultural programs and experience sharing by Adolescent Girls created a joyful environment and have folk touch. Meanwhile guest encouraged the girls to focus on their education to be empowered and economically independent through their verdicts. During final shape of the event, **400** Adolescent girls received a certificate for completing different vocational courses under the project.

*"Adolescence age is just the beginning and soon these girls will be more matured and responsible persons. Project Sakhi is providing the right opportunity at the very proper time to them. So let them to bloom and achieve the heights of success." Mr. Shakti Singh Shekhawat, "Secretary District Legal Service Authority Ajmer"*