



## BRAVING THE DANGER OF 'SELF-DEFENSE'

Neelam Singh (20), pursuing final year of graduation, belongs to Jata village, Banki Block of Barabanki district, Lucknow. Neelam's father is a farmer and also supplements his income from labour wages, Neelam is loved dearly by her family being the youngest child. Her dedication is evident from the 21 km distance she covers cycling to her college. However, she was reluctant to share about the harassment she was facing by blank calls from an unknown caller. She feared that sharing the problem would put an end to her studies. It disturbed her to the core, and determined not to share with the family or anyone, she dialled up Women's Helpline 1098, and reported the problem. The authorities intervened and soon afterwards she stopped receiving the blank calls.

It was in October 2017, Neelam came in contact with SAKHI in her village, and joined the adolescent girls collective. Here she participated in the training and meetings and learned about the important helpline numbers viz. 1090, 181 and U.P.100. This information was put to use by her

just when she was in need of assistance, braving the situation all by herself.

### Health Sakhis Ensuring Health of Women and Girls

Purvanchal Gramin Seva Samiti (PGSS), Gorakhpur, is working on the health issues of adolescent girls in 10 big villages of Khalilabad block, SantKabir Nagar district, under SAKHI, supported by UKSVK. The training conducted by Jeevandhara Samaj Kalyan

Sanstha enabled the Health Sakhis to connect the Anganwadi and ASHA workers and assist them in organizing health and Nutrition awareness providing supplements and essential immunization to women and children in the villages. Through these efforts, in the reporting period, 3500 adolescent girls were provided Iron Folic tablets, 4200 girls were accompanied to health centers for Hemoglobin Test and BMI examination. 2350 Adolescent girls and those critically undernourished were linked with the Anganwadi centres for regular monitoring.

