



Awareness Programme for Adolescent Girls

Girl's education is like sowing the seed to raise the green plant of a charming full grown family which bears fruits. Today's girl child will be the mother of tomorrow. As citizens of democratic India women have equal right for education. Here Girl's education should not mean cramming few books, memorizing some typical numerical problems but, it should mean in terms of providing ample opportunities to girls in involving the system. It is not only just a providing opportunity but a due right of girl to be educated. Girl's education stimulates educational consciousness & civic sense.

Educating adolescent girls may perhaps be the only way to put an end to the seemingly never-ending cycle of issues like dropout, low attendance, and low age of marriage and low status of women.

Specific inputs are necessary to enhance their self-esteem and self-confidence to familiarize them with the status and problems related to women. Equally, discussion and orientation on health, hygiene, menstruation and related physiological knowledge which are not being covered as part of the regular curriculum, help students to explore a universe beyond their textbooks.

National Curricular Framework-2005 says "The physiological changes that occur during adolescence stage have ramifications in the psychological and social aspects of an adolescent's life. Most adolescents deal with these changes without full knowledge and understanding, which could make them vulnerable to risky situation like sexually transmitted diseases, sexual abuse, HIV/AIDS and drug and substance abuse".

Menstrual hygiene and management is an issue that is insufficiently acknowledged and has not received adequate attention in either education or the water and sanitation sector. However, the studies that do exist indicate that among the adolescent school girls menstrual knowledge and perceptions are poor and practices often not optimal for proper hygiene.

In the study it has been highlighted that knowledge regarding Menstrual Hygiene and Management is inadequate and there is a need to demystify myths.

School Sanitation is also equally important in the context of creating safe and hygiene environment in schools which would facilitate good academic environment. In this context creating 'Awareness on Menstrual Hygiene and Management and School Sanitation' among Teachers and Adolescent Girls/Children through Capacity building of Teachers under teacher training funds has been done effectively.

Understanding the importance of educating adolescent girl child, SSA Karnataka has designed 'Awareness camp (Jagruthi Shibhira) for the adolescent girls' which is popularly known as KISHORI.

Due to release of some hormones during the adolescent period physical, psychological, social changes will be noticed. Hence it is essential to guide the adolescent girls on life skills. In this regard "Awareness camp (Jagruthi Shibhira) for the adolescent girls" is really useful in moulding the children and develops communication skill, leadership qualities and emotional balance.

Main Objectives:

- To create an awareness among the teachers about the need of guiding the adolescent girls at the time of their physical and psychological changes.
- To help the adolescent girls to understand the physical and psychological changes they are undergoing and the scientific reasons behind the changes.
- To create awareness on various issues like child rights, trafficking of children, child abuse etc.

Main themes covered during the Adolescent Camps are

1. Life Skills and Personal development
 2. Child Rights
 3. Health, Hygiene and Nutrients
 4. Gender equality
 5. Parts of the Human Body, Changes due to adolescent stage, Menstrual Hygiene, Reproductive process in Human.
 6. Awareness on AIDS
 7. Sexual abuse and child trafficking
 8. Social awareness
 9. Yoga and Pranayama
- Awareness camp (jagruthi shibhira) for the adolescent girls was conducted under innovative activity for girls. In order to make this programme to reach

more number of girls who are studying in 6th, 7th and 8th standards are targeted), the programme was conducted non-residentially at school level. The programme was conducted by trained Master Resource Persons / teachers. This also aims to prevent adolescent girls from dropping out of education system.

- “Kishori”, a hand book for MRPs/teachers and “Calendars” Charts containing illustrations of different themes has been printed and circulated to all the Government Higher Primary Schools; these charts were used as teaching learning materials by resource persons during the awareness programme (KISHORI).
- Two hand books namely ‘KELU KISHORI’ (contains information on gender equality, child rights, changes during adolescent period, health and hygiene, balanced food, HIV, child abuse, child trafficking) and ‘BHAYA PADABARADU’ (‘Don’t Get Scared’-contains information related to menstrual hygiene and management) were provided to each girl who have participated in the programme.

Progress in 2012-13

Target		Achievement		No. of Girls Participated				
Phy	Fin (Rs.1.737 lakh per district)	Phy	Fin (Rs.1.083 lakhs per district)	SC	ST	Minority	Others	Total
692382	52.12	692635	32.485	152717	76973	112489	350455	692635

- From the above table it is witnessed that during 2012-13, 23% of SC, 2% of ST and 12% of Minority totally 692382 Girls students, who are studying in 6th, 7th and 8th std in Government Higher primary schools, were covered under this Kishori programme.

The important features of the programme

1. All the girls studying in 6th, 7th and 8th standards in GHPS and KGBVs (about 6.92 lakh) were sensitized under this programme. A total of 6,92,382 girls were sensitized across all the districts.
2. Three teachers from each cluster who are good at training skills were selected and trained for 3 days by DIETs at District level during 2011-12. These teachers were worked as facilitators; these 3 resource persons made as a team and trained the girls in the batch of 50. A total of 12,309 teachers were trained across all the districts during 2011-12.

These trained teachers were conducted awareness programme during 2012-13 and 2013-14.

3. BRPs and CRPs were assigned the task of managing the programme. The concerned Deputy Director of Public Instruction (DDP) and Principals of District Institute of Education & Training (DIET) with Block Education Officer (BEO) and Block Resource Coordinator (BRC) monitored the success of the programme.
4. It was really fulfilling that an opportunity was provided to girls to know about the issues of adolescence, which helped them to relate. In these camps children asked many questions to the facilitators without any shy because answering persons are their teachers. They clarified their doubts and problems which are facing. Another one thing is that teachers also shared their experiences. Experts belong to this field also guided them on the basis of scientific basis. They also learned yoga, hygienic measures and personality development.

Hand Book for Girls “Kelu Kishori” on the issues related to adolescent girls



Kishori, Charts containing different themes for the use of trainers



Highlights of Awareness Programme for Adolescent girls:



(Inauguration of kishori training by a girl through pot breaking at Malur taluk, Kolar district.)

Creating Awareness on 'Menstrual Hygiene and Management' and 'School Sanitation' :



Kishori enacting the real time situation in Bangalore Rural District



Children of the MLA Model School, Chikkodi have participated in Kishori Training



Kishori programme at Mysore Taluk Kadakola -GHPS



Kishori training conducted at School Level



Yoga class for the students of GUPS, Mullkadu, Mangalore city. Kishori participant of GUPS, Deralakatte, Mangalore Taluk



Educating adolescent girls on legal matters under Civil procedure code and Criminal procedure code and related judgments with regard to Sexual abuse and child trafficking, Child Rights, Gender disparity at Bangalore Rural district.