



SANKALP EK PRAYAS SOCIETY, BHILAI

EMPOWERING DREAMS, BUILDING FUTURES
(ESTABLISHED 2011 | REG.NO. 20810)

PROJECT - GARIMA



Program Overview

PREPARING CHILDREN FOR THEIR WHOLE LIFETIME

BY CREATING

- **JOYFUL CHILDHOOD**
- **HEALTHY EDUCATIONAL ECOSYSTEM**
- **HOLISTIC DEVELOPMENT**

of children within the community.

Program Objectives:

- Providing access to **QUALITY EDUCATION**
- Ensuring adequate **BASIC HEALTHCARE**
- Providing a **SAFE AND SUPPORTIVE** environment
-
- Empowering the **COMMUNITY**

Program Achievements:

CONTENT

1. EDUCATION AND AWARENESS
2. MENSTRUAL HYGIENE PRODUCTS/PRACTICE
3. NUTRITION GUIDE
4. MENSTRUAL HEALTH ISSUES
5. ENVIRONMENTAL IMPACT



WHY

1. EDUCATION & AWARENESS
2. EMPOWERMENT: ACCESS & EQUALITY
3. HEALTH PROMOTION
4. DESTIGMATIZATION
5. ENVIRONMENTAL SUSTAINABILITY
6. COMMUNITY ENGAGEMENT

EXECUTION PLAN

1. STREET PLAY

2. WORKSHOP

GROUP DISCUSSION

VIDEO/ SLIDE PRESENTATIONS

3. BOOKLETS



TOOLS OF ASSESSMENT

1. SURVEYS

2. QUESTIONNAIRES

3. INTERVIEWS

On: KNOWLEDGE, ATTITUDE & PRACTICE

1. GROUP DISCUSSIONS

2. PRE-TEST & POST-TEST

WHERE

1. MODEL VILLAGES
 2. OTHER VILLAGES
-

TARGET POPULATION

1. SCHOOLS
2. SEP CENTRES
3. SMALL GROUPS OF BOYS-GIRLS & MEN-WOMEN



EXPECTED RESULTS

1. INCREASED KNOWLEDGE
2. IMPROVED HYGIENE PRACTICES
3. ENHANCED ACCESS TO MENSTRUAL DEVICES
4. POSITIVE IMPACT ON EDUCATION & WORK
5. EMPOWERED INDIVIDUALS & COMMUNITIES

VALIDATION/ VERIFICATION

1. PRE-TEST & POST-TEST ASSESSMENT
2. FEEDBACK & TESTIMONIALS
3. MONITORING: ATTENDENCE & PARTICIPATION
4. FOLLOW UP : KNOWLEDGE, PRACTICE & ATTITUDE



NUMBER OF TARGET POPULATION ON MENSTRUAL HYGIENE HEALTH AWARENESS

SEP BENEFICIARIES

2,413

Girls - 1389

Boys – 1024

UNIQUE BENEFICIARY

16,932

Girls – 10,552

Boys - 4536

Women - 1844

TOTAL

19,345

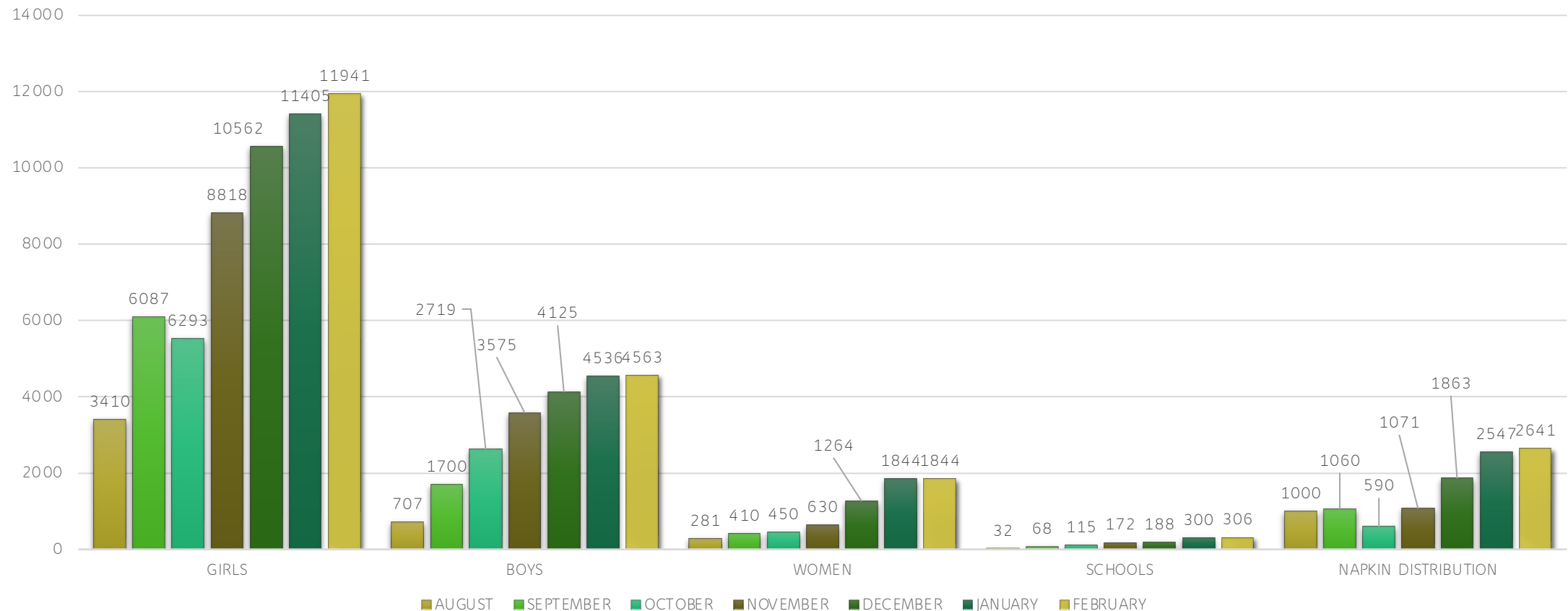
Girls – 11941

Boys – 5560

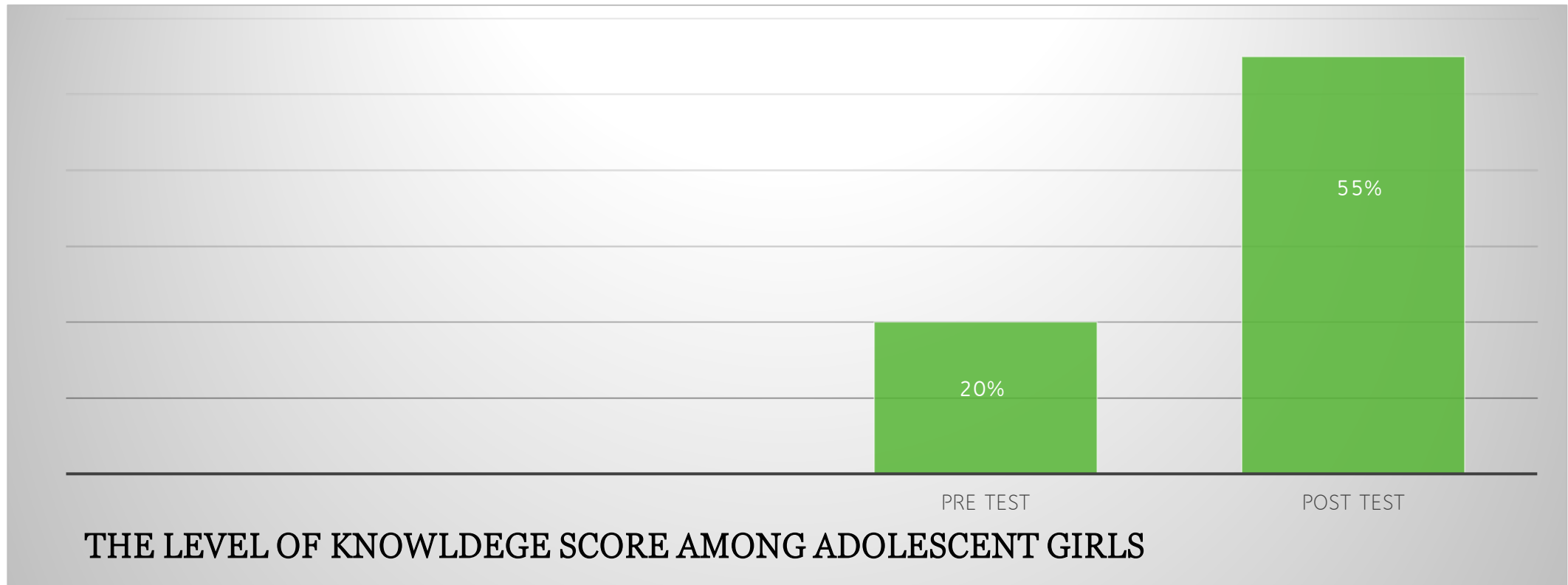
Women – 1844

IMPACT IN THE DEMOGRAPHY

1. MENSTRUAL HEALTH & HYGIENE AWARENESS



Impact Assessment:



Challenges and Solutions:

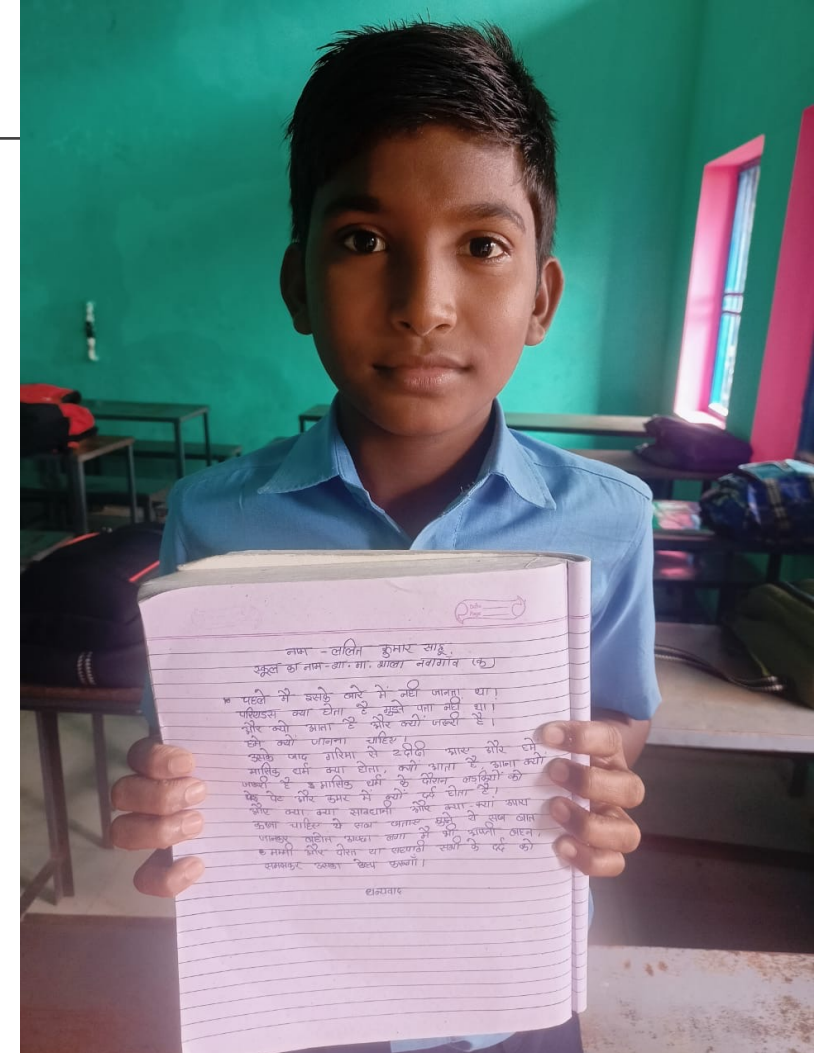
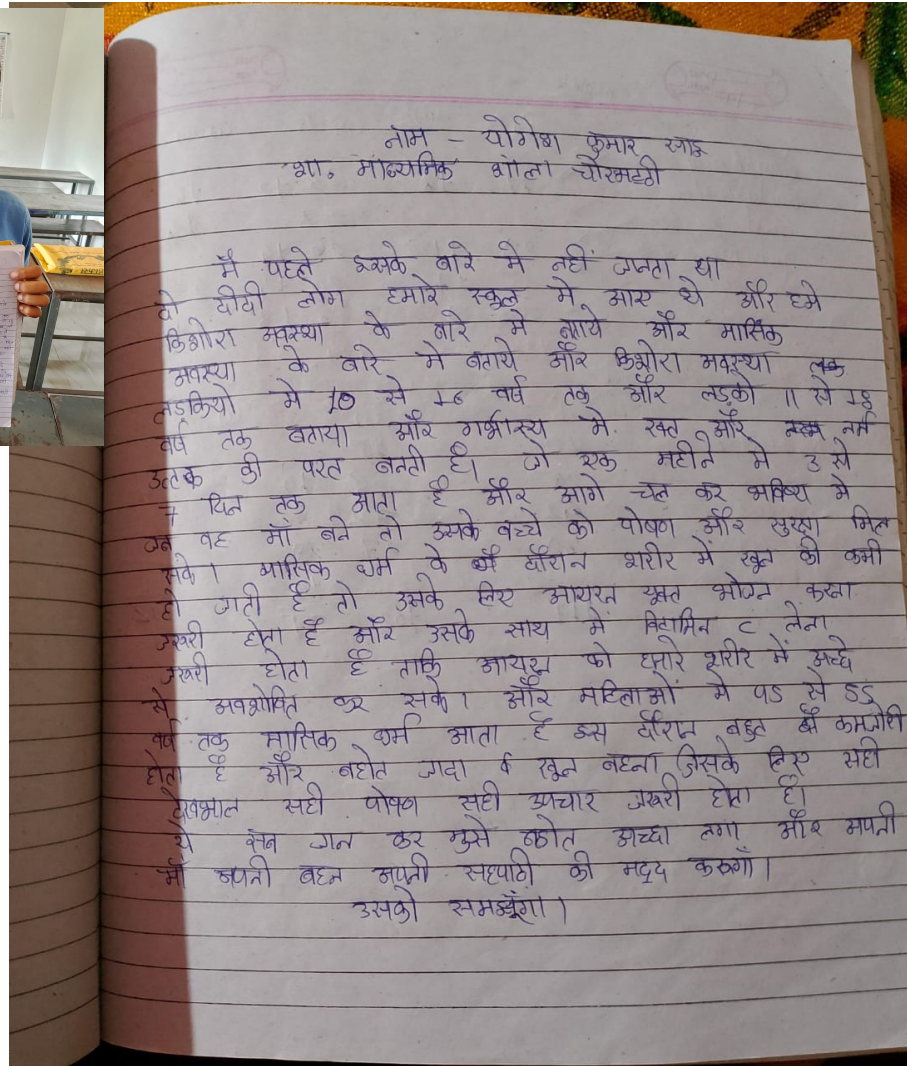
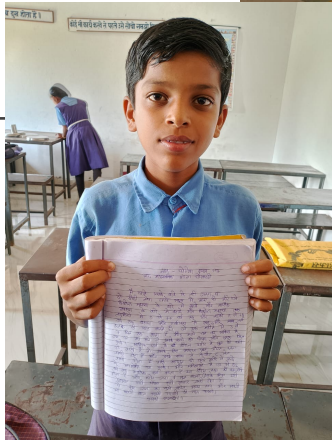
Challenges

- ❑ Disposal of the napkins
- ❑ Acceptance of the school for conducting the workshops
- ❑ School need more dustbins to discard the used napkins
- ❑ Discarding the used napkins without washing.
- ❑ Women are not very much available due to their working hours.

Solution

- ❑ Dustbins were asked to placed near the washrooms
- ❑ After he permission from district education officer things were resolved in terms of conducting workshops in schools.
- ❑ Shared the reason of not washing the napkins after used, not completely but gradually it will be resolved.
- ❑ Targeting women near to their working places.

Participant Feedback:



SUCCESS STORY



I am Jiteshwari Sahu, and I have been working as a GARIMA fellow for one month now. During this time, I have visited several schools and conducted awareness sessions about 'Menstrual Hygiene' for students, both boys and girls. The response from all the school principals, teachers, and students has been very supportive and positive. When I visited the Rengakthera Center, there was a primary school nearby, and I spoke to the Point Teachers there. I introduced myself as a GARIMA fellow and explained that I needed their help to provide information about 'Menstrual Hygiene' to adolescent girls. I requested the Point Teachers to gather the girls for a session. They agreed but mentioned that we would need permission from the school.

I then met with the Principal of the primary school and introduced myself as Jiteshwari Sahu, a GARIMA fellow. I explained that I needed to provide information about 'Menstrual Hygiene' to adolescent girls. The Principal was very supportive and said, "It's a great initiative you are working on. People often hesitate to talk openly about health. By providing information, you will make people aware, and they can openly discuss their health issues. You can come on Sundays and conduct the session with the Point Teachers."

The Principal's words of appreciation made me very happy. I thanked her and left. On the following Sunday, I met with the adolescent girls, and they were very attentive and supportive.

Similarly, when I visited the Khuteri Rang Middle School, the school Principal, staff, and all the children were very supportive and gave a positive response. In fact, in all the schools and centers I visited, I received a very positive response.



SUCCESS STORY

TEAM GARIMA



Hello, my name is Kusumlata Sahu, and I work as a Garima Fellow. I would like to share some of my experiences. Until now, most of my workshops have been with boys, and I have found that boys are more curious about new things compared to girls. Girls experience periods or will have them in the future, but they don't have as many questions. However, some boys in certain schools ask numerous questions.

I visited Akhra (Patna) Middle School yesterday, which is Geetika's (my Garima Fellow colleague) cluster school because there are more students there. We were invited to help, so I conducted a workshop on menstrual health and hygiene with boys. The enthusiasm of the boys was excellent for acquiring new information. However, as they were mischievous, I had to face some challenges in calming them down and providing information.

During the workshop, I received many questions such as, "We have heard about periods in advertisements; what is a pad, and why is it shown dropping a red liquid?" (These questions came after the pre-test.) When I started the workshop, there were questions like, "Do girls feel pain when blood comes out? Why does blood come out? Do transgender individuals also have periods? When a baby is formed in the uterus, why does it appear in the stomach, and why is the stomach cut when the baby is born? Where does the baby's birth take place? It has been many years, and my sister-in-law is not getting pregnant; does that mean she doesn't have periods?" There were also many unrelated questions until they reached my scooter, and they said, "Madam, when will you come again? I have more questions in my mind." Hearing all this, I felt like they had been carrying these questions in their minds for a long time.

They couldn't find anyone to answer their questions, and when the answers started coming, the happiness on their faces was different. So far, I have conducted menstrual health and hygiene workshops with more than 600 boys, and I have not felt that boys have misused this information. Providing information to children on time helps calm the storm of questions in their minds. Otherwise, they might seek answers from the wrong sources, leading them to incorrect information and directions.

Change Maker

"Empowering Dreams: My Journey with Sankalp Ek Prayas"

- In the tranquil village of Morid, nestled in the heart of Chhattisgarh, a young and enthusiastic student named Sushma embarked on a journey with Sankalp Ek Prayas NGO in 2019. She was filled with enthusiasm and determination as she set foot in the village to become an Educational Facilitator at Mahakala School. For Sushma, being part of an organization committed to uplifting communities through education was both exhilarating and deeply fulfilling.
- As Sushma settled into her role, little did she know that the year 2020 would bring unprecedented challenges. The global pandemic swept across the world, forcing many organizations to suspend their on-ground activities. Sankalp Ek Prayas was no exception. However, it was during these challenging times that the organization launched the Education Above All (EAA) project, designed to ensure that underprivileged children could continue their education. Sushma was entrusted with the role of Cluster Coordinator for this crucial initiative.
- "In 2019, I was just a first-year student with dreams, but in 2020, I became a Cluster Coordinator, leading efforts to ensure children's education during a pandemic," Sushma reflected, her voice tinged with pride and nostalgia.
- The turning point in Sushma's journey came in September 2020 when Sankalp Ek Prayas introduced the GARIMA Project. This initiative was close to her heart as it extended beyond academics, addressing sensitive issues affecting girls and women in rural communities.



**FELICITATED WITH CHANGE
MAKER AWARD- 2022-23**

Sushma vividly recalled, "During our village workshops, we openly discussed the various challenges girls face, including menstruation-related issues. Those discussions reminded me of my own struggles and reinforced my commitment to make a difference in these girls' lives. I wanted to be a beacon of hope for them, inspiring them to dream big and overcome obstacles."

As she spoke, her eyes shone with determination and empathy. "I have to thank our visionary founder, Shri Parimal Sinha Sir. His belief in the transformative power of education and social change has given me and countless others a platform to make a real impact in the lives of underprivileged children and marginalized communities. It's an honour to be part of this incredible mission."

Sushma's gaze shifted to the future as she concluded with unwavering resolve, "Looking ahead, my dedication remains unshaken. Through the GARIMA Project, I am determined to empower more girls and marginalized communities. This initiative goes beyond education; it aims to instil confidence, resilience, and self-worth in these young minds."

"In conclusion," Sushma's voice held a profound sense of purpose, "my journey with Sankalp Ek Prayas has been transformative, allowing me to discover my leadership potential. Through the GARIMA Project, I aspire to continue contributing to the empowerment of underprivileged children and marginalized communities. I dream of a world where every child's potential is unleashed, and they can shine brightly on their path to success."



NO COST MODEL ON MESTRUAL CYCLE



UPCOMING PROGRAMS

- ❑ Health camps
- ❑ Sports tournament
- ❑ Fellowship exam of semester 1
- ❑ Training on various verticals of GARIMA project



SANKALP EK PRAYAS

SOCIETY, BHILAI

organizes

FREE HEALTH CAMP

**ADOLESCENT GIRLS & WOMEN
REVITALIZEHER**

ON-THE-SPOT REGISTRATION
FOR TOKEN NUMBER



Ashta for Education
Bringing hope through education



HEALTH CAMP UPDATE: REVITALIZEHER

❑ The health camp is scheduled to take place on 19-02-2024 to 23-02-2024 & 26-02-2024 , and our goal is to create a comprehensive and informative experience for participants.

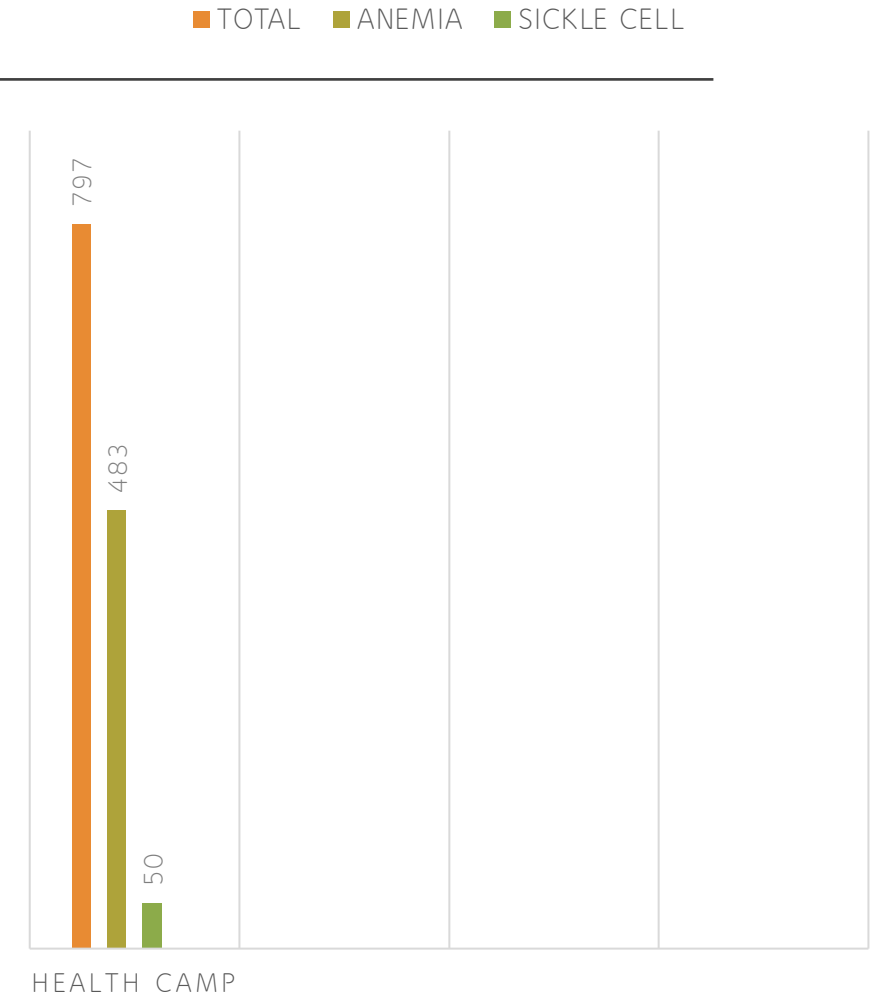
❑ The pamphlets, brochures, posters, and other educational materials prepared that will cover a range of menstrual hygiene and nutrition related topics.

❑ These materials will serve as valuable takeaways for attendees, enabling them to continue their journey towards better health long after the event concludes.

❑ A total number were estimated was 700-800 and where we covered 797 participants Of 6 days of camp.

❑ Where a total of Anemic girls were 483 and cases of sickle cell were 87 identified where and a total referral made were 35

OUTPUT OF HEALTH CAMP





REVATILIZEHER

RevitalizeHer focuses on promoting the menstrual health and nutrition of girls and women. This initiative aims to empower and support females through comprehensive programs that address their specific needs during different phases of the menstrual cycle. By offering education, resources, and personalized guidance, RevitalizeHer strives to enhance the overall well-being of women, fostering a positive and informed approach to menstrual health and nutrition.



Capacity Building:



❑ So far the fellowship program of Garima Fellows is divided into 4 semesters, where we just now completed the exams and results of 1 semester.

❑ Fellows are going through various capacity building session on various topics.

❑ Last training which they did was on story building in terms of writing and compiling.

❑ So far trainings are done on Menstrual Health Hygiene Awareness, Bal Sangathan, First Aid, Health And Wellness, Story Development, Mental Health etc

SANKALP EK PRAYAS													
SOCIETY, BHILAI													
PROJECT - GARIMA													
FIRST SEMESTER RESULT : 2023-2024													
SR.N	FELLOWS	I (50)	II (50)	III (50)	IV (50)	V (50)	TOTAL (250)	VIVA/MICRO TEACHING (50)	PROJECT (100)	INTERNAL ASSESSMENT (100)	RESULT (500)	PERCENTAGE	RANK
1	Anju Kumari	20	40	36	39	35	170	15	82	79	346	69.2	V
2	Bharti Nirmalkar	15	28	22	29	26	120	20	83	80	303	60.6	
3	Bharti Patel	26	29	31	36	35	157	20	80	80	337	67.4	
4	Damin Sahu	26	37	29	35	40	167	20	83	78	348	69.6	IV
5	Dimple Khare	26	36	30	33	36	161	19	81	76	337	67.4	
6	Gitanjali	25	31	27	38	30	151	19	80	75	325	65	
7	Geeta Sahu	19	30	29	31	25	134	20	80	80	314	62.8	
8	Hempushpa	16	27	27	36	32	138	20	81	80	319	63.8	
9	Jageshwari Sahu	35	39	42	37	41	194	19	81	83	377	75.4	II
10	Jiteshwari	20	39	31	37	37	164	23	82	80	349	69.8	III
11	Komeshwari Sahu	16	33	33	35	17	134	18	75	80	307	61.4	
12	Khileshwari Sahu	25	32	32	36	32	157	20	65	83	325	65	
13	Kusum Sahu	28	41	39	44	41	193	23	85	85	386	77.2	I
14	Laxmi Sahu-1	25	36	34	36	33	164	14	80	80	338	67.6	
15	Laxmi Sahu-2	21	21	25	25	22	114	13	75	78	280	56	
16	Lukeshwari	31	36	35	43	36	181	13	80	75	349	69.8	III
17	Neelam Sahu	28	37	36	42	43	186	19	50	75	330	66	
18	Poonam	29	26	38	31	35	159	13	60	76	308	61.6	
19	Ragini	23	38	31	40	40	172	19	80	75	346	69.2	V
20	Shisham	28	35	20	36	36	155	19	60	76	310	62	
21	Sunita Sahu	25	34	33	34	31	157	19	60	79	315	63	
22	Sushma Verma	14	25	15	35	26	115	19	80	76	290	58	
23	Tuleshwari Sahu	20	35	25	40	33	153	22	80	80	335	67	

Photos and Visuals:



HOW ASHA AUSTIN IS HELPING US...

1. How Has ASHA Engagement Helped Improve The Quality Of The Program?

ASHA's engagement has enhanced the quality of the program through:

- Provision of financial resources for better infrastructure and resources.
- Offering expertise and guidance in program planning and implementation.
- Facilitating access to training and capacity-building opportunities for staff and volunteers.
- Supporting the implementation of innovative strategies and best practices.
- Ensuring adherence to high standards of monitoring, evaluation, and accountability.

2. What Was The Impact For This Year, 2023-24 ?

The impact of ASHA's support was substantial:

- Increased reach and coverage of the program to more beneficiaries and communities. (Refer slide number: 8 for the numbers of beneficiaries data)
- Achieved milestones in areas such as education, healthcare, and women's empowerment.
- Enhanced community engagement and participation.
- Positive feedback from beneficiaries and stakeholders regarding the effectiveness and relevance of the program.

3. What Is The Impact Of This Program Supported By Asha? How Do We Know It Is Working In The Field?

The impact of the program supported by ASHA is evident through:

- Tangible improvements in the lives of beneficiaries, including access to education and healthcare & hygiene through workshops and health camps and empowerment.
- Regular field visits and interactions with beneficiaries and community members to gather feedback and assess the program's effectiveness.
- Collaboration with local partners and stakeholders to ensure relevance and sustainability.



THANK YOU
TEAM GARIMA