

2022 -23



‘GARIMA’

Sankalp ek Prayas

What is Garima ?

- **‘Garima’ means ‘Dignity’. It’s one of the fundamental rights guaranteed under Article 21 in the Indian Constitution.**
- **It means that every person has the inalienable right to live with dignified life.**
- **Our goal under the theme of 'Garima' is to address various social issues that are related to living a dignified life. We aim to reach out to as many of these concerns as possible.**

Objective & Goal

Goal –

'Garima' is not just a mere project, rather it encompasses a concept in which all the endeavors are aimed towards ensuring a respectable and fulfilling life for women within the society.

Objective –

- Promote discourse and furnish information and understanding to girls on various facets of life.
- Emphasize the magnificent contributions of women in human history and empower them to reach their fullest potential through capacity building.

Content

- ‘Garima’ Training Modules prepared for -

S.N.	Social issues / Social Concerns	S.N.	Social issues / Social Concerns
1	Adolescence & health	12	Gender
2	Child marriage	13	General Safety for Girls
3	career Opportunities for Girls	14	Government Schemes for Girls
4	Dowry System in India	15	Inter generation Communication Gap
5	Importance of Education for Girls	16	Life Skills
6	Legal Literacy & Legal Awareness for Girls	17	Peer pressure
7	Menstrual hygiene	18	Success Stories of Powerful Women leaders
8	Self Identity and Self-esteem	19	Child trafficking & Prostitution in India
9	Cyber Security	20	Girls friendly Villages
10	Mental well-being of Girls and Women	21	Domestic violence
11	Financial literacy for Girls		

Implementation Process

- ✓ Identifying the issue,
- ✓ Understanding Context,
- ✓ Preparing Training Module
- ✓ Designing Activities for Implementation



- ✓ Gathering the Girls & Women in Community.
- ✓ Initiated Discussion around the topic



- ✓ Pre-Test conducted to understand their level of understanding



- ✓ Based on the Feedback and response review the content & Impovisation.



- ✓ Post-Test Conducted to assess ourself and the effectiveness of content



- ✓ Deliver the Information through different Activity.
 - ✓ Q&A Session

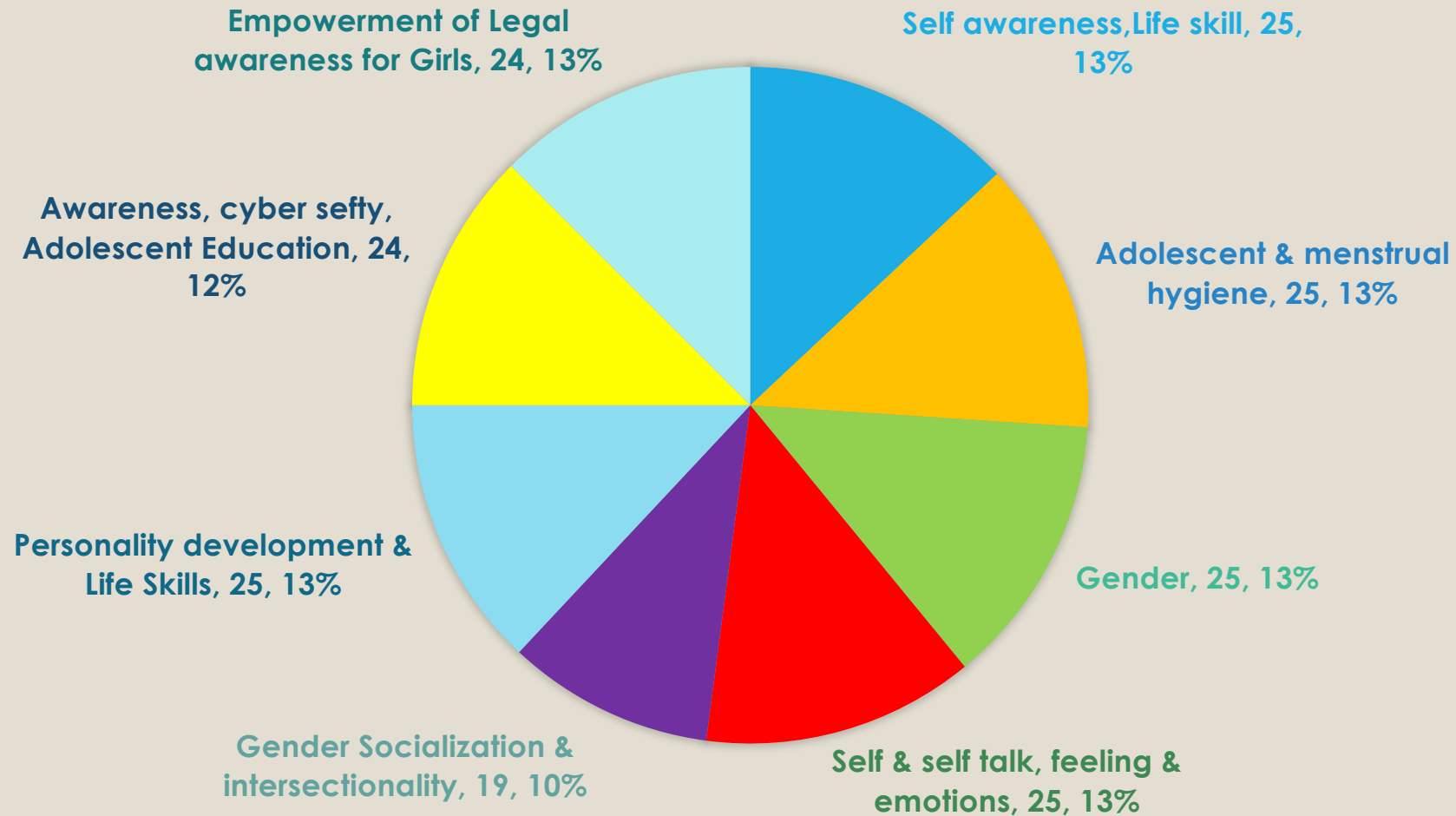
Brief Detail of 'Garima'

- No. of District Covered – 05
- No. of Development Covered - 07
- No. of Villages Covered – 188
- Girls benefited through this theme – 5535
- Women benefited through this theme – 711
- Sanitary Pads distributed to needy Girls – 10000
- Capacity building workshops for Garima Volunteers - 193



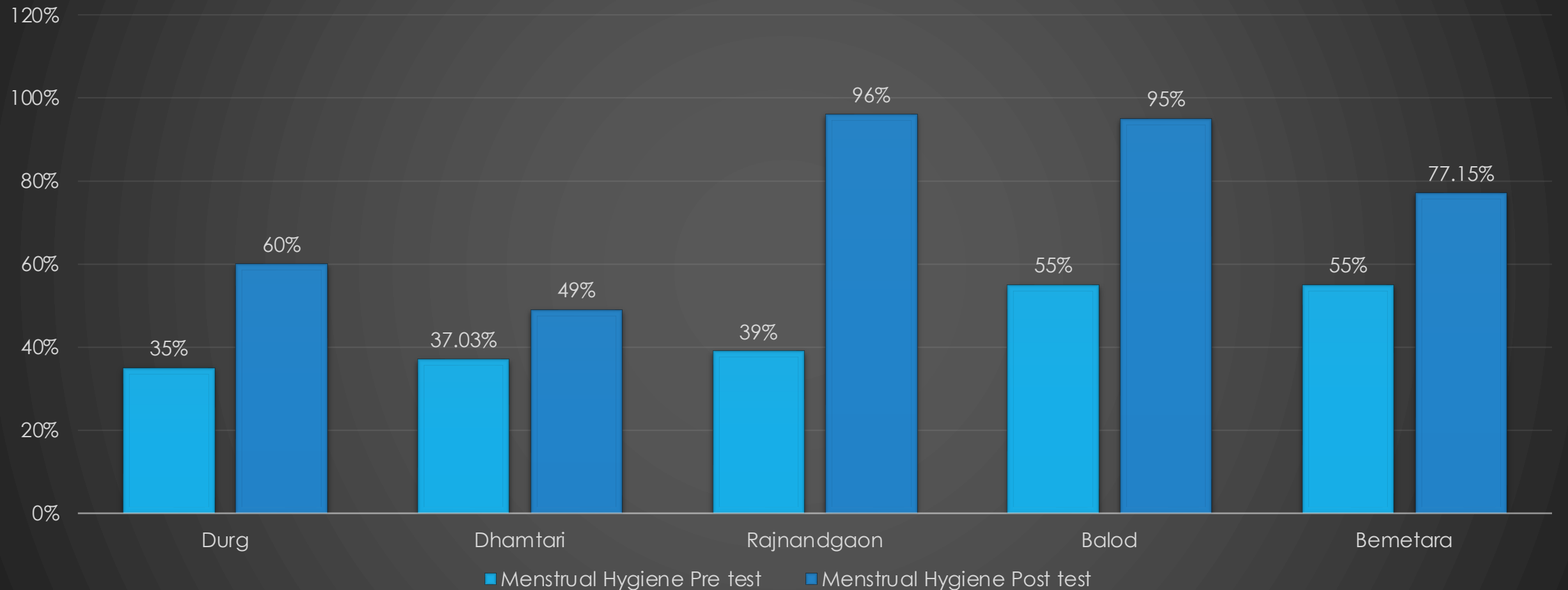
Capacity Building

CAPICITY BUILDING TRAINING



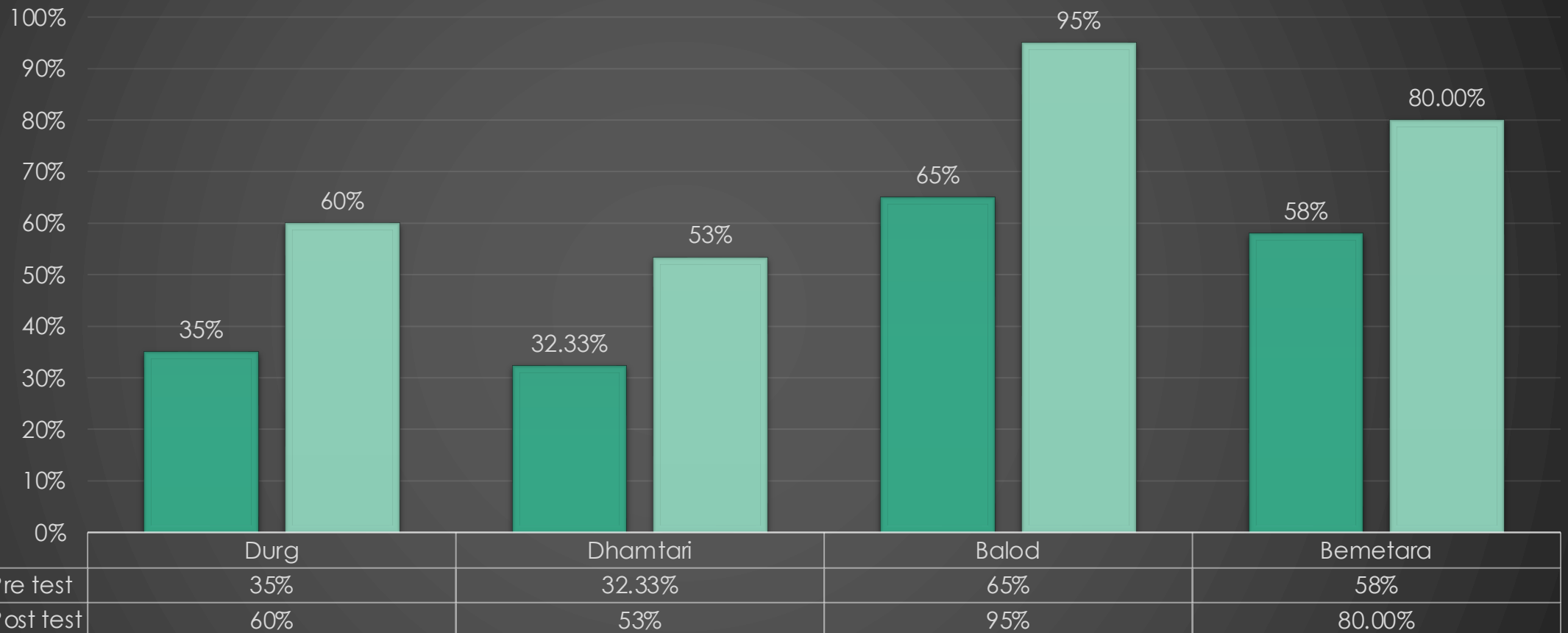
Impact Report _ Menstrual Hygiene

Menstrual Hygiene impact chart



Impact Report _ Cyber safety

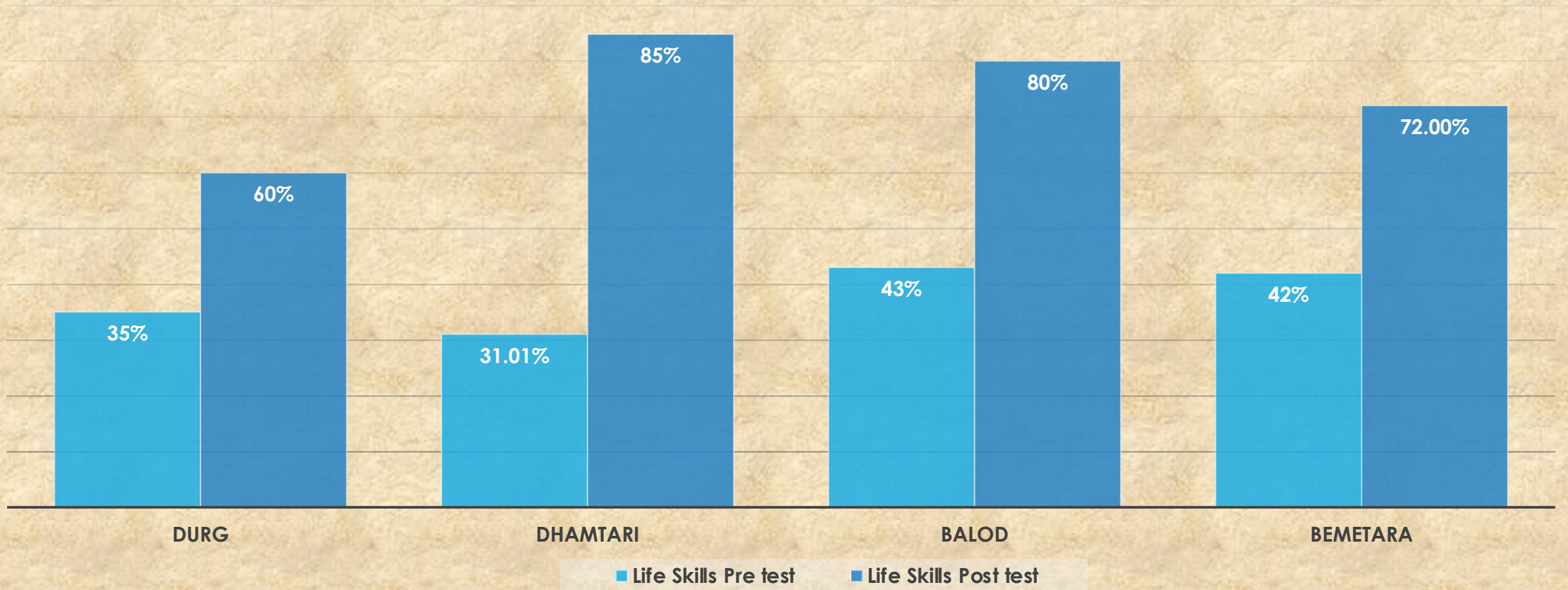
Cyber safety impact chart



■ Cyber Safety Pre test ■ Cyber Safety Post test

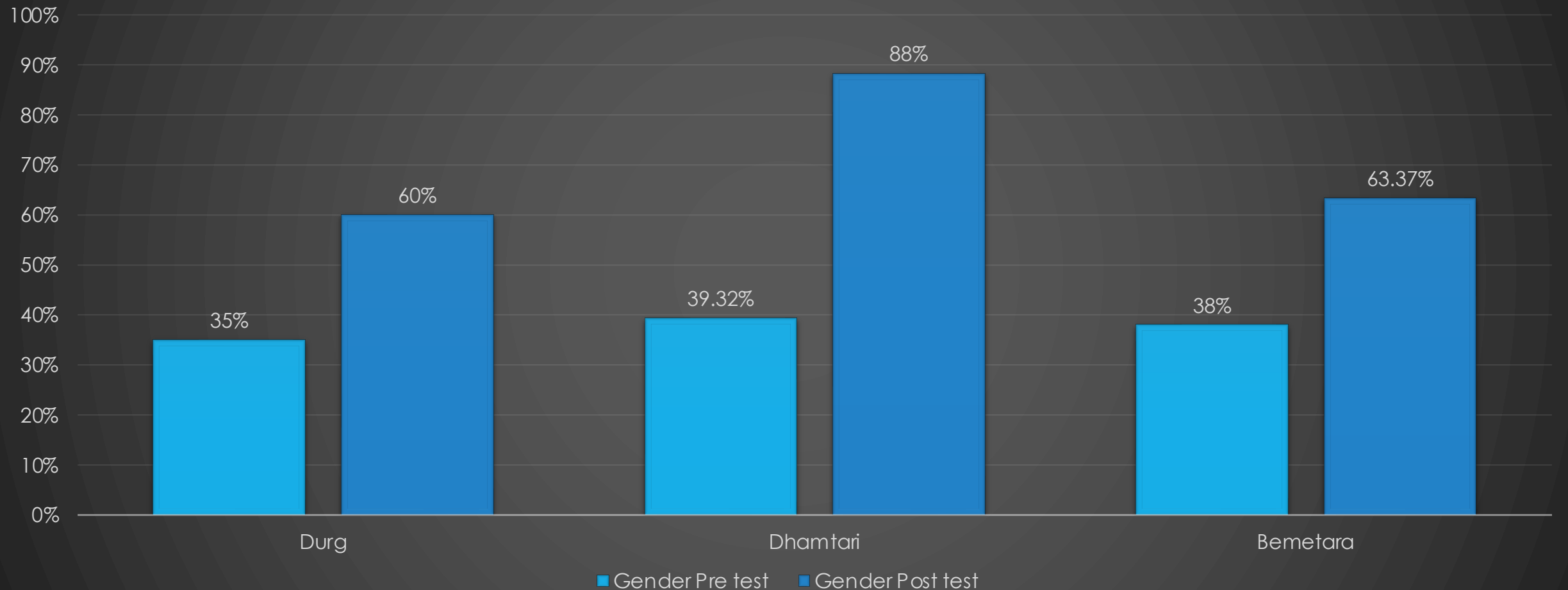
Impact Report _ Life skills

life skill impact chart



Impact Report _ Gender

Gender impact chart





Sanitary Pad Distribution



Capacity building Workshops



Sankalp Mobile Van



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Thank You