

Proposal & Budget Plan for Garima Manch & Girls Rising

Support Agency: ASHA Austin Chapter

Projection period – Apr 2025- Mar 2026

Introduction:

The **Garima Fellowship**, an initiative of Sankalp Ek Prayas, empowers young women leaders to drive positive change in their communities. Through this program, fellows gain leadership skills, mentorship, and support to address critical issues such as education, health, and gender equality. By fostering a network of changemakers, the Garima Fellowship aims to create a ripple effect, promoting sustainable development and social impact.

Garima Manch, a flagship initiative of Sankalp Ek Prayas, empowers adolescent girls and young women to become confident, self-reliant, and agents of change. Through holistic development programs, life skills training, and mentorship, Garima Manch fosters leadership, entrepreneurship, and social responsibility, enabling girls to realize their full potential and contribute to creating a more equitable society.

Girls rising intervention provide opportunity to adolescent girls to counter gender & other oppressing concerns though utilizing the platform.

Coverage:

- 25 new Garima Fellows will be onboarded to support and augment the efforts of the existing fellows. Together, they will work towards increasing outreach and accessibility of Garima interventions, designed to empower adolescent girls and promote positive change in their lives.
- In the year 2024-25, SEP has established 140 Garima Manch and started Girls rising program in 20 villages.

Impact:

Garima Fellowship initiative, Garima Manch and Girls Rising have played a pivotal role in empowering adolescent girls and caregivers with knowledge on health practices, particularly menstrual hygiene. They have successfully mainstreamed critical issues such as gender equality and continuation of school education, leading to positive behavioural changes and improved outcomes for girls. Through their efforts, they have created a supportive environment that enables girls to thrive and make informed decisions about their lives.

Projection of Year 2025-26:

1. Continuation of Garma Fellowship Programme
2. Expansion of Garima Manch Platform in 110 communities (at present Garima Munch is functional in 140 communities)

3. Ensure Effective rollout of Garima Manch through developing training modules and trainings of Garima fellows and Garima didis. SEP have identified 9 modules will be implemented with the Garima Manch Participants.
4. Expansion of Girls Rising program in 30 communities (at present Girls rising program is functional in 20 communities)
5. Addition of another 25 compassionate change makers to strengthen the Garima program.

The projected outcomes include:

1. Improved health outcomes: Better menstrual hygiene practices and health knowledge lead to reduced health issues and improved overall well-being among adolescent girls.
2. Increased school retention: Mainstreaming education and addressing gender-related issues encourages girls to continue their schooling, reducing dropout rates.
3. Empowered girls: Knowledge and awareness enable girls to make informed decisions, assert their rights, and challenge gender stereotypes.
4. Positive behavioural changes: Caregivers and community members adopt supportive attitudes, creating a more enabling environment for girls' growth and development.
5. Community-wide benefits: The program's impact extends beyond individual girls, contributing to a more equitable and informed community.

Budget Estimation

Sn	Intervention	Target Unit	Cost per unit	Time	Total cost (INR)	Remark
Budget Request for Garima / Garima Fellowship Programme						
1	Garima Fellow	25	9000	12	2700000	
2	Garima Module development	25	5000	1	125000	Printing/ Designing / Subject matter expert cost
3	Training and capacity Building of GARIMA Programme	Lumpsum			200000	25 advance fellows + 25 Gen 2 fellows & 50 Garima didis
A	Budget Request for GARIMA Programme [Continued Support from ASHA AUSTIN)				3025000	
Budget Request for Garima Munch Programme						
1	Garima Manch set up	140 venues	2000	1	280000	posters & Banners etc
2	Garima Manch facilitation cost	50	4000	9 months	1800000	Garima didi honorarium per session
	Garima Munch Programmes/Camp/ Events/Workshop	Lumpsum			500000	
B	Budget Request for GARIMA MANCH Initiative				2580000	
Budget Request for Garima Girls Rising Programme						
1	Girl Rising Facilitators	10 coach/mentor	5000	8 months	400000	Coach/ Mentor hon.
2	Girl Rising Dress/ Sports Items Procurement	Lumpsum			150000	
3	Girls rising district level events	5 events	30000	1	150000	Event expenses
C	Budget Request for GARIMA MANCH Initiative				700000	
Total budget required					6305000	

Proposal Submitted By: - Sankalp Ek Prayas