KHPT is implementing Sphoorthi project funded by the Azim Premji Philanthropic Initiatives (APPI) to pilot and implement a role model approach among adolescent girls (AGs) and parents. This is done by empowering groups of AGs and their parents as role models to positively influence their respective peer groups and foster an environment of support for their overall wellbeing and development.

**Project Goal**

To improve the quality of life of 4240 adolescent girls from disadvantaged households in Koppal district, Karnataka by enhancing education, health, and nutritional status.

- **Increase secondary school completion** rates by 80% among adolescent girl role models and 25% among peer girls
- **Reduce the proportion who are married** by 50% among adolescent girl role models and 15% among peer girls
- **Increasing nutrition** levels by 50% among role model girls and 15% among peer adolescent girls

**IN INDIA**

(Source: NFHS-3, 2005-06)

- 47% girls aged 20-24 were married before their 18th birthday
- 44% married girls aged 15-19 gave birth before their 20th birthday

**IN KARNATAKA**

(Source: NFHS-4, 2015-16)

- 23% girls aged 20-24 were married before their 18th birthday
- 8% married girls aged 15-19 gave birth before their 20th birthday

- 1 in 5 girls drop out from school while transitioning to secondary education
- 1 in 2 girls aged 10-19 are anaemic (Hb<11.0 g/dl)
- 1 in 3 girls deliver a child before reaching age 20

Koppal district in Northern Karnataka is one of the low ranking districts in developmental aspect.

**Barriers**

**Individual**
- Poor health and nutrition
- Lack of confidence
- Lack of interest in studies

**Interpersonal**
- Lack of family support
- Negative peer influence
- Economic burden and household poverty

**Education System**
- Lack of mechanisms to ensure quality education
- Lack of girl child-friendly infrastructure
- Environment of harassment/bullying
- Poor linkages to government schemes

**Macro/Societal**
- Child marriage
- Fear of losing reputation
- Belief that degrades the importance of girls' education
- Cultural practices that reinforce negative gender norms

**Enablers**

**Individual**
- Interested in school
- Healthy and fit
- Has goals for future

**Interpersonal**
- Having friends/siblings in school
- Supportive family

**Education System**
- Proper facilities
- Access to government schemes
- Supportive teachers

**Macro/Societal**
- Belief that girls should stand on their own two feet
- Community believes that girls and boys are equal

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**Key Objectives**

- KHPT is implementing Sphoorthi project funded by the Azim Premji Philanthropic Initiatives (APPI) to pilot and implement a role model approach among adolescent girls (AGs) and parents. This is done by empowering groups of AGs and their parents as role models to positively influence their respective peer groups and foster an environment of support for their overall wellbeing and development.

**Project Sphoorthi**

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The project will be implemented over three years, from Dec, 2015 to Nov, 2018 in 51 villages in Koppal district, Northern Karnataka. It covers 640 role model AGs and their parents, 3600 peer girls and village community as a whole.

These peer role models are likely to raise girls’ aspirations, increase self-esteem and inspire them to adopt behaviours that improve their quality of life.

### Evaluation Process

**Quantitative** survey with a sample of role model girls aged 14-15 and their peers aged 13-16 at the baseline and at the end of the intervention.

**Qualitative** evaluation includes life-line case studies with role model girls and their parents at the beginning, mid and end of the intervention; and in-depth interviews with peer girls, boys and community leaders at the baseline and at the end of the intervention.

### Interventions

#### With role model and peer girls
Strengthen self-esteem and awareness of role model adolescent girls, enabling them to make informed choices and confront issues collectively.

#### With families
Engage with families of AGs to understand the importance of educating girls, gender equity, and the consequences of early marriage and child bearing. Helping families find ways to support the education of their daughters.

#### With adolescent boys
Increase the confidence among adolescent boys to create opportunities for their involvement in social actions and transform their attitude to confront negative gender and social norms.

#### With community
Engage with key community leaders to foster positive gender and social norms, create spaces for adolescent participation and increase support for education and health of adolescents.

### Contact us

**Central office:**

IT Park, 5th Floor, #1-4, Rajajinagar Industrial Area, Behind KSSIDC Admin Office, Rajajinagar, Bengaluru 560 044, Karnataka, India

**T.** +91 80 4040 0200  
**F.** +91 80 4040 0300

**Central office:**

KHPT, No.44, Sri Raghavendra Nivas, Behind Shree Mata Hotel, Divaters Colony, Hosapete Road, Koppal - 583 201, Karnataka, India

**T.** +91 80 4040 0200  
**F.** +91 80 4040 0300

[08539 220446](#)  
[khptblr@khpt.org](mailto:khptblr@khpt.org)  
[www.khpt.org](http://www.khpt.org)