

## INSTITUTIONAL UPDATE: ADOLESCENT HEALTH THEME

MAY-AUGUST 2022

### KHPT signs MoU with the Department of Women and Child Development to scale up Sphoorthi project

KHPT signed an MoU with the Department of Women and Child Development, Government of Karnataka to scale up the Sphoorthi project in five districts of North Karnataka.

KHPT will work in five Aspirational/Special Development Program (SDP) talukas in the districts of Belagavi, Bagalkot, Vijayapura, Kalaburagi and Raichur.



**KHPT CEO Mr Mohan HL with Dr Reju M. T, I.A.S, Secretary to Government, Department of Women and Child Development and Empowerment of Differently Abled and Senior Citizens and Ms Priyanka Mary Francis, I.A.S, Director, Dept. of Women & Child Development, GoK**

### Adolescent girls from Koppal launch the Sphoorthi programme for Yadgir



**Koppal girls handing over the message to Yadgir girls**

KHPT, in partnership with Ashraya Hashta Trust (AHT), launched the “Sphoorthi-Girl Leads Girl” Adolescent Girl Role Model Project for Social Transformation for Yadgir district. The formal launch was held at the IAS Officers’ Association in Bengaluru on June 7 with 27 adolescent girls and 18 parents from Koppal and Yadgir districts. The launch was attended by the officials of the Department of Women and Child Development, AHT and KHPT.

The project in Yadgir aims to change gender norms by training rural adolescent girls to champion changes related to their education, health, and marriage. The

three-year project will be implemented in two taluks of Shorapur and Hunsagi between 2022- 2025.

Adolescent girls from Koppal who have been part of Sphoorthi launched the project and shared how Sphoorthi empowered them to make decisions regarding their future. As a symbolic gesture of passing on responsibilities, a photo frame with a motivational message was handed over to yadgir adolescent girls by the Koppal girls.

Speaking on the occasion, Dr Reju M. T, I.A.S, Secretary to Government, Department of Women and Child Development and Empowerment of Differently Abled and Senior Citizens, Government of Karnataka, said, “We can accomplish a great deal together. I am glad that KHPT and Ashraya Hashta have stepped up to continue this programme.”

“The success of Sphoorthi has been that girls have taken the program forward and we are seeing a change,” said Ms Priyanka Mary Francis, I.A.S, Director, Dept. of Women & Child Development, Government of Karnataka

### Launch of Sphoorthi project in Yadgir district

The district launch of the Sphoorthi project was held on 25 July in Surapur. Yadgir district. Mr Chandrashekar Pawar, Education Officer, Taluk Panchayat Surapur; and Dr Raja Venkatappa Nayak, Taluk Health Officer, Surapur; Mr Maruti Konyagol, Portfolio Manager,

Ashraya Hashta Trust, and KHPT’s Adolescent Health thematic staff were part of the inauguration.

Speaking on the occasion, Mr Chandrashekar Pawar stressed on improving the school dropout and child marriage situation and said that Taluk Panchayat will completely support the Sphoorthi project.

“Education and Health will define a girl’s life. Through the Sphoorthi program, we should motivate girls to complete their education. ASHA workers, Anganwadi Workers, Anganwadi supervisors, and Panchayats should work together,” said Dr Raja Venkatappa Nayak.

Mr Maruti said, “Sphoorthi project should not be limited to Surapur and Hunasgi. This program should extend to other Taluks and other districts. For this, all the stakeholders involved should understand the shpoorthi objective and work towards it.”



**Community Organisers during the launch**

## Community Engagement

### KHPT completes complex Household Enumeration in two weeks

The launch of the Sphoorthi project in Yadgir was followed by a household enumeration process to list out Role Model Girls (RMGs) and Peer Girls (PGs). KHPT adopts a different method of enumeration to save time



**ASHA workers with registers during data verification**

and increase accuracy. The exercise covered all 41 GPs of Shorapur and Hunasgi talukas in two weeks.

A three-step process of listing or data collection, Focus Group Discussion (FGD) and verification was undertaken by an external agency.

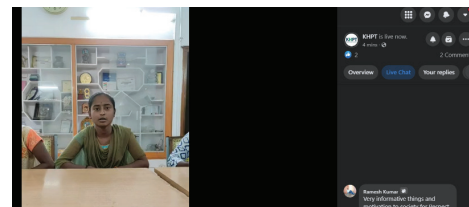
The process began with the listing of possible girls for the program in the village. Key details including their name, address, age, and school were listed. ASHAs, Anganwadi workers and school girls conducted this listing exercise.

The next part of the process was the FGD. Several girls and boys were put in a group where a focused discussion was facilitated. The last process and an important one was the verification of data. ASHA workers along with members of the local school or their peer girls took part in this process.

The key takeaways from the process that it was time-saving, inclusive and innovative. The process also included local members of the community and brought a sense of ownership into the programme.

### Adolescent Girls go Live on Facebook on World Menstrual Hygiene Day

Three of KHPT’s role model adolescent girls- Akshata, Asha and Manjula went live on Facebook on May 28 to discuss periods, quell myths and educate people on menstruation. As a precursor to Facebook Live, a four-day social media campaign involving different stakeholders-brothers, parents and school teachers was done. Through the posts, they reaffirmed their commitment to making periods a better experience for rural adolescents.



**Akshata during the live**



## Adolescent girls from Koppal record a video for British High Commission

To celebrate the International Day of the Girl Child, the British High Commission offered women from across India a unique opportunity to experience a day in the life of the UK's top diplomat in the country. Ambika and Kavya from Koppal recorded a one-minute video answering 'Which woman in public life inspires you the most and why?'. This was published on KHPT's social media handles and tagged the British High Commission.

KHPT  
@KHPT\_BLR

The person who inspires Kavya is someone who has planted hundreds of trees. Curious? Listen to Kavya

@UKinIndia #DayOfTheGirl



### Adolescent girl Kavya recording a video

## KHPT team visits Sphoorthi project in Koppal as part of Annual Participatory Program Reflections

KHPT staff from other thematic areas of work visited the Sphoorthi project in Koppal as part of the Annual Participatory Program Reflection (APPR) between 19-21 July 2022. The visit was aimed to understand the adolescent theme and the Sphoorthi intervention and to help the adolescent team to know their strength, weakness, opportunities and threats.

The team noted positive changes in the community as a result of the interventions; including empowered adolescents, and a strong connection with the community. Furthermore, the visit enabled them to recognize how attitudes and behaviours have changed among parents of adolescents and community members who are supportive of girls. They noted that strong teamwork was one of the core pillars of programme implementation.

The team also provided valuable suggestions on strengthening stakeholder engagement and capacity building for frontline teams. The APPR activity was an opportunity to foster cross-learning and identify possibilities for collaborative work across thematic areas of work.



### KHPT staff interacting with adolescent girls

## Azim Premji Philanthropic Initiatives team visits Koppal to know the status of the programme

Trivikram Sonni, Grants Manager, North-East Karnataka and Mr Uday Bekal, Kalyana Karnataka In-charge from Azim Premji Philanthropic Initiative visited the KHPT Koppal office on 22nd July and participated in a 2-3 hour discussion with Sphoorthi district team members to understand the status of the programme. The discussions were on boys' intervention, livelihood

## Community Organizers recruited for the Sphoorthi Yadgir project

Community Organisers (COs) are responsible for the roll-out of the project activities at the Gram Panchayat-level. KHPT adopted a unique two-phased recruitment process-through written tests, panel interviews and a 'selection workshop' to gauge the COs' interest and assess their suitability to work with adolescents.

The first phase of the selection process was held between 21-22 June for Surapura and Hunasgi taluks respectively. There were 106 aspirants on the first day



### COs in a group activity

and 66 on the second day for 41 CO positions. This phase consisted of two parts: one a written test, and the other a panel interview.

The written test consisted of a set of questions designed to assess candidates' awareness of rural adolescent girl issues and their perspective on gender norms and practices. The selection committee members of KHPT reviewed the answered scripts before calling them for the panel interview.

The candidates were assessed on three parameters, one was the genuine interest to work for a social cause, the second was the willingness to travel across GPs for which they are responsible, and their eagerness to learn.

The second phase consisted of a 'selection workshop' conducted between 4-5 July to select the most suitable candidates among the short-listed candidates. To assess



### APPI team interacting with the Kinnal panchayat members

component, scholarship, APPR review learnings, teachers' behaviour in school related to child marriage issues, menstruation issues in new villages, child labour, child marriage, gender, and parent-daughter relationship in the new education policy syllabus.

They also stressed on having more informal discussions with the field team. They proposed quarterly discussions with all APPI partners and involving KHPT staff for training on new topics along with the APPI staff.

## Sphoorthi girls interact with The Sunday Guardian's Tanmaya Das

On 26 July, two Sphoorthi girls and one girl from a Sphoorthi intervention area interacted with Mr Tanmay Das a journalist from The Sunday Guardian about their experiences since joining the project. In addition, it was discussed whether trafficking is common in Koppal and what the major problems are and how girls' efforts are contributing to these issues. The article can be read [here](#):

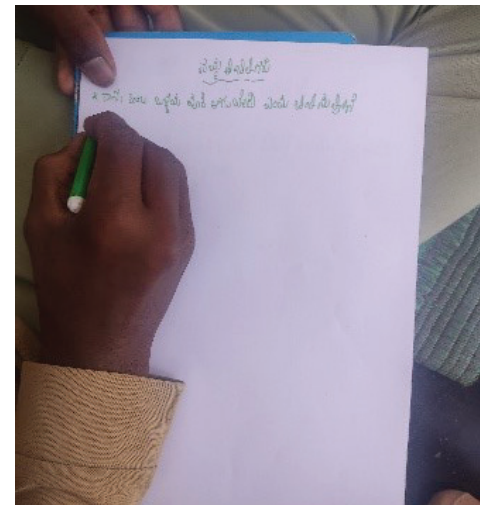
the COs' involvement, commitment, and participation, a series of activities was conducted. Among them were '100 steps,' designed to help participants understand how to reach their target strategically, role plays to assess their involvement, characterization, and presentation, and argumentative theatre to show how they claimed their truth.

"This recruitment process helped me learn from the activities," Ambika, CO Candidate

"I thought there would be tests, but then was surprised to see that the recruitment process was through activities. I was happy to be a part of the play," Neelamma, CO Candidate

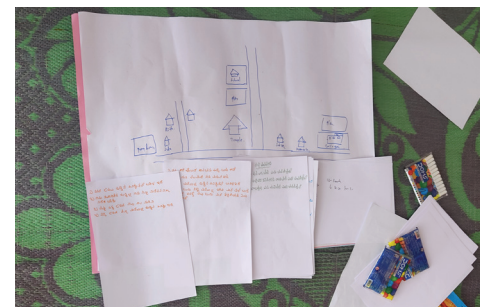
## Preliminary qualitative research conducted for boys' intervention

A qualitative study which consisted of five activities for rural adolescent boys aged 10-18 was carried out in five selected villages in Koppal from 30 June-2 July. Findings from the study will help form a strategy to design a safe space for adolescent boys in Koppal to discuss issues



### An adolescent boy answering a research question

associated with dominant gender norms. The objectives of the study was to understand adolescent boys' daily routines and their immediate eco-system, attitudes and beliefs about gender norms and the opposite gender, and identify opportunities that could be used to build platforms to address issues associated with ruling gender norms.





## Government and Stakeholder Engagement

### Adolescent Health Team meets Chief Executive Officer of Koppal

Mr Satyanarayana Ramanaik, Thematic Lead Adolescent Health and Ms Harpreet Kaur, Senior Program Manager of the Adolescent Health Team, Bengaluru along with the Koppal team met the CEO of Koppal Zilla Panchayat, Ms B Fouzia Taranum I.A.S, on the 7 May to brief her about the interventions and programs that are being done by KHPT in Koppal. She expressed special interest in interacting with various stakeholders who are benefited from KHPT's interventions.

She was also informed about the activities being planned as part of the library intervention under the Sphoorthi program. The CEO promised her support for this intervention by ensuring funds from the untied panchayat funds and help with campaigns/publicizing programs.

KHPT and Bharat Gyan Vigyan Samiti (BGVS) are collaborating to inculcate reading habits among adolescent boys and girls by setting up child-friendly libraries in each panchayat of the Koppal and Yelburga blocks.

### KHPT contributes to the state government's module for the father inclusion campaign

KHPT supported the Department of Women and Child Development, Government of Karnataka to develop modules which were used in the Father's Inclusion campaign across the state in July. Content related to Samvadas (dialogues) with boys and fathers, intergenerational cycle on malnutrition and gender-related topics were shared with the department.

### KHPT staff meet Yelburga Taluk Panchayat Executive Officer

21 Community Organisers, three Field Coordinators, Programme Officer and District Project Coordinator from the Koppal office met the Executive Officer of the Yelburga Taluk Panchayat to seek his support in implementing the Sphoorthi programme. The issue of mobilizing a place for common meetings of girls was discussed and he said he will issue orders to use the local library, GP, and school buildings for common meetings. He also suggested to enrol girls in the digital library and then they can do some puzzles and make use of the existing facilities wherever available. Panchayats who were not supporting the Sphoorthi programme were brought to his notice and he promised his full support for the programme.

### Capacity building for Yelburga Community Organizers

On 17 August, capacity building for Yelburga Community Organisers (COs) was done on the HTPF nutrition intervention. It started with a detailed discussion on how the Fortified Blended Food (ShaktiVita) product is manufactured by SHG groups at Devdurga, Block, and Raichur and the ingredients that constitute ShaktiVita (Fortified Blended Food) packets.

The 20 COs were educated on how malnutrition if not tackled can affect an entire generation, and signs to identify malnourishment in children, pregnant women, lactating women and adolescent girls. They were also oriented on the importance of hot sampling (on-the-spot cooking) of ShaktiVita in the Sphoorthi inauguration programmes.

### Perspective-building training organized for Yadgir, Koppal and Yelburga Community Organizers

Most of the staff who are recruited as Community Organizers (COs) are working for the first time with adolescents and are not aware of the problems faced by them. So, it was important to build their perspective around deep-rooted issues like gender and sex, vulnerability, and adolescent issues. The training for COs from Koppal was between June 1-2, Yelburga 7-7 July and Yadgir 21- 22 August. Also, this training was

aimed at making the staff understand the concept of Role Model Girls (RMGs), how to identify them and the formation of RMG groups.

The interactive session focused on educating the COs about gender and sex, a power walk to familiarize them with inequality in the community, and a question-and-answer session to understand their perception of vulnerability. Following that, participants were asked to describe the major issues and challenges faced by adolescent girls.

"After the training, I feel I can understand the adolescents better," Savitha Halladmani, CO, Surapura.

"This was very helpful as the team was new, now we understand why we are working with the adolescent girls, how to work with the community," Pavitra, Taluk Coordinator Surapura.



Community Organizers from Koppal during the 'Knowing Yourself' activity

### Induction training conducted for Yadgir and Yelburga Community Organizers

An induction training for 63 Community Organisers from Yadgir and Yelburga, five Field Coordinators and one Taluk Coordinator was conducted in the months of June and July. The participants were introduced to KHPT, its history, how it evolved, the thematic areas in which it works and the core values and principles of the organisation.

A thorough orientation of the Sphoorthi programme, its objectives and goals, and its evolution and impact in Koppal, were also explained.



COs in a group activity

## Story from the field



Hanumavva hails from the SC community. She got married at 18 after dropping out of school. Her poor health led to two miscarriages after her marriage. At 23, she returned to her native place in Kiddhal village, Halvarti Panchayat, during her third pregnancy. She and her parents worked in the agricultural field to earn a living. She was selected as a beneficiary and counselled about eating nutritious food and taking ShaktiVita supplements. In her 6th month of pregnancy, she started consuming ShaktiVita with the support of ASHA. Counselling and ShaktiVita cooking demonstration helped her understand the importance of eating a proper diet and consuming ShaktiVita.

She achieved an HB of 10 during delivery. In March 2022, she gave birth to twin girls. Her two children were underweight, so she continued receiving ShaktiVita and advice from ASHA while lactating. As part of the mother's meeting, she also learned about the importance of vaccinations and proper diets for children. The two girls are healthy today after 6 months, and they have also started taking ShaktiVita for children as a nutritional supplement to ensure proper nutrition and continued health.

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