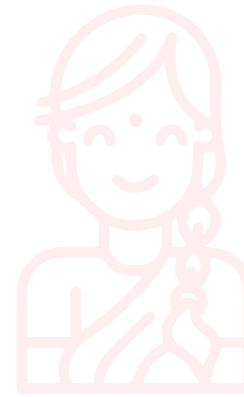


A portrait of a woman with dark skin and hair, wearing a patterned sari and a necklace. She is looking directly at the camera against a plain, light-colored wall. There are two empty rectangular boxes with red borders: one on the left side of the image and one on the right side, below the text.

## Sphoorthi Bi-Monthly November-December 2022

**The Sphoorthi ‘Girl Leads Girl’** life-skills-based education program was developed to improve the overall quality of adolescent girls’ lives by working with girls, their families, boys and community groups. Sphoorthi empowers adolescent girls by building knowledge and skills to improve their dietary patterns and nutritional status, menstrual hygiene practices, and sexual health, addressing gender-based violence and improving their mental health. The Sphoorthi model has been recognised by the Government of Karnataka and its scale-up was announced across the state early this year. The program is currently being implemented across seven districts of north Karnataka— Koppal, Yadgir, Vijapura, Bagalkote, Belgavi, Raichur and Kalburagi.

In Koppal, Yelburga, and Gangavathi Blocks of Koppal district, Karnataka, KHPT is implementing a project to reduce malnutrition among children, adolescents, and pregnant and lactating women. Through local community structures, this project aims to improve the availability and accessibility of Fortified Blended Food (FBF)- ShaktiVita, as well as links with existing nutrition-enhancing services.



**The Adolescent Health thematic aims to empower**

**8,00,000**

**adolescent girls between  
2022- 2026**

## EMPOWERMENT INITIATIVES

### KHPT supports the 'Freedom from Violence' awareness campaign on Gender-based Violence for adolescents across Karnataka

The 'Freedom from Violence' awareness campaign, supported by KHPT, is a joint initiative of the Department of Rural Development & Panchayat Raj, Women and Child Department and the Department of Education to raise awareness on gender-based violence among adolescents. One school in each of the 31 districts was selected to conduct this awareness activity on December 23 under the leadership of the Gram Panchayat. KHPT supported and facilitated this process with the active involvement of the Gram Panchayats, organizing half-day awareness events in the schools identified by the Gram Panchayat. The local school teachers, School Development and Monitoring Committee, and frontline workers also conducted awareness activities. Some districts even took the campaign to additional schools at the taluka level.

Session topics included sex and gender, gender discrimination, laws and services for children affected by violence, and engaging with relevant stakeholders to prevent violence. The campaign reached a total of 11,525 students in 77 schools and will be gradually expanded to all schools and colleges in 31 districts of Karnataka while building a resource pool of trained adolescents for peer support.

### REACH

Girls **6104** KHPT Staff **296**

Boys **5333** Stakeholders **284**

Teachers **520** Schools **77**



*School students from Belagavi watching videos which were used to educate them on Gender-based Violence*

"I have noted all the helpline numbers that are mentioned during the session as well the mental health helpline". -Student (Boy), 8th Grade, Chikkamagaluru district.

"Information on child marriage's effects and how to prevent it is very helpful". -Priya, 10th Grade, Mandya district.



*Pavithra sharing  
her life's story*

### **Sphoorthi girl Pavithra enthralled the audience at the Social and Behaviour Change Communication (SBCC) Summit**

KHPT presented three of its innovative approaches through different session formats at the Social and Behaviour Change Communication (SBCC) Summit in Marrakech, Morocco, from December 5-9. In a TED-talk-like session on novel approaches to addressing Gender-Based Violence (GBV), Dr Maithreyi Ravikumar, Strategic Lead, Adolescent Health, and Pavitra, a Sphoorthi Role Model Girl talked about the Freedom from Violence campaign and scaling up strategies to prevent GBV.

Pavithra spoke of growing up in a difficult environment where rigid gender norms prevented her from studying and curtailed her freedom. She gained confidence, self-esteem, and courage after being a part of the Sphoorthi project. As this was her first time facing a camera, she expressed both anxiety and excitement about speaking to 16 lakh students as part of the Freedom From Violence campaign. In her remarks, she stressed the importance of holding such programs on a regular basis.

Expressing gratitude and happiness, Pavithra said that seeing her in Morocco other girls got the courage to speak at home. One of her friends said, "You are speaking at an international forum and this is inspiring. I think I will start speaking at home to voice my choices."

The two other presentations were made on decentralised health management through gram panchayats and on KHPT's Sahita care line, and the efforts to destigmatize mental health and increase demand for mental health services.

- A unique two-phased recruitment process through written tests, panel interviews and a 'selection workshop' to gauge the Community Organisers' (COs) interest and assess their suitability to work with adolescents. A total of 165 COs were recruited in five Sphoorthi intervention districts of Vijayapura, Raichur, Bagalkote, Belagavi and Kalaburagi between November- December.
- A Livelihood Mapping study was undertaken in four villages of the Koppal district between 16-18 December to understand livelihood opportunities available for adolescent girls. The rationale behind the study was to develop a module for adolescent girls (17-20) who were part of the first phase of the Sphoorthi intervention. The Adolescent Health team conducted Focus Group Discussions with adolescent girls to know the opportunities existing in their own villages, restrictions to work and other factors that do not allow them to seek employment. Individual interviews were with bag manufacturing units, cement industries and handloom owners to understand the skills they expect in potential employees.



*Adolescent girls at the stall which was set up in a school*

## DISTRICTS' CORNER



*ShaktiVita stall at the Jatre*

- A ShaktiVita (Fortified Blended Food) stall was set up at the Gudneppana Jatre (local fair) on 8 November in Yelburaga taluk. This event aimed to raise awareness about nutrition, healthy eating practices, diet diversity, and ShaktiVita. The stall provided information on nutrition, especially for pregnant women, lactating mothers, children, and adolescents. A cooking demonstration of ShaktiVita was held at the event, and visitors had the opportunity to taste the hot cooked ShaktiVita.
- The International Day of the Girl Child was celebrated in many schools across several blocks of the Koppal district. During these celebrations, the Community Organisers, Nutrition Volunteers and Field Coordinators set up stalls at schools in three blocks of the Koppal district. The stalls had pamphlets on nutrition, diet charts and how ShaktiVita can be prepared, and frequency of consumption. The girls were also oriented on appropriate WASH practices. A total of 131 campaigns were conducted reaching around 4200 beneficiaries.

Sensitization programme for frontline workers and community members on nutrition and ShaktiVita

2718

Perspective Building on sex and gender, adolescents' issues for Community Organisers

212

Life Skills Education Training for Community Organisers who impart this to Role Model Girls

67

## CAPACITY BUILDING INITIATIVES

KHPT continuously organises training for its field staff and stakeholders across its project sites to build their capacities which helps them acquire the right skills to work with adolescents, their parents and community members.

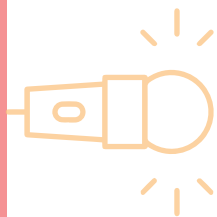
Communication and Leadership training for Community Organisers to help them communicate effectively with the

67

Training on mental health for Barefoot Counsellors

38





- The Koppal staff met Ms Padmawati, the Deputy Director (DD) of the Women and Child Development department on 18 November to update on the project and discuss the Gangavathi block intervention. The DD issued a letter to the Child Development Project Officer of Gangavathi requesting their support for the easy implementation of the nutrition project.
- On 16 November, the Koppal staff met Mr Pranesh District Skills Development Officer to orient him on various interventions in the area. Details about the project's objective, criteria, beneficiary, categories, ShaktiVita and nutritional components were discussed with him.
- At the Kanakagiri taluk, the KHPT staff set up a stall of ShaktiVita which was visited by Mr Sundresh Babu, District Collector, Ms Fouzia Taranum, CEO, Koppal and other district functionaries. They appreciated our efforts and advocated for ShaktiVita in the community.
- KHPT District Program Coordinators of Belagavi, Kalburgi, Raichur, Vijayapura, and Bagalkot have met several government officials at the district, taluk and villages to orient them on the Sphoorthi programme and household enumeration. They sought support from these officials for the smooth implementation of the Sphoorthi project.



*ASHAs being oriented on ShaktiVita and its benefits*

## FORTIFYING LIVES

Pavitra, 14, from Myadneri, Yelburga Taluk, Koppal District, is no different from her peers. This 9th grader goes to school, has fun playing with her friends, rears her livestock and takes care of household chores. This is typical of the schedule of most rural adolescent girls of North Karnataka. However, what is different in her otherwise regular routine is her consumption of ShaktiVita, a health drink catered towards building better nutrition among the undernourished. “It has been 2 months since I started consuming ShaktiVita, I have gained weight and grown taller. Even the other girls in our school take ShaktiVita, they too have noticed weight gain,” she says.

Elaborating further on her consumption pattern, Pavitra mentioned: “We are told to drink it at least once a day ideally. I like how it tastes! Usually, I make it by myself when my mother goes out in the morning for work, hence I prepare it before going to school.”

Speaking on the plight of women’s health in her village and personal difficulties in disseminating information on ShaktiVita, she said - “There are girls in our village who are weak, underweight, many of them are dropouts. A lot of them don't listen to me when I tell them the benefits and brush my opinions aside. We need to try as much as possible to explain the benefits to them.”

**Pavitra says she will continue to consume ShaktiVita for four more months and become healthier!**



*Pavithra rearing her goats and sheep*

## WHAT ARE OUR GIRLS UPTO

### Makkala Gram Sabhas (Children's panchayats)

- In the villages of Hireharalihalli and Vajrabandi 24 Role Model Girls submitted a letter to the Panchayat Development Officer and Gram Panchayat President requesting them to arrange for drinking water in their schools and provide water in their school toilets. The letter prompted the gram panchayat officials to install new taps in the toilets and also provide drinking water in their schools.
- The Makkala Grama Sabha was conducted in Shahpur village where six Role Model Girls from Hireharalihali and Vajrabandi participated. The girls spoke about the problems in the schools including not having PT and lady teachers, and no drinking water facilities or computer classes. The school management has agreed to address these issues soon.

Role Model Adolescent girls from

44

Gram Panchayats participated in  
Makkala Gram Sabhas between  
November- December



## ABOUT KHPT

KHPT is a not-for-profit organization that spearheads focused initiatives to improve the health and well-being of communities in India. In 2003, KHPT was founded with a single mission to reduce the prevalence of HIV in Karnataka's high-priority pockets. The initiative's success made it a scalable model at national and global levels and KHPT became a learning site for innovative approaches. With these strengths, we learned and reflected on our decade-long experience leading us to look beyond HIV to four other thematic areas namely Maternal, Neonatal & Child Health (MNCH), Tuberculosis (TB), Adolescent Health (AH), and Comprehensive Primary Health Care (CPHC); thereby extending our services to a diverse set of communities operating intensively out of 4 states in India (Assam, Bihar, Telangana and Karnataka). The unique DNA of our programs is a combination of evidence generation, grassroots community connections and government relationships.

## URLs

