



Workshop on 'Awareness Programme for Adolescent Girls'

Name of the programme- Awareness Programme for Adolescent Girls

Date – 17th January 2023

Time 10 A.M. to 5 P.M.

Venue – Varali Highschool Tal- Khatav ,Dist-Satara.

About The Organization

Annapurna Established in 2010 with the aim of Social Change.we conitiously trying to develop our Skills ,Knoweldge and Capacity to do Work Most Effective.In this Duration we work Mostly in Skill Development, Women Empowerment ,Youth empowerment,,Organic Farming,Entprenureship Development ,Water and Sanitation ,Health etc. we always ready to work for poor ,needy and unprivileged segments in the Society we are happy to help them which is counless. In this year ,In korona epidemic we all seen the power of Humanity and we always working for Humanity and Human being in this period we work by all of our heart this is also not Accountable. we working in Mostly in Maharashtra .In telgana.Orisa and Gujrat also waoking area we provided their Skill Development Residencial Courses in past years.India is emerging fast from a “developing country” to a “developed country”. But the gap between a developed section of Indian society and the underdeveloped one has been the same if not widening. Primary reason for this disparity is the absence of a gap filler between the progressive policies of government and the infrastructure to translate them into reality.

Hence the need of the hour is a good number of Non-Governmental Organizations to fill this gap .Annapurna, a NGO known as an implementing agency of State and Central government sponsored programs, came into existence in 2010, with this sole objective to act as a bridge between “Government and people.

Vision :

Building a self-reliant rural society assured of food security, safe drinking water,good health ,gender equality ,literacy ,values and clean environment

Mission

Annapurna’s mission is to create opportunities of gainful self- employment for the rural families. This involves ensuring sustainable livelihood by improving access to clean water, sustainable agriculture, land and women’s development that ultimately boosts quality of life and fosters human values. This is being done through effective use of local resources and provision of appropriate technology for upgradation of people’s skills and abilities

Current Project Implemented by NGO

Sr No	Major Activities	Year	Sponsored by
1.	Legal awareness Camps for Women	2017,2018,2019	Maharashtra State Commission for Women Mumbai.
2.	Rural Development Programme skilldevt.,health,Agri.development. 14 th wittAayog.	2017-ongoing	Local Grampanchayats
3.	EDP on Organic Farming	2017	National Research Development Corporation,Delhi
4.	Formation of Joint Liability Groups	2018-Ongoing	National Bank for Agriculture and rural Development
5.	Awarenessprogramme on women empowerment	2018	Maha.statemahilaaayog
6.	EDP on Value added Milk Processing Technique	2019	National Research Development Corporation,Delhi
7.	Public Biodiversity Register Making	2019-ongoing	Dept.ofBiotech.Nagpur
8.	Digitisation of SHGs in Satara District ,Maha. Eshakti Project.	2020-2021	National Bank for Agriculture and rural Development
9.	DPR Making Solid and waste water Management	2021-ongoing	Zilha Parishad Satara ,Sangli
10.	Skill development programme for youth ' DRIVE WITH PRIDE' Project	2021-ongoing	Vatsalya Trust Mumbai
11.	Jal Jivan Mission	2022-ongoing	Zilha parishad Satara

Programme Details –

Introduction-

Awareness Programme for Adolescent Girls Girl's education is like sowing the seed to raise the green plant of a charming full grown family which bears fruits. Today's girl child will be the mother of tomorrow. As citizens of democratic India women have equal right for education. Here Girl's education should not mean cramming few books, memorizing some typical numerical problems but, it should mean in terms of providing ample opportunities to girls in involving the system. It is not only just a providing opportunity but a due right of girl to be educated. Girl's education stimulates educational consciousness & civic sense. Educating adolescent girls may perhaps be the only way to put an end to the seemingly never-ending cycle of issues like dropout, low attendance, and low age of marriage and low status of women. Specific inputs are necessary to enhance their self-esteem and selfconfidence to familiarize them with the status and problems related to women. Equally, discussion and orientation on health, hygiene, menstruation and related physiological knowledge which are not being covered as part of the regular curriculum, help students to explore a universe beyond their textbooks. National Curricular Framework-2005 says "The physiological changes that occur during adolescence stage have ramifications in the psychological and social aspects of an adolescent's life.

Most adolescents deal with these changes without full knowledge and understanding, which could make them vulnerable to risky situation like sexually transmitted diseases, sexual abuse, HIV/AIDS and drug and substance abuse". Menstrual hygiene and management is an issue that is insufficiently acknowledged and has not received adequate attention in either education or the water and sanitation sector. However, the studies that do exist indicate that among the adolescent school girls menstrual knowledge and perceptions are poor and practices often not optimal for proper hygiene.

❖ **Main Objectives:**

- To create an awareness among the teachers about the need of guiding the adolescent girls at the time of their physical and psychological changes.
- To help the adolescent girls to understand the physical and psychological changes they are undergoing and the scientific reasons behind the changes.
- To create awareness on various issues like child rights, trafficking of children, child abuse etc.

❖ **Main themes covered during the Workshop are**

- Life Skills and Personal development
- Child Rights
- Health, Hygiene and Nutrients
- Gender equality
- Parts of the Human Body, Changes due to adolescent stage, Menstrual Hygiene, Reproductive process in Human.
- Awareness on AIDS
- Sexual abuse and child trafficking
- Social awareness
- Yoga and Pranayama

❖ **Output Of this Workshop are**

- Becoming a leader
- Sharing Knowledge of Right
- Improving Confidence and SelfEsteem
- Increasing Knowledge on Sexual and Reproductive Health
- Preventing Gender-Based Violence
- Skills-Building for IncomeGeneration