

# Scheme for Adolescent Girls

**Surbhi Malhotra**

Student, B.A. Political Science, Amity University

## ABSTRACT

The project, "Scheme for Adolescent Girls," addresses the multifaceted needs of adolescent girls, recognising the critical juncture of their lives and the challenges they face. This detailed blueprint outlines the comprehensive scheme designed to empower these young individuals across education, skill development, and healthcare domains.

SAG is centrally sponsored scheme of the government which benefits the adolescent girls in the age group of 11-14 years.

In a world where progress is often measured by technological advancements and economic growth, it is imperative not to overlook the critical demographic of adolescent girls, standing at the threshold of their futures. Acknowledging the unique challenges and opportunities that characterise this pivotal phase, the scheme "SAG" emerges as a beacon of change, designed with a comprehensive approach to address the multifaceted needs of adolescent girls.

The cornerstone of this scheme lies in its commitment to education, understanding that a well-rounded curriculum is not confined to academic subjects alone. By integrating modules on critical thinking, emotional intelligence, and leadership skills, the scheme aims to foster a generation of girls capable of navigating life's challenges with resilience and grace. Mentorship programs further enrich the educational experience, connecting adolescent girls with seasoned professionals who can guide and inspire them on their journey.

**KEYWORDS:** Healthcare interventions; Skills development; Fostering gender equality; Holistic development; Sustained Success; Empowerment; Reproductive health

## INTRODUCTION

Adolescence marks a critical phase in a person's life, characterised by rapid physical, emotional, and cognitive development. Recognising the unique challenges faced by adolescent girls, our project, "Empowering Futures," seeks to create a transformative scheme that addresses their diverse needs across education, skill development, and healthcare.

This project aims to design and implement a holistic scheme for adolescent girls, addressing their multifaceted needs for empowerment, education, and health. Focused on fostering personal development and resilience, the initiative incorporates education programs, skill-building workshops, and healthcare interventions. By providing a supportive environment, this scheme strives to equip adolescent girls with the tools necessary to navigate challenges and pursue a brighter future.

At its core, the project aims to break down barriers hindering the holistic development of adolescent girls. The educational component focuses on not only academic excellence but also on fostering critical thinking, emotional intelligence, and leadership skills. Tailored workshops and mentoring programs will

empower these young individuals to navigate the complexities of adolescence with confidence and resilience.

Skill-building workshops form another crucial aspect of the scheme. By providing training in vocational skills, entrepreneurship, and technology, we aim to broaden the horizons of adolescent girls, opening doors to diverse opportunities. These skills not only enhance their employability but also nurture creativity and innovation, enabling them to contribute meaningfully to their communities.

### **AIM OF THE RESEARCH PAPER**

The aim of this scheme is to enhance the social and economic status of the adolescent girls and help them in living a better life.

This scheme aims to empower adolescent girls to become more self-dependent and aware citizens of the country by educating them.

The stated objectives are as follows:

- Self-development and empowerment.
- Improving nutrition and health status of Adolescent Girls.
- Upgrade their skills both home-based skills and life skills.
- Provide information/guidance regarding public services such as Primary Health Centres, Rural Hospitals, Post Office, Bank, Police Station, etc.
- Foster holistic development, encompassing academic excellence, emotional intelligence, and leadership skills.
- Equip adolescent girls with practical skills through tailored workshops, promoting vocational training, entrepreneurship, and technological literacy.
- Ensure the overall well-being of girls by providing access to reproductive health education, hygiene awareness, and mental health support.
- Establish a supportive community network involving parents, teachers, local leaders, and healthcare providers.

### **OVERVIEW**

The Scheme for Adolescent Girls (SAG) was launched in 2010 for the benefit of adolescent girls.

Foundation of SAG rests on enhancing educational opportunities for adolescent girls. A well-structured curriculum goes beyond traditional subjects, incorporating modules on critical thinking, emotional intelligence, and leadership skills.

Mentorship programs connect them with experienced individuals who guide and inspire, fostering a supportive learning environment.

Extracurricular activities, including sports and arts, are integrated to encourage a holistic approach to personal development.

To empower adolescent girls beyond the classroom, the scheme places a significant emphasis on skill-building workshops.

Vocational training programs, developed in collaboration with industry partners, aim to equip them with practical skills aligned with market demands. Entrepreneurship workshops nurture an entrepreneurial mindset, encouraging girls to explore and develop their business ideas.

Technological literacy programs bridge the digital divide, ensuring they are prepared for the evolving workforce.

The scheme goes beyond academic and vocational aspects, emphasising the critical importance of health and well-being. By providing comprehensive reproductive health education, mental health support, and hygiene awareness, it addresses the physical and emotional aspects of adolescent girls' lives. In doing so, it strives to create a foundation for a healthy and confident adulthood.

A key element of success lies in community engagement. "Empowering Tomorrow" recognises the importance of involving parents, teachers, local leaders, and healthcare providers.

By fostering a collaborative environment, the scheme seeks to create a network of support that extends beyond the immediate educational setting.

Healthcare interventions are integrated into the scheme to ensure the overall well-being of adolescent girls. Access to reproductive health education, hygiene awareness, and mental health support will be prioritised. By addressing these fundamental aspects of health, the project aims to empower girls to make informed decisions about their bodies, fostering a sense of agency and self-care.

Central to the success of the scheme is the creation of a supportive and inclusive environment. Community engagement initiatives will involve parents, teachers, and local leaders to garner widespread support for the holistic development of adolescent girls. Additionally, the project will collaborate with local healthcare providers, educational institutions, and NGOs to maximise its reach and impact.

The project's success will be measured through improvements in educational attainment, skill acquisition, and overall well-being among participating girls.

### **Eligibility**

Under this program, all Integrated Child Development Services projects will include adolescent girls between 11 and 18 (specifically those not attending school). We'll roll out this coverage in 200 selected districts across all states and Union Territories. We'll divide the target group into two age brackets: 11-15 and 15-18.

### **Measures of the Scheme for Adolescent Girls' Sustainability Comprise:**

#### **Kishori Health Card**

The "Kishori Health Card" is a component of the Scheme for Adolescent Girls (SAG), which is a government program in India aimed at empowering adolescent girls. The card provides access to various health services, including regular check-ups, nutritional support, and health education, to promote the well-being of adolescent girls.

**Rapid Reporting System (RRS):** The Rapid Reporting System (RRS) is a mechanism implemented to facilitate timely reporting of data related to the program's implementation and impact. It allows for the collection, collation, and analysis of data on various aspects of the scheme, including beneficiary enrollment, service delivery, and outcomes.

**Kishori Diwas:** It's a day dedicated to adolescent girls, typically celebrated with various activities focused on their health, education, empowerment, and well-being.

### **Need of Scheme for Adolescent Girls**

Adolescence is a crucial phase in the life of a human being, especially women. Lack of nutritional food and healthy & hygienic practices can hamper the growth and development of a girl and hinder her from fully achieving her potential. It is with this intent that the SAG was envisaged.

Under this scheme, the adolescent girls will also receive life skills education, nutrition and health education, awareness about socio-legal issues, existing public services etc.

The Scheme for Adolescent Girls (SAG) addresses several crucial needs of adolescent girls, including:

- 1. Healthcare:** Adolescent girls often face unique health challenges related to puberty, menstruation, reproductive health, and nutrition. The SAG provides access to healthcare services, including regular check-ups, immunisations, nutritional support, and health education, to ensure their well-being.
- 2. Education:** Many adolescent girls in India face barriers to accessing education due to factors like poverty, cultural norms, and early marriage. The SAG aims to promote girls' education by providing support for school enrollment, retention, and skill-building activities.
- 3. Empowerment:** Adolescent girls often lack opportunities for skill development, decision-making, and participation in social and economic activities. The SAG empowers girls by offering vocational training, life skills education, and awareness programs on issues like gender equality, rights, and hygiene.
- 4. Protection:** Adolescent girls are vulnerable to various forms of exploitation, including child marriage, trafficking, and violence. The SAG works to protect girls from these risks through awareness campaigns, legal support, and community interventions.
- 5. Nutrition:** Malnutrition is a significant concern among adolescent girls, affecting their physical and cognitive development. The SAG provides supplementary nutrition and nutritional counselling to ensure adequate intake of essential nutrients during this critical stage of growth.

Overall, the Scheme for Adolescent Girls recognises the unique needs and challenges faced by adolescent girls and seeks to empower them with the necessary resources, support, and opportunities to lead healthy, educated, and empowered lives.

#### **Community Engagement:**

- **Parental Involvement:** Organise awareness sessions for parents, emphasising the importance of supporting their daughters' education and personal development.
- **Collaboration with Local Leaders:** Engage with local leaders to garner community support and create an inclusive environment for the project.
- **Partnerships with NGOs:** Collaborate with non-governmental organisations working in related domains to leverage resources and expertise.

#### **Monitoring and Evaluation:**

- Establish Key Performance Indicators (KPI's) such as academic achievement, skill acquisition, and well-being indicators.
- Implement regular assessments and feedback mechanisms to measure the project's impact and adapt strategies accordingly.
- Conduct periodic reviews with stakeholders to ensure ongoing relevance and effectiveness.

#### **Implementation**

- SABLA scheme, managed by state governments/UT's, aims to empower adolescent girls.
- The government fully funds all aspects of the scheme except for nutrition provisions.
- States receive financial aid up to 50% of actual costs or their expenses, whichever is lower.

- The Ministry of Women & Child Development oversees budget and administration from the central level.
- Anganwadi centres serve as the primary hub for delivering scheme services.
- If we need to improve Anganwadi infrastructure, we'll use alternate spaces like schools or community buildings.
- Anganwadi Workers identify and register adolescent girls in their area, encouraging them to participate.
- District Probation Officers are responsible for on-ground scheme implementation within their districts.
- Child Development Project Officers, along with supervisors, manage scheme implementation within ICDS Project areas.

## CONCLUSION

"Scheme for Adolescent Girls" seeks to leave a lasting impact on the lives of adolescent girls by providing them with the tools and support needed to navigate adolescence successfully.

Through a comprehensive and integrated approach, this project aspires to be a catalyst for positive change, shaping a generation of empowered and resilient young women.

The primary motive of SAG is to empower and improve the living conditions of adolescent girls in the age group of 11-14 years.

## REFERENCE

1. Krithika (2023), Scheme for Adolescent Girls (SAG)
2. UNICEF. (2022), Adolescent Girls Programme Strategy, 2022 – 2025
3. Shadab Kareem. (2024), Scheme for Adolescent Girls
4. PIB Delhi. (2022), Scheme for Adolescent Girls
5. Aditi R. (2017), Scheme for Empowering Adolescent Girls is in Doldrums
6. Ananya Shukla. (2023), Scheme for Adolescent Girls (SAG)