

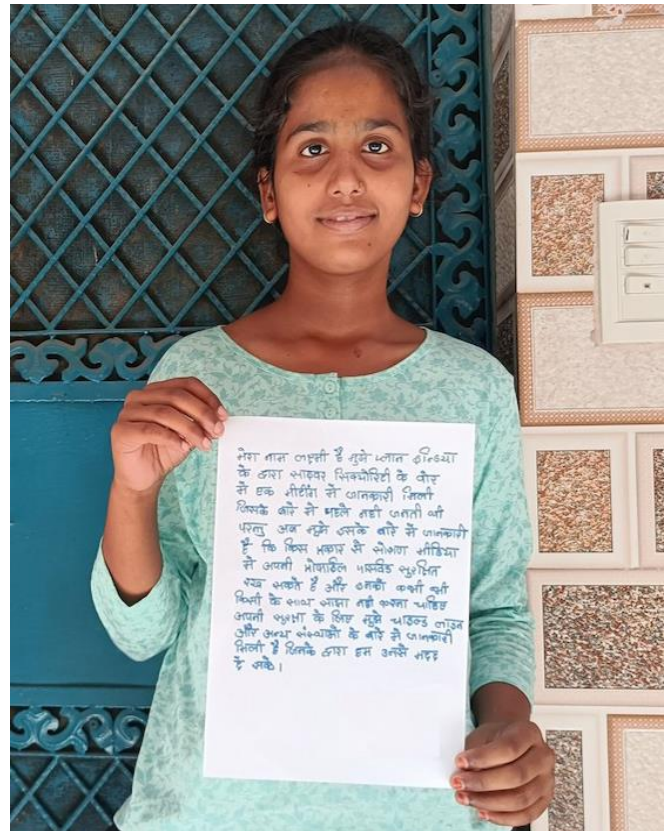
YOUR ANNUAL UPDATE

Thanks to your sponsorship, children and families are making positive changes in Delhi. Learn more about the valuable ways your support has benefitted them.

This past year, families provided their children with healthy food, and pregnant women learnt more about childhood nutrition. Thousands of people received basic medical care from 13 community health volunteers.

Girls and boys gained knowledge about their bodies and are reducing the stigma of menstruation in their communities. And more than 300 young people can now form healthy relationships thanks to training on gender equality and girls' rights.

We know the best is yet to come and your sponsorship will ensure even more success for children in Delhi.



6,243

People learnt how to prevent and treat tuberculosis



474

People campaigned against child marriage



4,000

Children have access to safe drinking water



COVID-19'S IMPACT IN INDIA

Hear from Meenaskhi about how COVID-19 has impacted her community.

"I was afraid to take the COVID-19 vaccine because I thought I would get sick and die. Then Plan visited our community and shared information about the vaccine and the benefits. I decided to take the first dose and I was fine. I motivated my friends, and now I am fully vaccinated. Thank you Plan International."

CASE STORY: REACHING FOR A BRIGHTER FUTURE



NAME: TARANNUM

AGE: 12 YEARS OLD

HOBBY: READING



"I always wanted to go to a big school and do well for myself and my family, but my parents could not afford the fees and I didn't have the necessary identity papers. Plan International helped us get documents for admission, and now I am confident I can fulfil my dreams."

Meet Tarannum

Like your sponsored child, Tarannum has been empowered by Plan International to change her life. Tarannum has top marks in her grade, and she's excited about what the future holds for her. She and her three siblings are all enrolled at good schools and can access government programmes, thanks to their new identity cards.

I Am Here

Tarannum's parents moved to Delhi in search of work. Her father was the only earner, and it was hard for him to make ends meet.

Government supports for income and food existed, but the family didn't have the proper identity cards. The documents were also needed for admission into secondary school.

After joining Plan International's child sponsorship program, Tarannum learnt about the importance of having identity documents to claim her rights and access the supports she's entitled to.

Tarannum and her family now have their identity cards, and they can play an active role as full citizens in their community.

Family Support

COVID-19 has been hard on Tarannum. Her father lost his job, and it became a struggle to provide food for the family, even with government programmes.

While distributing face masks and hygiene kits to help keep children and families safe from the virus, Plan International also provided financial support. Through this support, Tarannum's parents were able to purchase nutritious food for her and her siblings.

Tarannum is dreaming big for her future, and her parents are giving her all the support she needs to reach her goals.



Tarannum on her way to school

WE CURRENTLY WORK WITH 1,808 CHILDREN IN DELHI

OUR PROJECTS IN DELHI NAME ARE HELPING CHILDREN THRIVE



MENSTRUAL HYGIENE



Girls met with Miss Universe to celebrate menstrual hygiene day

Stigma around menstruation prevents girls from taking charge of their bodies. And for families struggling to meet their basic needs, menstrual hygiene products are often unaffordable.

80 young people had the opportunity to meet 2021 Miss Universe winner Harnaz Sandhu at an event raising awareness of menstrual hygiene. Girls shared their experiences and challenges through art and storytelling, helping to reduce the taboos around periods.

And a new training centre has begun teaching girls and women how to make sanitary napkins. This will ensure more girls have access to menstrual hygiene products, and it will provide good jobs for women to support their families.

More than 600 people, including boys and men, have now learnt about menstruation and are committed to ending period shaming and stigma in their communities.

HEALTHY BEGINNINGS



More than 100,000 children in Delhi are malnourished. Many families struggle to afford and prepare nutritious foods. Children used to rely on school meals for a healthy lunch, but during pandemic closures, they often went hungry.

To help children grow up healthy, Plan International provided cash assistance to 1,752 mothers so they could purchase the right foods for their families. Mothers also received books with recipes for nutritious dishes. And more than 1,000 families took part in cooking demonstrations, gaining practical skills in preparing healthy meals.

During World Breastfeeding Week, 253 pregnant or breastfeeding women improved their knowledge on childhood nutrition and development, so they can give their babies the best possible start in life.



"I received financial support from Plan International to improve nutrition for my children. The recipe book has many dishes to prepare from low cost and locally available foods. Thanks to Plan, I can now make a lot of nutritious items for my children."
- Karuna (30) from Delhi

YOUR SUPPORT MEANS BETTER FUTURES



FUTURE CHALLENGES TO ADDRESS



5%

Of students drop out of school



20%

Of people do not have access to safe water



11%

Of people cannot read or write



Your support helps girls and boys to stand up for their futures.

- Child marriage cases increased in Delhi during the pandemic. We will continue to raise awareness of girls' rights and the harms of early marriage.
- We will support children to return to school and catch up on the lessons they missed so they can open the door to a brighter future.
- More than 60% of girls in India do not have access to sanitary menstrual products. We will continue to improve access to menstrual hygiene and reduce period stigma.
- Malnutrition rates remain high in Delhi. We will ensure more families have access to nutritious food so children can have the best possible start in life.

We know the best is yet to come, and together we will continue to work for a brighter, happier future for the children in Delhi.



"The pandemic has affected the education and health status of the children to a great extent and we are committed to supporting them so they can reach their full potential. Thank you to our sponsors for keeping us going during this difficult time."

Anamika Sharma
Programme Area Manager, Delhi

YOUR GENEROSITY WILL CONTINUE TO SUPPORT CHILDREN IN STANDING UP FOR THEIR FUTURE AND RIGHTS