

YOUR ANNUAL UPDATE

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

This past year, 2,347 families in need received food kits to help them through the challenges of COVID-19. Thousands of parents are also growing kitchen gardens, providing nutritious food to their children.

And 2,840 children are thriving at school with new learning materials. More than 3,300 girls and boys are also empowered to stand up for their rights and say no to child marriage. And girls are overcoming taboos around menstruation while gaining the knowledge they need to make informed decisions about their bodies.

Your sponsorship will ensure even more success for children in Odisha.



3,500

Mothers trained on childhood nutrition



3,386

Children aware of the harms of early marriage



3,134

People learnt how to prevent and treat tuberculosis



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 learned 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 6,072 CHILDREN IN ODISHA

OUR PROJECTS IN ODISHA ARE HELPING CHILDREN THRIVE



With kitchen gardens, families can now grow nutritious foods and earn an income

HEALTHY BEGINNINGS



Around one in four young children in Odisha are malnourished. Many families struggle to afford and prepare nutritious foods, and lockdowns during the pandemic made this even more of a challenge.

To help children grow up healthy, Plan International provided cash assistance to 6,505 people so they could purchase the right foods for their children. And 2,200 families received vegetable seeds to start kitchen gardens. Growing beans, cucumbers, spinach, and more, children are improving their health, and many parents are now earning an income through selling any surplus.

During World Breastfeeding Week, 1,256 pregnant or breastfeeding women improved their knowledge on childhood nutrition and development, so they can give their babies the best possible start in life.

MENSTRUAL HYGIENE



More than 20% of young women use unsanitary methods during their menstruation. This leaves girls and women at risk of serious health issues. Cultural taboos around menstruation also prevent girls from playing an active role in their communities.

To help girls learn more about their bodies and reduce the stigma of menstruation, communities celebrated Menstrual Hygiene Day. More than 1,800 girls and young women took part in community events and learnt how to manage menstruation with dignity.

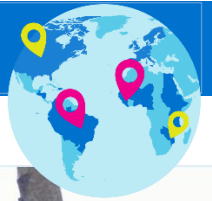
And 672 teenaged girls, as members of their local youth club, attended training sessions where they improved their knowledge on their sexual and reproductive health and how to take charge of their bodies and futures.



"I am glad to participate in the Menstrual Hygiene Day events in our village. It was very informative and we learnt about good menstrual hygiene practices. I liked the slogan #WhyShy to talk about periods. Thanks to Plan International."

- Pritilisha (15) from Odisha

YOUR SUPPORT MEANS BETTER FUTURES



FUTURE CHALLENGES TO ADDRESS



21%

Of young women do not use hygienic menstrual products



25%

Of children under the age of 5 are malnourished



14%

Of students drop out of secondary school



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

- 30% of women in Odisha were married before the age of 18. We will continue to raise awareness of girls' rights and the harms of early marriage.
- Taboos around menstruation and reproduction prevent youth from taking charge of their bodies. We will increase access to menstrual hygiene and sexual health education.
- Childhood malnutrition can cause life-long health challenges. We will support mothers with the knowledge they need to provide nutritious foods and give their children the best possible start in life.
- School drop-out rates remain high. We will support girls and boys to return to school and raise awareness of the importance of girls' education.

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



"I immensely value your support as we worked to reach vulnerable families during the COVID-19 pandemic. Along with providing humanitarian support, we have helped families increase their knowledge on health, nutrition, child rights, education, and protection."

Sukanta Kumar Sahoo
Programme Area Manager, Odisha

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