

ANNUAL UPDATE

INDIA

UDAIPUR



Together with your sponsorship, children and families are making positive changes in Udaipur. Learn more about the valuable ways we work with children and communities.

This year, girls, adolescents and young people acted as leaders in their communities. By attending educational sessions and accessing health care facilities, young women learned about their sexual and reproductive health and rights, helping to break the taboos that surround the subject. In addition, families can now stay safe from heat stroke and dehydration, with new supplies and systems for storing drinking water. As a result, young people and their families have a brighter, healthier future ahead.



1,837

Families have access to clean drinking water



5,760

Young people participated in advocacy groups



5,181

Girls learned about menstrual health and received health services

“PLAN IDENTIFIED ME AS VULNERABLE TO CHILD MARRIAGE. I WAS THEN ENROLED IN CLASS. I AM HAPPY AND THANKFUL.”

Aarati, 14-year-old Sponsored Child





NAME: KANCHAN

AGE: 19 YEARS OLD

**DREAMS TO BE: A
POLICE OFFICER**

“MY PARENTS SACRIFICED A LOT. IT IS TIME I START WITH SOMETHING THAT SUPPORTS MY JOURNEY.”

Meet Kanchan

Like the child you sponsor, Kanchan is making steps towards achieving her goal.

Kanchan is an outstanding student who loves to read. Her favourite subject is history, and she's passionate about Indian culture. And in the face of cultural norms that don't prioritise education for girls, Kanchan is on the path to a bright future.

Facing Obstacles — With Support

Kanchan's large family didn't believe girls need to attend higher education, and discouraged her from taking Service Commission exams to get a government job.

Yet Kanchan is active in her Plan India community. She participated in the International Day of the Girl Takeover Event, and has a leadership position. She also has access to Plan India's Paramarsh resources.

Paramarsh is a unique service for career guidance and counselling services, enabling at-risk young women like Kanchan to make informed life choices. Through the programme, Kanchan and her parents participated in a series of dialogues to help facilitate a supportive environment for Kanchan to pursue her dreams.

Leading by Example

Yet even with her parents' eventual approval and Kanchan's acceptance into college, the financial obstacles were still high. Through Paramarsh resources, Kanchan was able to start her academic journey towards higher education: She received a scholarship from the International School of Canada for a 6-month-long course. Now Kanchan is enrolled as an undergraduate in Political Science with Honours from the School of Open Learning University.

In leading by example, Kanchan will help create change in her community so that other girls can pursue their dreams.



Kanchan is a role model

OUR PROJECTS IN UDAIPUR ARE HELPING CHILDREN THRIVE



Mothers became peer educators, sharing the message of safe water storage with other families.

ACCESSING SAFE WATER



Clean water is vital for health and hygiene. Yet there is a shortage of safe, clean drinking water in both rural and urban areas of Udaipur. This is an ongoing problem during the summer months, and raises the chance of heat stroke and dehydration.

Safely storing drinking water during the summer is one way to address this critical issue. This year, 1,837 families received 15-20 litre food-grade water storage containers with lids. In addition, 260 insulated stainless steel bottles were distributed to children.

Maga, a parent of a Sponsored Child, says: “We have got a water bottle and a bucket from Plan India, so in summer, the water will remain cold and clean.” With resources and access to clean water, families in Udaipur can better protect their health — especially during summer.

ENDING TABOOS, ENJOYING HEALTH



Sexual and reproductive health and rights (SRHR) is a taboo subject for many people in Udaipur. This leads to misconceptions about menstrual hygiene, and higher rates of early marriage and early pregnancy. Providing information and resources to girls and young women is key.

Through educational sessions and improved health care access, young women learned about their rights, their health and their bodies. Peer educators raised awareness for 10,700 girls and young women and 7,000 boys. Adolescent Health Day, at 51 locations, empowered 8,400 adolescents with health services and education. In addition, health centres were established in 60 villages. These initiatives increase awareness and promote positive social norms towards adolescent health.

“Plan selected me as a peer educator and I got training on SRHR. Before, I had many misunderstandings regarding menstruation. I hope Plan will continue these types of programs so more people can benefit.” - **Anita (17) from Udaipur**



YOUR SUPPORT MEANS BETTER FUTURES



The best is yet to come — and together we will continue to work for a brighter future for the children in Udaipur.

- Only 65% of married women use a form of family planning. We will continue to create awareness of sexual and reproductive health to young people, and increase access to these services.
- 18% of women 20-24 years old are married before age 18. We will continue to raise awareness of the impacts of child marriage by educating caregivers and youth.
- Many children lack fundamental skills in literacy and mathematics. We will work to ensure access to quality education for out-of-school children, especially girls aged 12-18, with continued efforts to prevent them from dropping out of school.

Thank you for your continued support.



In the coming year, we will work for the proper access to sexual and reproductive health services and rights. We are grateful for your continued support.

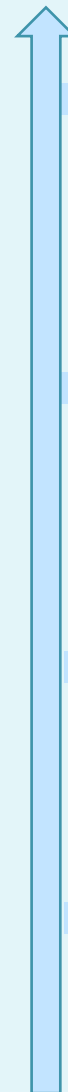
Anjani Kumar Singh
Programme Area Manager

THE PLAN EFFECT



Your sponsorship commitment is turned into effective long-term change – providing help for self-help. We involve children at the centre of all projects, bringing effective and sustainable solutions to families and communities. With Plan's Effect, your commitment helps empower communities to transform their lives and futures.

THE LAST 12 MONTHS



JANUARY



576

Adolescents trained as Peer Educators

MARCH



60

Adolescent centres established

MARCH



521

Tuberculosis patients received nutrition kits

MAY



3.600

Youth received checkups and resources