

ANNUAL UPDATE

INDIA

HYDERABAD SOUTH



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

Healthcare initiatives were key this year. For example, the KUSHI programme empowered families with information and resources to improve the nutritional status of mothers and babies. And with the Telangana Menstrual Equity project, girls and young women challenged the taboos surrounding menstrual health, and improved their menstrual hygiene habits. As a result, young people – and their families – have a healthier, happier future ahead.



13,190

Children learned about gender-based violence



25

Early Child Care Centres supported for preschool education



2,101

People learned about nutrition for pregnant and new mothers

“PLAN IDENTIFIED ME AS VULNERABLE TO CHILD MARRIAGE. (THEN) I WAS ENROLLED 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 goals and building a stronger future for herself.

Kanchan is an outstanding student who loves to read. Her favourite subject is history, and she's passionate about Indian culture. And while cultural norms may disregard girls' education, 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 HYDERABAD SOUTH ARE HELPING CHILDREN THRIVE



With the support of the KUSHI project, families improved their knowledge and practice of health and nutrition for mothers and babies.

GETTING A HEALTHY START



Every year in India, 1,5 million children die before the age of six. It is vital to empower families with resources to provide children with a healthy, nutritious start to life.

The KHUSHI project improves the nutritional status of infants, toddlers, pregnant women and new mothers. This year, the programme generated awareness through Urban Health Nutrition Days, the formation of mother's groups, and house visits. The project also helps link mothers to support services available at Anganwadi Centres, which are child and health care centres.

As a result, mothers learned about birth preparation, breastfeeding and complementary feeding. Mothers' groups shared the information with others. Fathers were encouraged to engage, helping increase community awareness of maternal and child health.

BREAKING TABOOS



Fear, shame, social taboos and lack of awareness are the main reasons many girls and women face challenges in managing their menstrual health.

The Telangana Menstrual Equity project aims to increase awareness of menstrual health and hygiene among adolescent girls, and improve access to low-cost sanitary napkins for girls and young women from urban poor communities.

As a result of the programme's educational sessions in communities and schools, more than 11,000 girls and women were empowered with information and resources to better manage their menstrual health and hygiene – and challenge discriminatory myths and taboos.

“I participated in the awareness sessions regarding menstruation periods and hygiene practices. The training and guidelines are helpful to me. Thank you, Plan.” - **Ms. Rehmath (15) from Hyderabad South**



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 Hyderabad South.

- 87% of girls and young women believe myths related to menstruation. We will promote menstrual equity through educational sessions in communities and schools and support girls with hygiene and sanitation kits.
- We will support learning levels in government schools by encouraging school enrolment, retention and transition to higher education.
- 23% of girls marry before age 18. We will raise awareness of the consequences of early marriage, and educate girls and boys in the community on child rights and reporting mechanisms.

Thank you for your continued support.



“We would like to thank you for all the support. During the year projects were implemented addressing gender equality. We continue to support children for long-lasting change.”

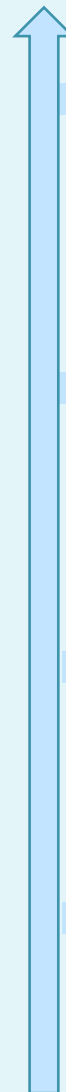
K. Abhilash
Programme Area Manager

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



APRIL

2.793

Girls learned good menstrual hygiene practices



JUNE

42

Child Protection Committee members trained



OCTOBER

30

Mother groups formed to support preschool education



OCTOBER

33

Student government Child Cabinets formed

