

## Gairsain

### India

**Positive changes are happening in Gairsain. Learn more about how we're supporting children and girls' rights through our collaborative, equality-driven work.**

Plan International has been a proud partner of communities in Gairsain since 1996. This lush, scenic town is located in the Garwhal Himalayas, a region that holds religious significance in the Hindu tradition.

This region is home to only four health centres, which are between 5 and 10 kilometers away from the average resident. That means that, even in the event of a health-related emergency, Gairsain community members could have to walk up to two and a half hours to access medical attention.

In these conditions, women and girls in Gairsain are particularly vulnerable. This year, with your support, 2,631 girls learned how to make reusable sanitary napkins, reducing the risk of hygiene-related illnesses.

**"Thanks to Plan's continuing education programme, I am currently attending university."**  
— Mumak (17)



41% of Gairsain's population is under the age of 18.

### Impact in Numbers

**72**

**teachers built lesson plans for young children**

**1,111**

**parents discussed the importance of pre-school**

**3,019**

**community members discussed children's rights**

# Knowledge Is Power



**NAME:**

**Nakshatra**

**AGE:**

**12 years old**

**DREAMS TO BE:**

**An engineer**

**“School is very important to me. I see how it helps children, especially girls, become independent and reach their goals.”**



## **Meet Nakshatra**

**Like many girls in Gairsain, Nakshatra is optimistic about achieving her goals and building a strong future.**

Since Nakshatra's father died, the student has been living with her mother, aunt and sister. Their economic challenges and some powerful lessons in leadership are pushing Nakshatra to build a brighter future.

## **Determination for Education**

Nakshatra and her sister are breaking a cycle in their family: unlike their aunt and mother, both girls are getting an education. Today, Nakshatra is in Grade 7, and her sister has completed Grade 10.

Most women in Nakshatra's community earn money as maids or as daily wage workers. Today, Nakshatra's family is in debt. Knowing the heavy weight of poverty, Nakshatra dreams of becoming an engineer so that she can support her family and buy them a new house or things like chairs and a bed for her mother. Nakshatra knows that education is a fundamental tool – not only to achieve her own goals, but also for all children, particularly girls.

## **Learning and Leading**

Since 2023, Nakshatra and her sister have been members of Plan International's Children's Forum, a Youth Leadership Programme with a special focus on empowering young women.

As a member of the Children's Forum, Nakshatra is committed to getting children back to school. Until today, with Plan International's support, she helped four girls get back to school, including her older sister.



Nakshatra, her sister and their friends play carrom, an Indian board game.

**We Work With 1,599 Sponsored Children In Gairsain**

# Projects That Support Lasting Change

## You Can Count on Me

**It takes a village to break the cycle of gender-based violence.**

Though girls and women in Gairsain are increasingly vulnerable to gender-based violence, many at-risk individuals told us that they were unlikely to report such crimes when they occur. Residents are afraid of the consequences, they explained. Alternatively, some felt as though the local reporting agencies were unreliable, and not worth going to.

Today, Plan International has teamed up with 158 different local leaders including the Child Welfare Committee, Child Helpline and government officials to support more robust, reliable and trustworthy systems for reporting abuse.

3,019 community members, including 1,252 girls, 863 boys, 195 men and 709 women across 75 villages, learned about the laws that protect the rights of women and children, like the Domestic Violence Act.



Sponsored children made placards to raise awareness about gender-based violence.

# 1,252

**girls learned more about their rights**



Adolescent girls during a menstrual health workshop.



Divya, 17-year-old, Sponsored Child, now knows how to make and dispose of sanitary pads.

## No More Shame

**During menstruation, girls and young women in Gairsain often stay home from school.**

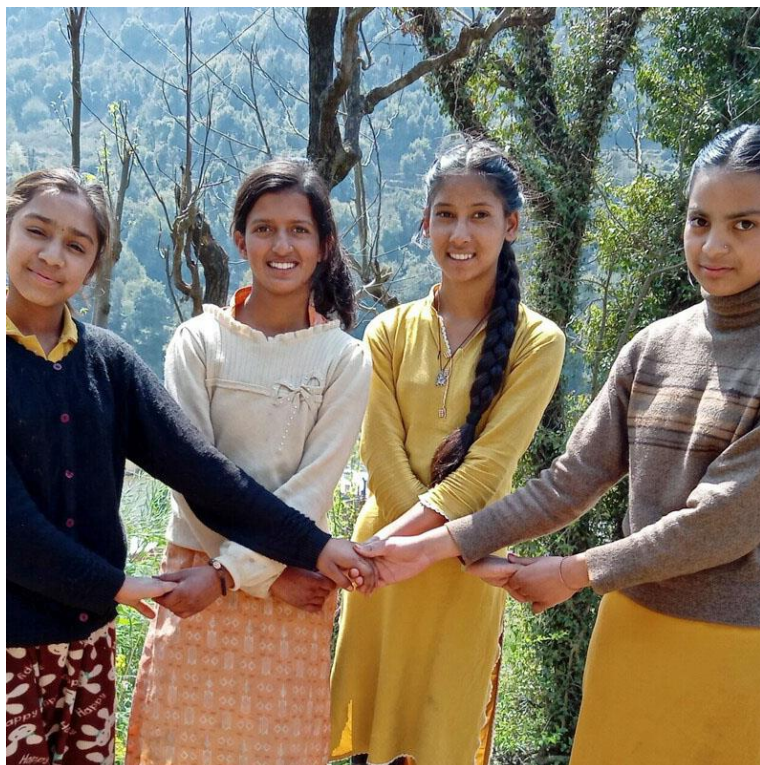
This issue has a number of causes, including a lack of information about menstrual hygiene, limited resources at schools and social taboos that prevent the sharing of information about reproductive health.

When girls have to stay home from school during their periods, they run the risk of falling far behind their classmates and potentially even dropping out altogether. To date, 21 young people have become empowered peer educators about menstrual health and hygiene. Confident educators have now facilitated 90 community-level awareness sessions about menstrual hygiene, paying special attention to myths and taboos that can threaten the health of young women. 2,907 adolescents and young adults took part in these sessions. We also teamed up with 52 local public schools to distribute reusable sanitary pads to 2,979 girls.

**“This programme is essential to the health of every young woman in my community.”**

**– Divya (17) from Gairsain**

# You're Supporting a More Equal Future



2,979 girls now have menstrual hygiene resources at school.

## Together, we're working to create a more just world.

We will collaborate with local parents to practise at-home educational activities about shapes, the alphabet and numbers with their pre- and primary school- age children.

We will also work to break taboos around menstruation through education and the distribution of free sanitary pads.

Gender-based violence in Gairsain increased by 36% between 2021 and 2022. In the coming years, we will help girls and women learn more about their rights, as well as connecting survivors of abuse to government welfare programmes.

## Message from Plan Staff

"Plan India is committed to changing the lives of thousands of young people in remote areas of Gairsain. With your support, we succeeded in increasing literacy and maths skills among 1,150 young children, and promoted menstrual hygiene practices with 2,700 young women."



Gopal Thalpliyal,  
Programme Area  
Manager,  
Gairsain

## The Plan Effect

Sponsored children are at the centre of everything we do, and they help plan our programmes based on what's important to them. Sponsors' donations are a gateway into a community. This helps build trust and credibility to attract even more funds from new sources. This makes more sustainable programmes possible in sponsorship communities. This powerful synergy is something we call The Plan Effect.

## Progress in Numbers

256

dads are taking  
more active  
parenting roles

1,176

parents and  
teachers have  
regular dialogue

2,247

residents working  
to improve local  
schools

814

people  
advocated for  
girls' rights