

Hyderabad North India

Positive changes are happening in Hyderabad. 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 Hyderabad North since 2005. This industrial region in central India holds just two health centres. Many of the families we work here with are supported by daily wage labour.

Here, nearly 64% of adolescent girls are anaemic due to limited information about menstrual health and hygiene. More than 10% of young women are married before their 18th birthday, and over a quarter of married women have experienced some form of domestic abuse at the hands of their partner.

This year, with your help, 314,778 girls nationwide have learned more about menstrual health and hygiene. In the course of just one month, 1,853 young people in Hyderabad learned more about gender-based violence and girls' rights.

"Thanks to Plan's continuing education programme, I am currently attending university." – Mumal (17)



40% of Hyderabad's population is under the age of 18.

Impact in Numbers

5,580

**girls and women
received menstrual
hygiene kits**

9

**new child
protection
committees formed**

10,809

**young people know
more about their
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 Hyderabad North, 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, buying them a new house or things like chairs and a bed for her mother. Nakshatra knows an education is a necessity – not just 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 the empowerment of young women.

As a member of the Children's Forum, Nakshatra has focused on bringing children back to school who have dropped out. To date, she has worked with Plan International to bring four girls back to school, including her older sister.



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

We Work With 1,687 Sponsored Children In Hyderabad North

Projects That Support Lasting Change

Budding Bookworms

Many children in Hyderabad have fallen behind in school.

This year, we worked with 44 schools across Hyderabad to implement engaging and educational activities in what we call 'foundational literacy and numeracy': reading, writing and maths.

In 23 primary schools, 252 children between the ages of six and eight got a stronger start through 407 lessons in literacy and numbers. From the start, our effort has been to create positive, even joyful associations for children when it comes to the classroom, setting the foundation for a lifetime of curiosity, exploration and knowledge.

We couldn't accomplish anything, however, without the help of local parents. Local parents, many of whom are daily wage labourers, made time to meet with Plan's workshop leaders and teachers to talk more about early childhood development, active fathering and learning at home.



Sponsored Children practise identifying the letters of the alphabet.

252

**children are improving their
maths and reading skills**



6,669 girls took workshops like this one about safety from gender-based violence.

Breaking the Cycle

70% of families in Hyderabad have experienced some form of domestic abuse.

It takes a village to break the cycle of abuse and violence. For girls, gender-based violence and inequality can begin at a young age, often manifesting in child marriage and/or school dropouts.

This year, our goal was to reach 1,600 children with lessons in girls' rights. Thanks to your help, 10,809 girls and boys took part in discussions about gender-based violence and their legal rights as spelled out in national law.

We also partnered with local parents, government and police to strengthen the existing safety mechanisms for children and women when they report instances of abuse. To date, nine new child protection committees were formed, and 306 parents discussed children's rights.



In workshops, students like Indu learned about their rights.

"I understand more about the laws that protect me."

– Indu (14) from Hyderabad

You're Supporting a More Equal Future



Today, 100% of Sponsored Children in Hyderabad have access to clean water.

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

Almost 14% of adolescents in Hyderabad drop out of secondary school. Next year, we will work with young adults to emphasise the importance of education and offer career guidance.

We will continue to work with girls and young women to break the stigma around menstrual health and hygiene.

More than 27% of married women have experienced abuse at the hands of their spouse. We will continue to partner with local communities to strengthen protection and reporting mechanisms for gender-based violence.

Message from Plan Staff

"Our projects have focused on education, health and the protection of children, always with the aim of addressing gender equality. Thanks to your support, we are changing the lives not only of Sponsored Children and their families, but of all other children in these communities, particularly girls."



Abilash K.,
Programme Area
Manager,
Hyderabad

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

2,355

girls and women
learned about
menstrual health

306

parents have
learned about
children's rights

1,743

girls are
practising
leadership skills

44

primary schools
have regular
tutoring sessions