

Patna

India

Positive changes are happening in Patna. 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 Patna since 1999. One of the oldest continuously inhabited places in the world, Patna is located in Bihar, a state in northern India.

Fewer than 60% of students in this part of India regularly attend school, far below the national average. This year, with your help, 151 young people returned to school.

Another key focus has been disaster preparedness: millions of people in Bihar are already experiencing the effects of climate change, such as floods, drought and earthquakes. 6,212 students now know more about how to stay safe during a natural disaster.



Sponsored girls read a booklet about their rights.

"Thanks to Plan's continuing education programme, I am currently attending university."

– Mumak (17)



Impact in Numbers

1,402

Children have been enrolled in school

173

Schools have new teaching materials

2,500

Families planting healthy home gardens

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 Patna, 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 Currently Work With 3,616 Sponsored Children In Patna

Projects That Support Lasting Change

Health and Hydration

43% of children in this region have stunted growth due to malnutrition.

Malnutrition is an issue with many causes. In addition to poverty, many community members in Patna do not have regular access to clean drinking water and sanitary toilets, raising their risk of exposure to water-borne illnesses. Pregnant women have limited information about pre-natal and infant nutrition, and limited access to health clinics to ensure that they, too, are getting all of the nutrients they need to stay healthy and strong.

In partnership with local government, we connected with 22,052 Patna residents to talk about nutrition. 4 schools are equipped with clean water, making sure that every student is hydrated and healthy throughout the school day and beyond. 2,500 families are now planting home gardens with the help of new vegetable seeds, and 2,655 local parents have recipes to prepare delicious, nutritious meals.



Women with packets of vegetable seeds for their new home gardens.

1,500

Children now have clean drinking water at school



106 students made educational comics about safety and children's rights.



Improving her painting skills is helping Samiksha imagine an ambitious future.

We Can Do Anything

45,000 community members took part in a campaign to end child marriage.

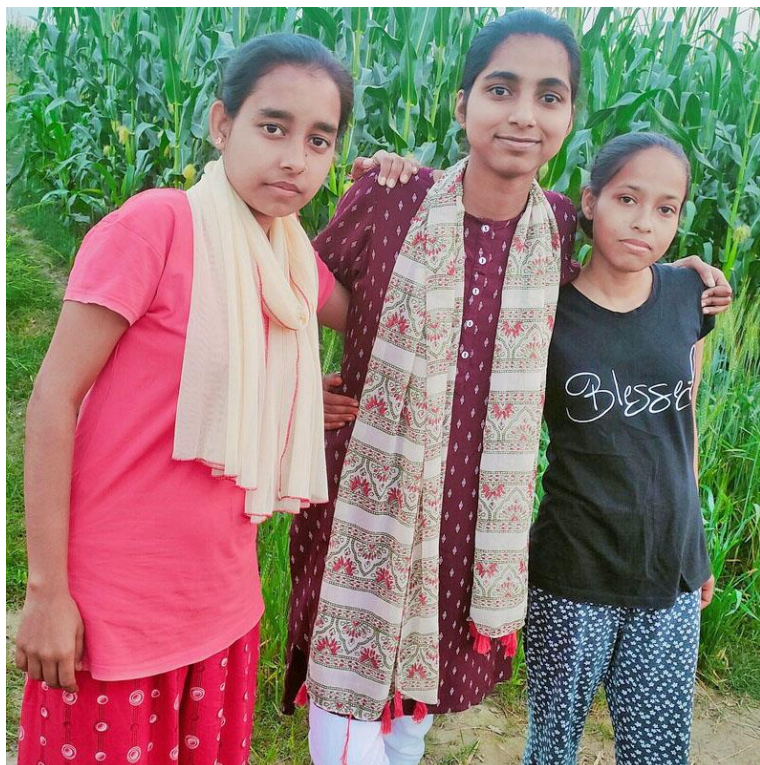
Gender inequality determines the lives and futures of millions of girls and women in Bihar. In adolescence, boys are allowed to become more independent, while girls often experience many restrictions to their freedom. Teen girls in Bihar are thus at risk of being married early, experiencing sexual abuse, dropping out of school and contracting health issues related to early pregnancies.

Making young people safer from violence is a community-wide effort. To date, 84 new Child Protection Committees have been formed throughout Patna, creating spaces for boys and girls to report instances of abuse. 15,552 students discussed non-violence at school, ranging from bullying and corporal punishment to domestic violence. 106 children, including Sponsored Child Samiksha, made educational comics about girls' rights.

"Learning about traditional painting has made me think more about what I want to do for my career."

— Samiksha (15) from Patna

You're Supporting a More Equal Future



This year, 12,016 young women went to local health centres for check-ups.

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

- 370,000 adolescent girls in Patna are pregnant. We will continue to offer judgment-free workshops in sexual health to young people.
- 71% of infants and toddlers in Patna are fully immunised against preventable diseases. We will co-ordinate Immunisation Day, making it easier than ever for all community members to stay safe and healthy.
- Almost 41% of married women have experienced abuse at the hands of their spouse. We will create empowering spaces for girls and women to build leadership skills and advocate for their rights.

Message from Plan Staff

"With your support, we will continue to empower more children by providing them with education, healthcare and access to clean water. Thank you for making an invaluable contribution toward enhancing children's knowledge about their rights."



Sanjiv Kumar,
Programme Area
Manager, Patna

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

3,625

**Children are
doing better in
school**

334

**Youth leaders
have become peer
educators**

27,900

**People have
destigmatised
menstruation**

2,212

**Pregnant women
having regular
check-ups**