



SPHOORTHI-GIRL LEADS GIRL

SPHOORTHI IS A LIFE-SKILLS EDUCATION-BASED ADOLESCENTS EMPOWERMENT PROJECT FOR RURAL AND MARGINALIZED GIRLS IN KARNATAKA, INDIA

Adolescent girls face multiple layers of vulnerability. The girls we work with grapple with several challenges from inequitable gender norms to archaic traditional practices that discourage and limit their aspirations. Underage marriage, teenage pregnancy, dropping out of school, decision-making and discriminatory upbringing are some of the reasons why adolescent girls are left behind.



PROJECT SPHOORTHI

KHPT is implementing the Sphoorthi project in seven select districts of the state of Karnataka, India to improve the overall quality of adolescent girls' lives by working with their families, boys and community groups.

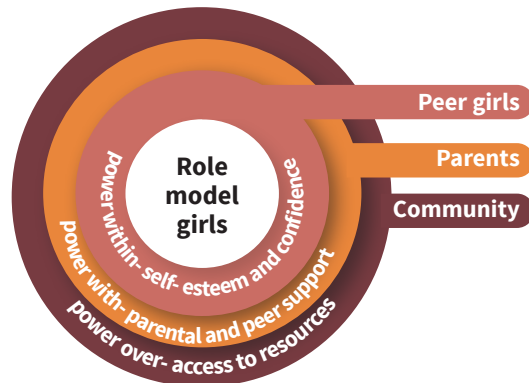
The intervention focuses on empowering adolescents by building knowledge and skills for improving their dietary patterns and nutritional status, menstrual hygiene practices, and sexual health, as well as addressing gender-based violence and improving their mental health.



KEY OBJECTIVES

- Ensure role model and peer girls continue their education
- Increased decision-making around marriage among role model and peer girls
- Increase nutrition levels and BMI values among role model and peer girls

ROLE MODEL APPROACH



Ecological Model

KEY ACTIVITIES

GIRLS



- Life Skills Education
- Exposure Visits
- Leadership and Communication camps
- Tuition Classes
- Samvada

SUPPLEMENTARY ACTIVITIES



- Linking to Schemes
- Intimate Interactive Theatre
- Sports
- Kitchen Garden
- Library

PARENTS



- Outreach
- Counselling
- Exposure Visits
- Samvada
- Monthly Meetings

BOYS



- Samvada
- Sports
- Communication Training

EVALUATION PROCESS

Quantitative and Qualitative baseline and end-line studies are being carried out to evaluate the intervention's impact.

ABOUT KHPT

KHPT is a not-for-profit entity that spearheads focused initiatives to improve the health and well-being of communities in India. In 2003, KHPT was founded with a single mission to reduce the prevalence of HIV in Karnataka's high-priority pockets. The initiative's success made it a scalable model at national and global levels. With these strengths, we learned and reflected on our decade-long experience leading us to look beyond HIV to four other thematic areas namely Maternal, Neonatal & Child Health (MNCH), Tuberculosis (TB), Adolescent Health (AH), and Comprehensive Primary Health Care (CPHC); thereby extending our services to a diverse set of communities operating intensively out of 4 states in India (Assam, Bihar, Telangana and Karnataka).

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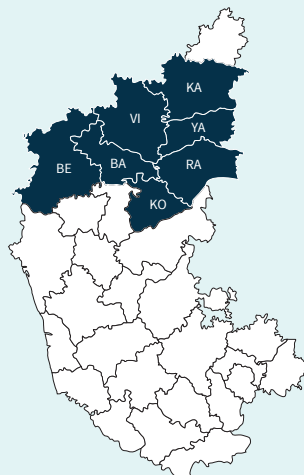
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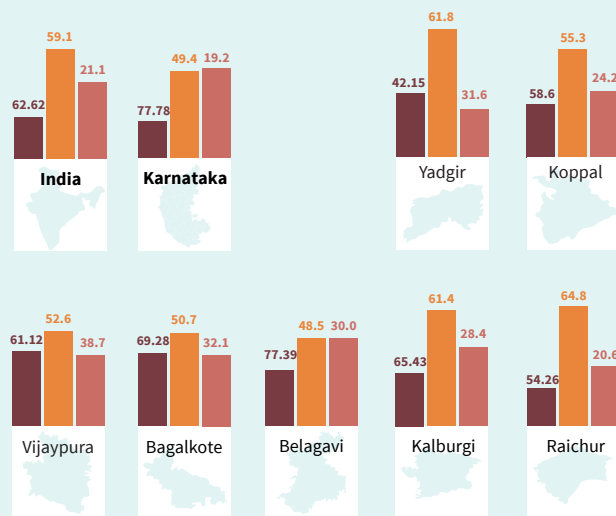
IMPLEMENTATION GEOGRAPHY

The Sphoorthi project is currently being implemented in the seven North Karnataka districts of including Belagavi (BE), Bagalkot (BA), Vijayapura (VI), Kalaburagi (KA), Raichur (RA) Yadgir (YA) Koppal (KO) to improve the quality of life of 2 lakh (0.2 million) adolescent girls from disadvantaged households.



STATUS OF ADOLESCENT GIRLS

National Family Health Survey -5 (2019-2020 and 2021)



■ Child Marriage (18-24 age group) (%)
■ Malnutrition (Anaemia) (15-19) (%)
■ 10 or more years of schooling (women 18-24) (%)

BARRIERS TO ADOLESCENT HEALTH

ENABLERS TO ADOLESCENT HEALTH

