



ADOLESCENT FRIENDLY CHAMARAJANAGAR



WHAT ARE WE WORKING TOWARDS?

A future with healthier, confident, and empowered adolescent girls leading the way towards a stronger, more resilient Chamarajanagar.

VISION 2030

Every school going adolescent girl in Chamarajanagar thrives; healthy in body, empowered in mind, and supported by community.

WHY CHAMARAJANAGAR



Rain-shadow, largely hilly and forested region with recurrent droughts driving migration

83%

Rural population

37%

Comprising of SC and ST communities

61%

Literacy rate (below national avg) with Female literacy at 55%

ALARMING HEALTH CRISIS FOR ADOLESCENT GIRLS

25.6% diagnosed — likely much higher undiagnosed

Adolescent girls (10-19) with anemia

29% (higher than state average)

Women married before age 18

8.5%

Teen mothers/pregnant (15-19 years)

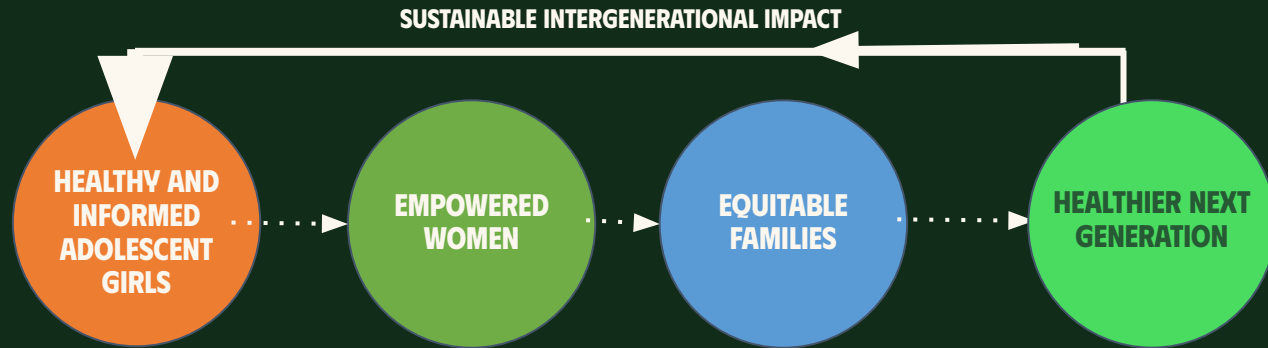
11.2% Of girls

Adolescents severely thin (10-14 years)

70.4%

Folate deficiency (10-19 years)

THE RIPPLE EFFECT: WHY ADOLESCENT GIRLS



THE CRITICAL WINDOW

Ages 10-19 years mark profound physical, psychological, and social transformation

Decisions made now shape lifelong health, education, and opportunity

THE REALITY IN CHAMARAJANAGAR

Limited health awareness among adolescent girls

Low nutrition literacy and poor dietary practices

Early marriage pressures restricting education and growth

Lack of safe, supportive spaces for expression and guidance

THE POLICY GAP

Excellent programmes and provisions exist (RKSK, RBSK, School Health Programme)

Implementation fails due to stigma, administrative hurdles, competing priorities

Health services focus on MCH, under-prioritising adolescents

THE PROBLEM: WHAT ARE WE SOLVING FOR?



LIMITED ADOLESCENT HEALTH LITERACY

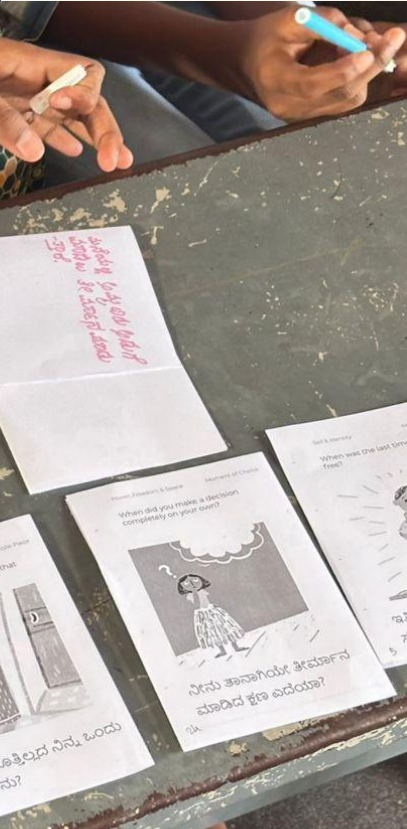
Menstrual health misinformation, normalized anemia, and delayed care reflect deep gaps in adolescent girls' health literacy and preparedness in Chamarajanagar, driven by intergenerational taboos and limited access to accurate information and timely services.



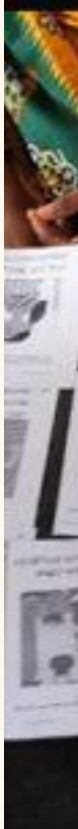
LACK OF ADOLESCENT-FRIENDLY ECOSYSTEMS/ ENVIRONMENTS

Adolescent girls lack safe, supportive spaces to voice their concerns and access the health information, nutrition support, mentorship, agency and guidance they need to thrive and build their futures.

WHAT IS OUR SOLUTION– PRANASAKHI



- “PranaSakhi” means Life Friend: A school-based initiative for adolescent health and wellbeing.
- Transforms schools into safe, inclusive spaces for open discussion and education on health and wellbeing.
- Works through **three key components**:
 - ◆ Weekly health sessions led by trained teacher ambassadors.
 - ◆ Health & Wellness Spaces offering counseling and basic screening.
 - ◆ Community engagement with parents and local stakeholders.



OBJECTIVE 1:
Enhance
Adolescent
Health &
Nutrition

OBJECTIVE 2:
Develop Life
Skills for
Empowerment

OBJECTIVE 3:
Create Safe
and Supportive
Spaces

OBJECTIVE 4:
Strengthen
Collaborative
Ecosystems

GOAL 1:
To strengthen adolescent health literacy

GOAL 2:
*To co-create adolescent friendly
ecosystem/environments*

VISION:
A future with healthier, confident, and empowered adolescent girls

EXPECTED IMPACT

- ◆ Improved health and nutrition outcomes among adolescent girls
- ◆ Greater awareness on menstrual health and hygiene practices among teachers, families and girls
- ◆ Increased school participation and reduced dropout rates
- ◆ Stronger confidence, agency, and voice for girls in their families and communities

CURRENT PARTNERS & IMPLEMENTATION

- ◆ Anchored by: District Administration, Chamarajanagar
- ◆ Jointly implemented by: Zilla Panchayat; Education Department; Health Department
- ◆ Technical Lead: India Health and Climate Resilience Fellowship (IHCRF-BFI)
- ◆ Supported by: VGKK and partner institutions/individuals
- ◆ Aligned with: RKSK, RBSK, School Health & Wellness Programme, and VHSNDs



WHO BENEFITS?

School going adolescent girls (10-19 years) across Chamarajanagar
Families, schools, and communities who play a role in shaping girls' lives
Local health and education systems strengthened to respond better to adolescent needs



PRANASAKHI SOLUTION FRAMEWORK: MODULAR OPPORTUNITIES FOR COLLABORATION



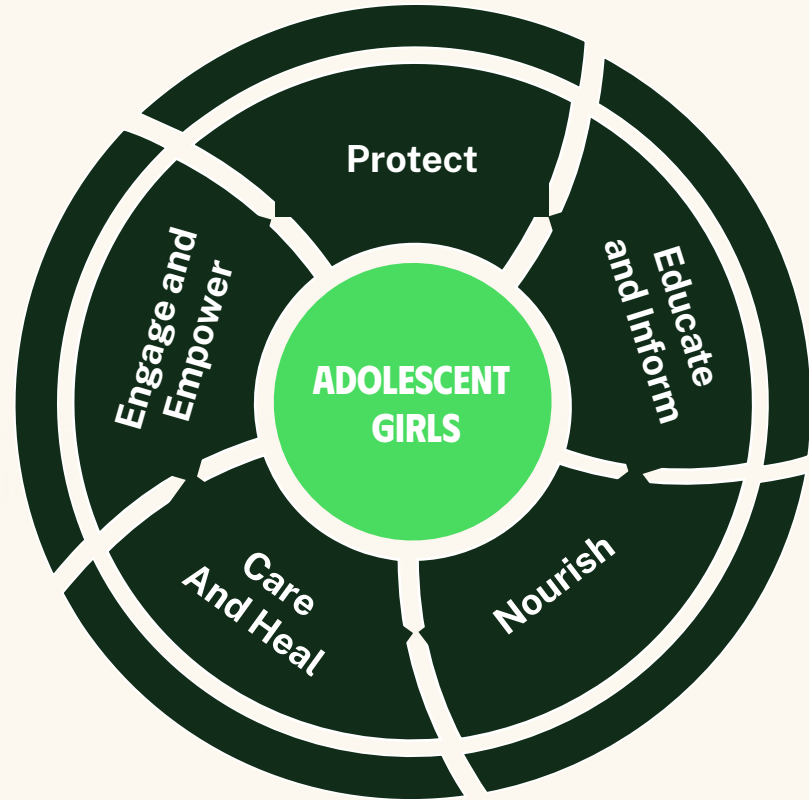
PRANASAKHI: A 360° FRAMEWORK FOR INTERVENTIONS TOWARDS ADOLESCENT WELLBEING

Adolescent Friendly Chamarajanagar

Areas of intervention

*To Enable Collaborative &
Complimentary Ecosystems*

Starting with Adolescent Girls initially and
expanding it to Adolescent Boys



Implemented through 5 interconnected components designed for flexibility and modular support.

PROTECT

OBJECTIVES

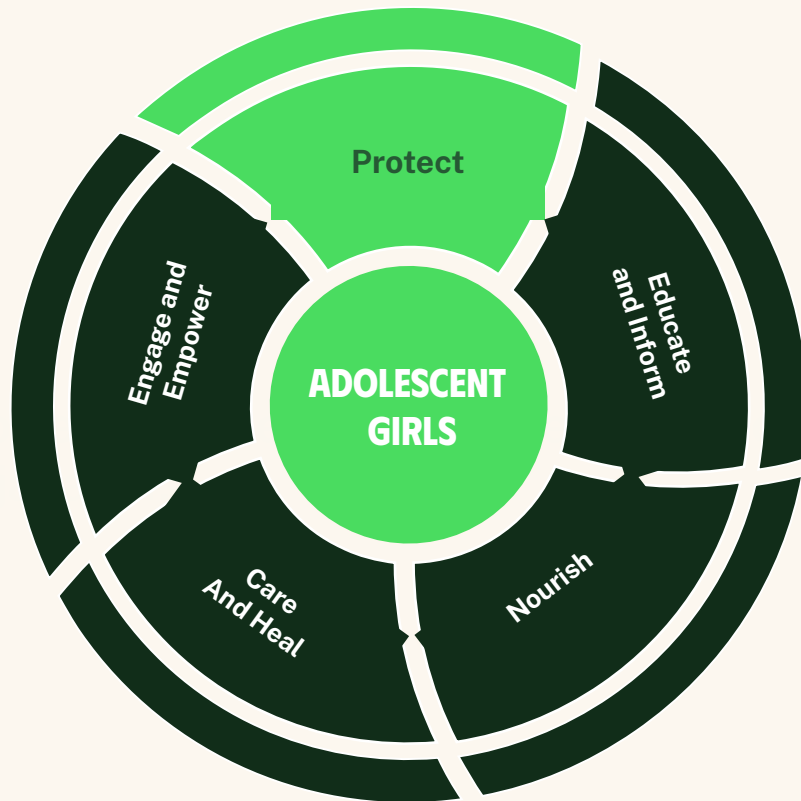
- Addressing myths and beliefs at school and community
- Protection from misinformation and digital safety
- Enable legal support against violence, abuse and exploitation

POTENTIAL INTERVENTIONS

- Enable spaces for dialogue, safe space and support systems
- Strengthening helplines 1098 response to calls through training
- Sanitary pad vending machine, a friendly teacher, an incinerator, a bed for rest, and spare uniforms
- Strengthening referrals to existing safety mechanisms
- Comfort and dignity during menstruation

POTENTIAL PARTNERS/MODELS

- Saheli Kaksh



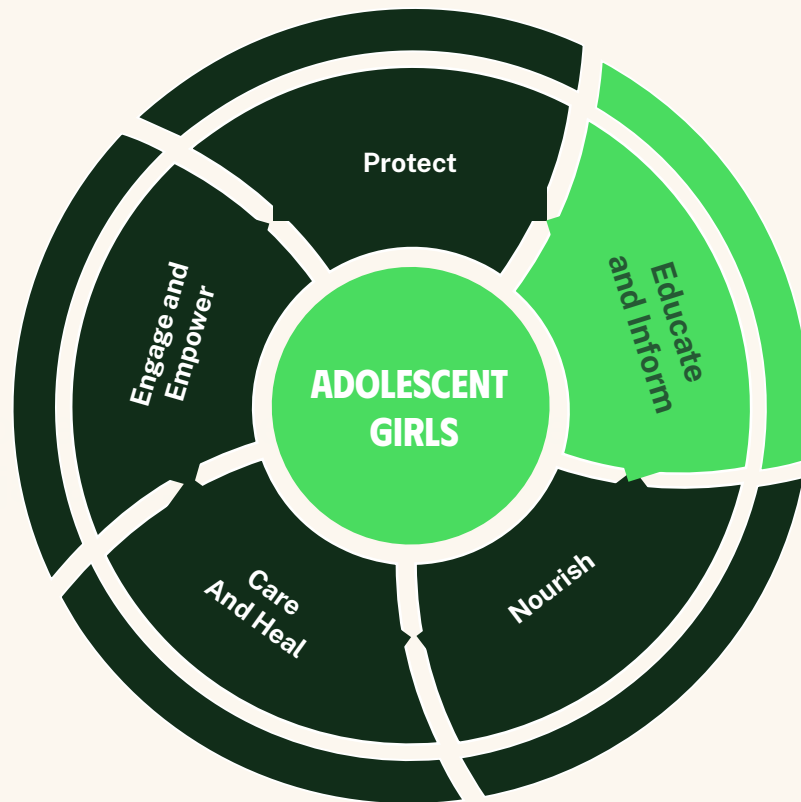
EDUCATE AND INFORM

OBJECTIVES

- Strengthen health and nutrition literacy among adolescent girls.
- Address myths and misinformation around menstruation, puberty, and reproductive health.
- Promote body confidence, emotional wellbeing, and gender equity through structured learning.

POTENTIAL INTERVENTIONS

- Integrate a **Health and Wellbeing Hour** into school timetables for regular discussions on body, mind, and relationships.
- Develop and deliver interactive, age-appropriate learning modules on nutrition, hygiene, and mental health.
- Train teachers and peer leaders to facilitate open conversations and provide credible information.
- Create engaging IEC materials; story cards, posters, and games; for school and community use.
- Organise parent and community sessions to reinforce accurate knowledge and supportive attitudes.



First component of the program focusing on 'educate and inform' is being piloted in Chamarajanagar's govt schools by district administration.

NOURISH

OBJECTIVES

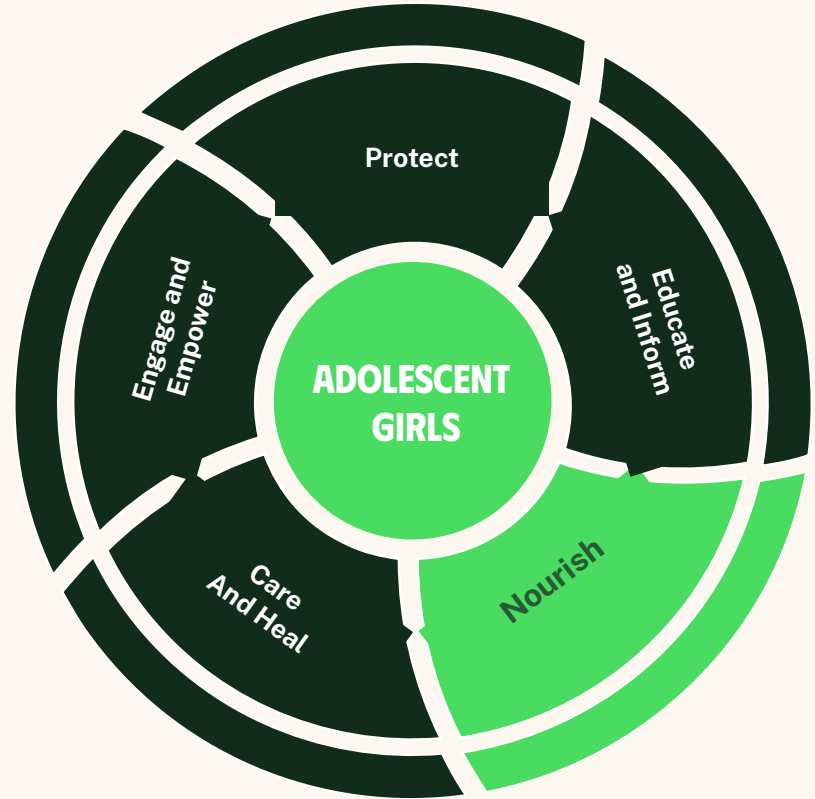
- Strengthen nutrition and supplementation systems for adolescent girls
- Promote local, healthy, and sustainable food practices
- Ensure access to diverse and nutritious diets
- Encourage healthy lifestyle habits
- Prevent and address addictions

POTENTIAL INTERVENTIONS

- Community Food Library for nutrition education and resources
- Health Knowledge Repository for guidance on diet, lifestyle, and wellbeing
- Addiction Awareness and Support Programs

POTENTIAL PARTNERS/MODELS

- [Channapatna Health Library /aruvu.org](http://aruvu.org)



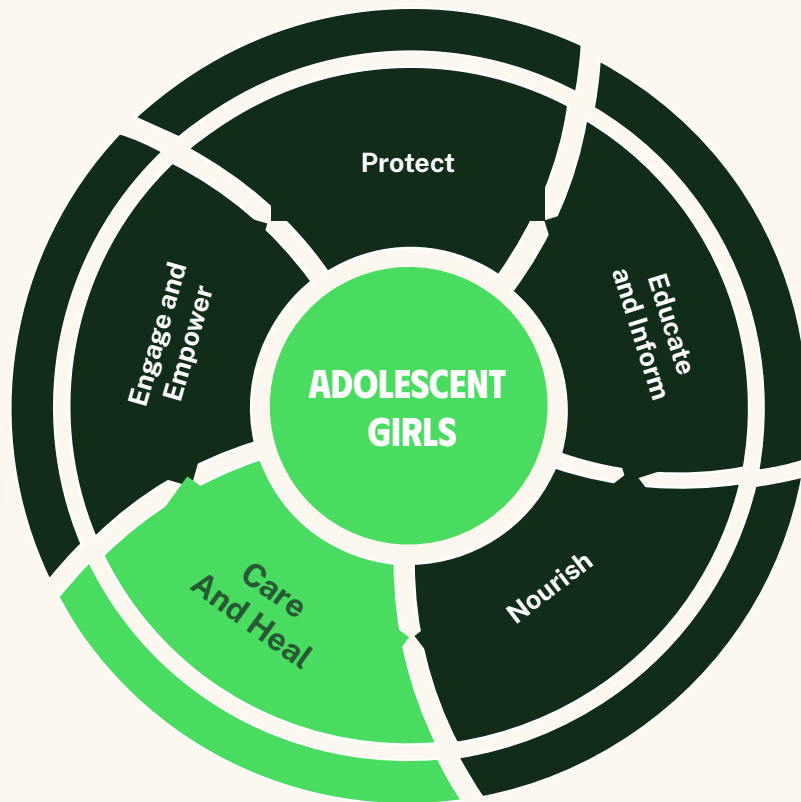
CARE AND HEAL

OBJECTIVES

- Promote physical and mental wellbeing
- Strengthen access to healthcare systems

POTENTIAL INTERVENTIONS

- Innovations for sanitation and hygiene practice and infrastructure
- Behaviour Change Communication
 - Sexual and Reproductive Health Education
- Providing Screening & Diagnostic Equipments
- Mapping and Improving Health Facilities
- Training & sensitisation of healthcare providers
- Access to Menstrual hygiene products
- Access to Mental health programmes
- Access to medicines and supplements
- Biomedical waste management



ENGAGE AND EMPOWER

OBJECTIVES

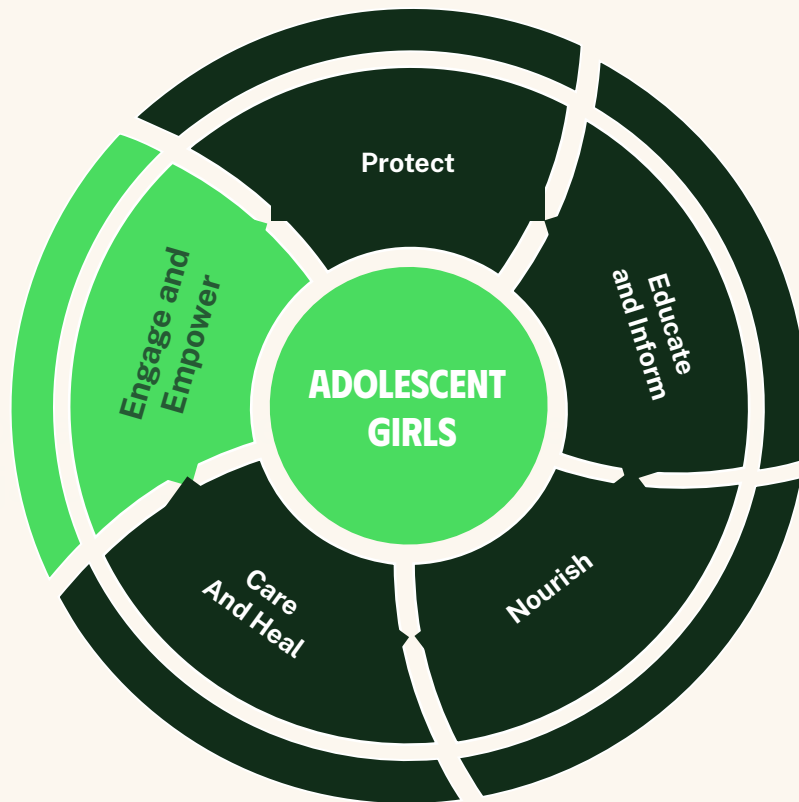
- Promote holistic development through play, recreation, and physical activity
- Foster leadership, community participation, and self-expression
- Enable skills development, vocational training, and entrepreneurship opportunities

POTENTIAL INTERVENTIONS

- Buddy systems and sports-based learning programs
- Creation of safe recreational and community spaces
- Strengthening Self-Help Groups (SHGs) for adolescent girls
- Vocational skill development and entrepreneurship initiatives (e.g., sustainable pad production, nutrition product creation and selling)
- Mentorship and career guidance programs
- Platforms for girls to voice concerns and lead community activities

POTENTIAL PARTNERS/MODELS

- [One All](#) ; [Buzz Women](#) ; [CMYC | Sauramandala](#) ; [Project DEFY Nooks](#)



HOW YOU CAN CONTRIBUTE TO OUR COLLABORATIVE

WAYS TO SUPPORT ANY OF OUR MODULAR COMPONENTS:



FINANCIAL SUPPORT

Grants, sponsorships, or program-specific funding



CAPACITY BUILDING

Sharing expertise, training personnel, or mentorship



RESOURCE PROVISION

In-kind contributions such as educational materials, hygiene products, or nutrition supplies



NETWORK & ADVOCACY

Facilitate connections with local stakeholders, policy influencers, or community leaders



TECHNICAL & PROGRAMMATIC ASSISTANCE

Support monitoring, evaluation, and program innovation



**LET'S MAKE
CHAMARAJANAGAR
THE FIRST
ADOLESCENT-FRIENDLY
DISTRICT IN INDIA**

