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Advantages of 'SABLA' scheme for adolescent girls (11-18 years) in Bikaner district: A review

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Abstract

The purpose of SABLA (RGSEAG) is to improve the nutritional and health status of girls in the adolescence age of 11-18 years and empower them by providing education in life-skill, health and nutrition. SABLA is a Centrally Sponsored Scheme of Government of India started on 1st April, 2011 under the Ministry of Women and Child Development.

The SABLA scheme replaces the predecessor Kishori Shakti Yojana (The purpose of this scheme was to improve the nutritional and health status of girls aged 11 to 18 years, so that they can improve their home based and business skills to upgrade them and to promote their overall development, in which they are aware of their health, personal hygiene, nutrition and family welfare and management and nutrition program for adolescent girls.

In the Bikaner district, the current investigation was conducted to understand the clear picture of SABLA so that appropriate personnel, institutions and agencies could be given appropriate response to make it more effective and more beneficial. The present study was conducted in Bikaner district. Six villages were selected (Napasar, Norangdesar, Palana, Lakhusar, Jamsar and Kilchu) for the current investigation. In the Sabla scheme, 120 registered girls were considered by using all the sample sizes proportional random sampling technique from all six villages. Interview method was chosen to get opinions of beneficiaries from different colors.

- The major findings of the current study have shown that most beneficiaries, upper age groups, 5 members from the nuclear family, monthly income were related to general information in general information. From 6001 to 8000, were of the general caste, the families were cultivating, passed from the primary level, in middle-level mass media exposure, over 2.1-5 hectares of land, high level of urban contact, the level of expansion contact was And they did not participate in any training program related to activities.
- Regarding the benefits of SABLA as told by beneficiaries, guidance on IFA supplement, family welfare ARSH, child care and home management, nutrition provisions were there. These benefits can create a healthy environment for the growth and development of adolescent girls.

Thus, it can be said that with some improvements, that SABLA scheme can empower the lives of Adolescent girls.

Adolescence is the period of transition from childhood to adulthood and is attributed to attempts to achieve goals related to expectations of mainstream culture, and physical, mental, emotional and social development (WHO, 1986). Adolescence in girls has been recognized as a special period in their life cycle which requires special attention in terms of nutrition, biological and family life. (Academia. 2015).

Keywords: 'SABLA' scheme, adolescent girls

Introduction

Women constitute nearly half of the country's population, but gender inequality in socio-cultural areas has adversely affected balanced development. These disparities are reflected in important social development indicators such as health, nutrition, literacy, academic achievement, skill level, occupational status etc. This situation also appears in the condition of the Adolescent girl. Adolescent girls are shy and they are difficult to come openly and share their problems and issues with parents, teachers, doctors etc. As a result, they either grow up or become misguided without solving issues, Inspired by our assumptions.

Sabla enhanced the girls of adolescence with self-esteem, with the ability to nurture and health status with better skills and the ability to make informed choices.

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By the end of December 2012, about 88.76 lakh adolescent girls have been covered under the nutrition component of 'Sabla' scheme of the Ministry of Women and Child Development. Under the Rajiv Gandhi Yojana, under the empowerment of Adolescent girls, it is also known as 'Sabla'. Under the non-nutritional component of the scheme, 14,654 youth were brought to mainstream in the school system in 2012-13. This scheme is being implemented in 205 selected districts across the country using the ICDS platform.

Therefore, in the Bikaner district, the current investigation was taken to understand the clear picture of SABLA so that appropriate personnel, institutions and agencies can be given appropriate response to make it more effective and more beneficial.

Objectives of the paper

This paper is written by conducting a review of literature on the following objectives - Benefits of 'SABLA' and other programs for adolescent girls, Obstacles faced by the beneficiaries of 'SABLA' for girls of adolescence and other programs, Correctional measures to make 'SABLA' and other programs for Adolescent girls more effective

Methodology

Literature was collected from various secondary sources of information such as articles, thesis, websites, books, magazines and proceedings of seminars / conferences.

Literature review

If the related literature is directly or indirectly affected, the investigation has been scanned and organized under different heads:

1. Benefits of 'SABLA' and other programs for adolescent girls
2. Obstacles faced by the beneficiaries of 'SABLA' for girls of adolescence and other programs
3. Correctional measures to make 'SABLA' and other programs for Adolescent girls more effective

Advantages of 'SABLA' and other programmes for adolescent girls: feature entitled "Reaching the Adolescent Girls" that Kishori Shakti Yojana (KSY)-a special intervention has been devised for adolescent girls using the ICDS infrastructure and with content enrichment. It strengthens the training component particularly in vocational aspects aimed at empowerment and enhanced self-perception, convergence with other programmes of similar nature of education, rural development, employment and health sectors. These new initiatives are primarily aimed at breaking the inter-generational life cycle of nutritional and gender disadvantage, providing a supportive environment for self-development. Under this scheme, interventions are planned to assist adolescent girls to enhance their self-esteem and acquire skills and knowledge, which equip them to perform a productive adult role in society. No doubt such programmes aimed at improving the nutritional and health status of adolescent girls would definitely promote their self-development and empower them with decision making capabilities; revealed by Press Information Bureau [1].

With the launch of this special intervention – *Kishori Shakti Yojana*, a basket of programmatic options would be available with the States and districts to selectively intervene for the development of the adolescent girls on the basis of State and area specific needs and requirements. Special care has been taken to involve *panchayati raj* institutions, NGOs (Non-

Government organizations) and other institutions for implementation of the Scheme. Many sectoral schemes pertaining to education, health and family welfare, rural development, water and sanitation are being implemented in the States and UTs. Around 25% of the deliveries in Rajasthan were institutional deliveries. Nearly 23% adolescent girls were aware of family life education (FLE), and AIDS awareness was found to be around 50%. Around 3% adolescent girls consumed IFA supplements. Article published by Indian Institute of Health Management in their research reviews [2].

As many as 48,000 adolescent girls in Punjab have so far been benefitted by the centrally sponsored Kishori Shakti Yojana Scheme, enabling them to understand basic hygiene, environment, health and nutrition, education, family life, child care and development. Informing this here, Punjab Minister of State for Social Security and Women and Child Development Gurkanwal Kaur said Rs 15.90 lakh were spent to provide benefit to the beneficiaries of the this scheme which was meant for the adolescent girls in the age group of 11 to 18 years. The scheme has two components, with the first one to train the adolescent girls and the second to improve their nutrition and health status. Mrs. Kaur added this scheme would stimulate a desire for more social exposure and knowledge and would also help the beneficiaries to improve their decision-making capabilities. Published an article in One India Portal [3].

Yuvansh Kit training programme was organized for adolescent girls which shows that Knowledge about methods of prevention of RTI/ STIs and HIV has increased from 46% to 78%. Knowledge about various nutrition issues (symptoms of anemia, food items that prevents anemia, vitamin A rich food etc) has shown tremendous improvement of 56% (from 34% to 90%) As far as hygiene practices during menstruation are concerned, girls showed 39% improvement from baseline level. It was also observed that only 29% girls have used bank or post office services on their own before the start of the program which has increased to 58% by the end of the training program. When the program was started only 22% girls have gone out of the village without being accompanied by someone which has increased to 43% by the end of the program ($p < 0.01$). This shows increase in the self-confidence of the girls as well as change in family's perspective towards them. Above results shows that Yuvansh kit has been successful in achieving its aim of empowering the girls. Girls having knowledge of symptoms of Anemia has increased from 34 to 93 percent. 49% girls reported to be practicing hygienic behavior during menstruation at the time of end line from the baseline value of 18%. Hence the end line results of the project reveals that substantial changes had taken place not only in the information and knowledge base of the girls but also in their attitudes and practices, According to the study results conducted by Saxena *et al.* [4].

The common features of the Adolescent Girls Anemia Control Programme that attained success included: girls' adherence to the programme, regular monitoring of adherence by programme managers, regular and consistent counseling and information for the adolescent girls and the community at large on the benefits of the programme and the potential undesirable effects of WIFS supplementation and deworming prophylaxis, effective management of supplies (no stock outs), mainstreaming anemia control as part of a broader life skills education framework for adolescent girls, and appropriate resource allocation. Use of existing delivery platforms today while creating new policy and programme

opportunities for tomorrow; Girls are the best advocates as they can be very articulate about the benefits of their programme; the “peer-to-peer/girl-to-girl” education and counseling approach increased girls’ interest, enthusiasm and adherence to the programme stated in a report by UNICEF [5]. Giving more time to adolescents to discuss their problems is one of the felt needs according to service providers. Anganwadi Worker is one stakeholder who is easily available at the doorstep. This also can help to improve the quality of services as Anganwadi Workers can refer adolescents if required to higher centers after gaining their confidence. Most of the objectives projected in RGSEAG SABLA scheme, can be effectively achieved by strengthening Anganwadi Workers suggested by Chauhan *et al.* [6].

Adherence to the The Adolescent Girls Anemia Control Programme was deemed to be essential for the success of the programme. Some of the strategies that were used to ensure high adherence with the programme were- Enhancing overall awareness about the programme by covering the launch of the programme through radio and television; Involvement of anganwadi workers, female school teachers, parents, community groups, and school-going adolescent girls in programme implementation, counseling, peer support and programme monitoring; Use of IFA stock registers in schools and reporting formats at different levels; Designation of a nodal person at every level for regular reporting and tracking of girls’ adherence to the programme; Capacity building of ICDS workers to advice and counsel mothers and adolescent girls on anemia control are reviewed in paper series by UNICEF [8].

There was a significant increase in the knowledge of the adolescent girls in the area of nutrition and reproductive and sexual health and their Access to services on MAMTA Taruni Divas. The findings also revealed that the adolescent girls have also started availing reproductive and sexual health services from Primary Health Centers. During the period of 18 months, significant number of girls who availed the services from MAMTA Taruni Divas showed Marked improvement in their nutritional status, from earlier being undernourished to later having a normal Nutritional status. There was a significant increase in the knowledge of the adolescent girls in the villages where the peer educators were trained by the master trainers. They were trained and this report was stated by Chetna Team [8].

The intervention on life skill education is helpful for the rural adolescent girls to take positive actions and improving their coping skills of stress and problem solving ability. Life skills are the building blocks of one behavior and need to be learnt well to lead a healthy, meaningful and productive life. Attempts should be made to understand the adolescent’s problems and guide them in acquisition of life skills. The intervention on life skill development is a good support system for adolescents at the community level according to the study conclusions by Pujar *et al.* [9].

Conclusion

From the above review of literature, it can be concluded that most beneficiaries in SABLA were getting regular benefits of IFA supplementation and nutrition provision. Which are very important for the health of the beneficiaries. Although the beneficiaries had to face some obstacles such as unavailability of diversity in supplementary nutrition, a 3-month gap of health check, short of vocational training is short, lack of practical oriented knowledge on various aspects of nutrition and health, Training etc. Therefore, they have suggested some

remedial measures to overcome these obstacles such as occupation Professional training should be organized in accordance with the available time of professional girls, Value of value added food should be given in nutritional education, income based business training should be required regularly. This will help increase interest in health and nutrition education and they can generate their income through professional training. Thus, it can be said that with the help of SABLA the nation can achieve a healthy and secure future for Adolescent girls.

SABLA cannot be implemented effectively. In case of any disaster, SABLA scheme will fail due to inappropriate transportation facilities, the condition of adolescent girls will be bad, so giving them SABLA benefits is not easy, basic requirements will be required. SABLA agents will sometimes be helpless to face the situation like GOVT. Issues in the event of disaster etc. All the objectives will not succeed in that situation because the adolescent girls are insecure population in the physical population at that time.

The purpose of the plan a) To enable the self-empower development and empowerment of Adolescent girls; B) to improve their nutrition and health status; C) Raising awareness among health, hygiene, nutrition, Adolescent reproduction and sexual health (ARSH), and the care of family and child; D) To improve skills based skill, life skills and business skills of your home; E) In formal / non-formal mainstream education, to do school girls out of mainstream; f) To inform and guide existing public services, such as PHC, CHC, CE, Bank, Police Station, etc.

a) To enable the self-development and empowerment of Adolescent girls - If this objective is well considered by it beneficiaries, it helps to overcome those problems which are promoted by disasters (like earthquake and flood) Are given and they can handle the situation through income generation activities etc.

b) To improve their nutrition and health status - If they are aware of what is necessary for them according to their age, they can prepare domestic products of healthy nutrition such as mix, us, millet Used by the process of drying vegetables (Kaachar, guarphali, etc.) for laddoo, saangari and ker pickle, some locally available foods and any future calamity Can be.

C) To spread awareness among them about health, hygiene, nutrition, Adolescent reproduction and sexual health (ARSH), and care of family and child - if they have information about all these aspects, then they need the necessary supplements and appropriate methods. Diet that can be easily accessible to them, they will have the knowledge about the benefits of using sanitary napkins and they will be available monthly. Monthly problems, ARSH and family care and child care, such as child immunization, feed; have benefits of colostrums Feeding can discuss with your colleagues or group of girls and their female adult members of the family.

D) Develop home-based products with the help of locally available resources to upgrade their home based skills, life skills and business skills, which will also help in the situation of their economic status like earthquakes, flood etc.

E) In the formal / non formal education to bring the girls to the mainstream - this helps in encouraging the girls to formal education and the education of this education is better than non-formal education, but non-formal education There is also the beneficial if they are not able to face problems (usually transport facilities, safety and security, quality of education, social pressure etc). F) In order to inform and guide existing public services, such as PHC, CHC, CE, Bank, Police Station, etc. - According to this objective, the adolescent girls will be

able to use existing public services which are near their reach etc. They have basic information about being aware of these services for their accessible, health, communication, money-related aspects, launch complaints etc. In order to know and understand the clear picture of SABLA in Bikaner district, a current investigation was conducted so that appropriate response could be given to the concerned personnel, institutes and agencies to make it more effective and more effective.

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