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Suggestions to enhance performance of 'SABLA' scheme for adolescent girls (11-18 years) in Bikaner district: A review

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Abstract

The aim of this scheme is to provide nutrition, IFA supplement, health check and referral services, nutrition and health education, guidance on family welfare ARSH, child care practice and home management, life skills education and access public services, vocational training (16) -18 years). Apart from Nutrition Provisions through Sabla State Government / UT, all the inputs are being implemented with 100% financial assistance from the Central Government for which 50% Central assistance is provided to the States.

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.
- Several suggestions were given by beneficiaries regarding the improvement of SABLA services. According to the available time of the adolescent girls, professional training should be organized, the value of value-added food should be given in nutrition education, need based income generational training should be organized regularly. Health checks should be done on a monthly basis.

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

The objectives of this plan was: Enabling the empowerment and empowerment of Adolescent girls; Improve their nutrition and health status; Spread awareness about health, hygiene, nutrition, Adolescent reproduction and sexual health (ARSH), and about family and child care; Upgradation of their home-based skills, life skills and business skills; Formal / Non Formal; Ad school in education mainstream of Adolescent girls; Inform and guide existing public services, such as PHC, CHC, post office, bank, police station, etc. (Pinaki elderly, 2015)

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. By the end of December 2012, about 88.76 lakh adolescent girls have been covered under the nutrition component of

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'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

Measures of improvement to make 'SABLA' and other programmes for adolescent girls more effective: To improve the service delivery classes should be conducted only by learned people, they should be able, not only to impart knowledge, but also to motivate the girls to participate in the scheme and its activities; Timings of the classes should be decided by the girls, their parents and the implementing staff; Adolescent girls should be encouraged to take up training in fields that ensure employment. Training should be conducted to suit the convenience of girls and should be of their interest; Awareness training should be conducted for officials and local leaders which would ensure their cooperation and participation; Cultural programmes, art and sports competitions should be held to encourage the talent of adolescent girls and also to attract them to the scheme. This would also provide a platform for socialization and networking among girls who have no social contacts; Resource persons who are able to conduct training and classes efficiently should be identified. A Resource Centre for a cluster of villages would be ideal for disseminating information, counseling, and organizing skill training for girls, especially drop-outs. Such a centre would largely help in identifying the real beneficiaries. Sensitive issues pertaining to girls' development can be handled tactfully, ensuring them the necessary privacy recommendations published in Sodh Ganga [25].

A viable nutrition and health education component should be built into the ICDS program, planned according to the needs of local people, and employ participatory techniques which

would motivate and help develop interest of the beneficiaries in the program were suggested in a study by Kumari *et al* [23]. Kishori Shakti Yojana (KSY) Under the Ambit of ICDS in Uttar Pradesh and Rajasthan a study suggested following points to improve the service delivery, capacity building of the functionaries, expansion of the scheme to all the projects, active involvement of the adolescents and flexibility in services, activities and utilization of funds by Formative Research and Development Services [24].

The school authorities may be invited to address the out of school Adolescent Girls on days pre-decided, to motivate these Adolescent girls and to enroll them, if possible. The right to education act envisages all 11-14 years old Adolescent girls to be in school and sabla would be the ideal platform to encourage them to join school by explaining to them the benefits of education. The teachers may also attend the kishori diwas for this purpose. These are some suggestions given by SABLA Implementation Guidelines [25].

The health functionaries need to be sensitized or provided training for their greater involvement in the program, the program requires to streamline the gaps in the supply chain of IFA and Albendazole tablets, there is a need to apply bottom-up approach for knowing the IFA requirements At the Anganwadi Centre level, both school and non-school going adolescent girls need to be enrolled,. So there is a need to support the anganwadi worker in formation of Balika Mandal, identification and engagement of PE, mobilizing adolescent girls for IFA supplementation, provision of supervised weekly IFA supplementation in distant hamlets, etc. Apart from the above, the adolescent girls and anganwadi worker should be oriented for filling-up of compliance card and register respectively, recommendations given by TMST Technical and Management Support Team [26].

The evaluation of the initial phase of the Adolescent Girls Anemia Control Programme indicated that the programme had a positive impact in reducing the prevalence and severity of anemia in both school-going and out-of-school girls. Most evaluations reported that the IEC (Information, Education and Communication) component was the weakest component of the programme and that more innovative approaches were required. It also suggest that appropriate leadership and programme action can successfully scale up evidence-based nutrition programmes for children and women. including girls, parents, community leaders, teachers, principals, district level programme managers, state level policy makers, and media is essential to ensure programme uptake, coverage and ownership; Timely and quality communication with adolescent girls and their families and communities about the benefits of the programme, the potential undesirable effects of WIFS and deworming prophylaxis and how to mitigate them was essential to ensure girls' adherence to the programme; Timely availability of supplies, particularly iron and folic acid (IFA) supplements and deworming tablets, Information-Education-Communication (IEC) materials and monitoring tools in the schools and anganwadi centers is central to the girls' adherence to the programme and programme success; it is crucial to focus on a limited number of evidence-based interventions and design the programme with a focus on large scale as expressed by UNICEF [27].

Efforts must be undertaken to raise awareness among adolescents themselves, as well as parents, teachers, health care providers and community leaders about the availability of these programmes, and remove barriers inhibiting adolescents from availing of them; for example, with regard to proving eligibility for various schemes and facilitating

enrolment. These Suggestions were given in a study conducted by Jejeebhoy and Acharya [28].

The main attention is needed for the implementation and strengthening of schemes at, various levels. Whenever a new scheme or plan is to be formulated for the Women Welfare, there is a need to notice the bottlenecks and gaps of the previous plan or scheme so that these can be removed and an alternative and improved scheme can be formulated. The programmes require expertise, for instance, women development corporations should be managed by technically qualified people on a commercial basis. Formalities for the schemes should be minimized so that ruralites, illiterate and unaware persons can also avail these benefits easily suggested by Singh and Lamba [29].

To boost women's participation in vocational training programmes, there is a need to create awareness about these programmes and training facilities available in India. Secondly, academic institutes should be involved: (i) to study and assess the performance of existing Government programmes by conducting surveys in urban, rural and tribal areas; (ii) to identify key areas for applying the schemes effectively and (iii) make recommendations to the Government. There is a need to identify gaps in the existing programmes with respect to market trend and industry demand for wage-employment based on market survey, requirement of industry and employers, recommendations given by Sangar [30].

That ensure effective implementation of schemes geared to improve the nutrition status of girls e.g., Kishori Shakti Yojna, Nutrition Programme for Adolescent Girls. Identify safe spaces where the young girls can meet and build a support network with their peers, Involve parents and gatekeepers in programmes that aim at building agency; programmes should encourage parents to accept more equal and egalitarian attitudes towards their children, Reach out to the most marginalized girls for intervention programmes, Develop programmes for parents to encourage parent-child communication and sensitize them to the specific needs of their adolescent and identify comfort and discomfort levels with different topics to be discussed with the adolescents. As conveyed in the study by Arsenault [31].

Present several programmes are launched by the Government of India for Rural development but without the support of local people and stakeholders it cannot be run successfully. All programmes should be started region wise as per requirement. Factors like Benchmark, Timeline, organizational/ Institutional frame and responsibility, financial resources, and Monitoring of a particular programme as well as the feedback also enhance the betterment of the rural development programme for sustainable livelihood. Maximum people are not aware of all schemes started by Government. Door to door awareness programme can be useful to make rural/illiterate public aware. Suggested strategies may be helpful to run different schemes effectively as expressed by Yadav and Lal [32].

Adolescents require proper education in the process of growing up. They need ample guidance related to substance abuse, HIV, AIDS, pregnancy and other illness. All adolescents need life skills for self protection. They always need a safe and supportive environment, with better communication with parents, teachers, elders and society at large. It is necessary that there should be easily accessible and barrier free adolescent friendly health service centers in the country as conveyed by Phukhan [33].

Conclusion

From the review of the previous literature, it can be concluded that most of the beneficiaries in SABLA were receiving regular benefits from IFA supplementation and the provision of nutrition. Which are very important for the health of the beneficiaries. Although the beneficiaries had to face some obstacles, such as the lack of diversity in complementary nutrition, 3 months were missing for the health check, vocational training was lacking, practical knowledge on various aspects of nutrition and health, training, etc. was lacking. have suggested some corrective measures to overcome these obstacles, such as occupation. Professional training should be organized according to the time available for professional girls. The value of the value-added food should be given in nutrition education, business training based on income should be required regularly. This will help increase interest in health and nutrition education and can generate their income through professional training. Therefore, it can be said that with the help of SABLA, the nation can achieve a healthy and safe future for adolescent girls.

SABLA cannot be implemented effectively. In case of any disaster, the SABLA scheme will fail due to inadequate transportation facilities, the condition of the adolescents will be bad, so it is not easy to grant them the benefits of SABLA, the basic requirements will be required. SABLA agents may not be able to cope with the situation as GOVT. Problems in case of disaster, etc. All the objectives will not be successful in that situation because adolescents are an insecure population in the physical population at that time.

The purpose of the plan: a) To allow the development of self-empowerment and the empowerment of adolescent girls; B) improve your nutritional and health status. C) Sensitize health, hygiene, nutrition, adolescent reproduction and sexual health (ARSH), and the care of the family and the child; D) To improve skills based on skills, life skills and business skills of your home; E) In formal / non-formal general education, make school-age girls out of the mainstream; f) Inform and guide existing public services, such as PHC, CHC, CE, bank, police station, etc.

- a) To allow the self-development and empowerment of adolescent girls: if this objective is well considered by its beneficiaries, it helps to overcome the problems that are promoted by disasters (such as earthquakes and floods). Income generation activities etc.
- b) To improve their nutritional and health status: if they know what is necessary for them according to their age, they can prepare healthy nutrition home products, such as the mixture, the millet, the vegetable drying process (Kaachar, guarphali, etc.) for laddoo, saangari and ker pickle, some locally available foods and any future calamity can be.
- c) To disseminate among them the health, hygiene, nutrition, reproduction of adolescents and sexual health (ARSH), and the care of the family and the child: if they have information on all these aspects, they need the supplements and appropriate methods. Diet that can be easily accessible to them, will have knowledge about the benefits of using sanitary napkins and will be available monthly. Monthly problems, ARSH and family care and child care, such as infant immunization, feeding; It has benefits of colostrum. Feeding can be discussed with your colleagues or group of girls and their adult female members of the family.
- d) Develop home-based products with the help of locally

available resources to improve your home-based skills, life skills and business skills, which will also help in the situation of your economic situation such as earthquakes, floods, etc.

- e) In formal / non-formal education to bring girls into the mainstream, this helps to encourage girls to formal education and the education of this education is better than non-formal education, but non-formal education. if they are not able to face problems (generally transport facilities, security and protection, quality of education, social pressure, etc.).
- f) To inform and guide existing public services, such as PHC, CHC, CE, Bank, Police Station, etc. - According to this objective, adolescents will be able to use existing public services that are close to their reach, etc. They have basic information on how to know these services for their accessible aspects, health, communication, money, submit complaints, etc. To know and understand the clear picture of SABLA in the Bikaner district, a current investigation was carried out so that the personnel, institutes and agencies interested could be given an adequate response to make it more effective.

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