

1231C

**Department of Women & Child Development
Govt. of NCT of Delhi
1, Pt. Ravi Shankar shukla Lane, K. G. Marg,
New Delhi – 110001.**

F. No. 76 (350)/ KSY/DWCD/ICDS/ 2014-15/Pt. File/227/2-38

Dated **7 OCT 2016**

OFFICE ORDER

In accordance with the guidelines of the Govt. of India dated 26/9/2000 regarding the implementation of Kishori Shakti Yojana which has already been circulated, envisages optional interventions within the admissible financial limit of Rs. 1.10 lakh per ICDS Project per annum. As per the authorization of Finance Department an amount of approx Rs. 89,877/- is being released for utilization under KSY Scheme. Besides Supplementary Nutrition Programme, Health Checkup, Iron and Folic Acid Supplementation, De-worming Intervention, Immunization etc., following training programmes are also required to be conducted by the CDPOs concerned in their respective projects as per the enclosed targets, budgetary norms and other details specified in the enclosed Action Plan of KSY 2016-17.

1. Three days awareness training programme on Nutrition & Health Education, Life Skill Education, Accessing Public Services, Adolescent Reproductive and Sexual Health. Child Care Practices, Home Management, Guidance on Family Welfare etc. for adolescent girls in the age group 11-18 years in the batch of 30 each covering physical target of 210 AGs per project per year.
2. To organize 5 nutrition and health education demonstrations groups i.e. nutritious recipe (each of 2 hrs. duration) preparation by AGs to their peer group.
3. Exposure Visit for AGs to public services such as Banks, Police Station, Post Offices, and Health centers any other place of their interest and knowledge to be organized by ICDS Projects.
4. Kishori Diwas, a special health day to be celebrated on a fixed day, as decided by the project.
5. Out of the identified adolescent girls, the AGs in the age group 16-18 yrs will be imparted vocational training either through registered VTPs with DGET (Directorate General Employment & Training under MES (Modular employable skills). Ministry of Labour & Employment, GOI / through JSS /Work Centre for Women as per the need and the target.

I am directed to convey the approval of the competent authority for incurring expenditure for organizing various activities/interventions related to KSY as per the activity schedule to be devised by you in respect of this project for 2016-17. While organizing the aforementioned training programmes the competence of the resource persons in the relevant subject/ field is also to be taken into consideration. It is clarified to all KSY implementing CDPOs that the Supervisors and CDPOs being the facilitators cannot be utilized as Resource Persons for conducting sessions. The Action taken/ compliance report in this reference must be intimated to the Head quarter regularly in the Monthly Progress Reports. The expenditure on the activities will be incurred out of the allocated budget to the projects for implementing KSY Scheme for CF Yr. 2016 -17.


**Dr. Nisha Agrawal
Deputy Director (ICDS)**

1210

Encl: As Above

F. No. 76 (350)/ KSY/DWCD/ICDS/ 2014-15/Pt. File/22712-38

Date 7 OCT 2016

Copy to:-

1. P.A. to Secretary, Social Welfare/Women & Child Development, GLNS Complex, Delhi Gate, Delhi.
2. P.A. to Director (DWCD), 1 Pt. Ravi Shankar Shukla Lane, K. G. Marg, New Delhi- 110001.
3. P.A. to Additional Director (DWCD), GNCTD, 1 Pt. Ravi Shankar Shukla Lane, K. G. Marg, New Delhi- 110001.
4. AO & DDO (DWCD), GNCTD, 1 Pt. Ravi Shankar Shukla Lane, K. G. Marg, New Delhi- 110001.
5. CDPOs of ICDS Projects - Nabi karim, Jama Masjid Nimri, Wazirpur, Tilak Vihar, Shakurpur, Bagh kare khan, Inder puri, Najafgarh, Nizamuddin, Govind puri, Mehrauli, Khanpur, Sangam vihar, Hamdard Naga/r, Badarpur, Okhla, Anand Parvat, Madanpur khaddar for implementation of training programme CDPOs concerned will provide all the details to the service provider as per the enclosed plan.
6. Chairperson, Delhi Social Welfare Board. Mezzanine Floor, Jeevan Deep Building, Sansad Marg, New Delhi for Training programmes in ICDS Madanpur Khadar.
- ✓ 7. Astt. Programmer, (DWCD), GNCTD, 1 Pt. Ravi Shankar Shukla Lane, K. G. Marg, New Delhi- 110001.
8. Guard File.

Dr. Nisha Agrawal
Deputy Director (ICDS)

12/10

ACTION PLAN OF KISHORI SHAKTI YOJANA (AS PER PARA 10 OF THE GUIDELINES of the GOI VIDE NO.5-5/2000-CD-1 DATED 26.9.2000) FOR 19 BLOCKS FOR THE YEAR 2016-2017.

Keeping in view the objectives of the scheme, the target group is 11-18 years Adolescent Girls preferably school dropouts. The school going can be registered only if school dropouts are not available in adequate number in the area for coverage under the scheme. This KSY Scheme is being implemented in below mentioned 19 ICDS Projects of South, Central, North, South-West and West Delhi:

S. No.	Name of the Project	No. of AWCs
1.	NABI KARIM	129
2.	JAMA MASJID	123
3.	BAGH KARE KHAN	113
4.	NIMRI	110
5.	WAZIR PUR	130
6.	SHAKUR PUR	129
7.	TILAK VIHAR	160
8.	INDER PURI	157
9.	ANAND PARVAT	124
10.	NAJAFGARH	188
11.	NIZZAMUDDIN	102
12.	GOVIND PURI	110
13.	MEHRAULI	136
14.	KHAN PUR	115
15.	SANGAM VIHAR	195
16.	HAMDARD NAGAR	161
17.	BADARPUR	96
18.	OKHLA	145
19.	MADANPUR KHADAR (DSWB)	60
	TOTAL	2483

The steps for implementation of the scheme:-

1. Identification of at least two Adolescent Girls per AWC within the age group of 11-18 yrs preferably school dropouts.
2. The identified at least 2 girls per AWC will be enrolled for providing supplementary nutrition as per prescribed norms. Supplementary nutrition will be provided to the beneficiaries from the SNP (Plan) from the State funds @ Rs. 7/- to meet out 500 Calories & 20-25 gms of Protein per beneficiary per day w.e.f. July 2013.
3. Accordingly, in a project/block of 100 AWCs, there will be 200 enrolled beneficiaries. These enrolled Adolescent Girls will be educated about nutrition, health, hygiene, public services & activities of AWC like ECE, SNP, Home Visits, etc. by their involvement by the concerned AWW.

For these AGs 2 days awareness programme (4 hrs. for each day) will be conducted by CDPOs concerned at the project level in 7 batches (30 AGs per batch) covering 210 girls per block (on Nutrition and health education, Life skill education and accessing public services, Legal and Social issues etc. Besides this, 5 Demonstrations on Nutritious Recipes (2 hrs. duration each) for target beneficiaries by Group of Adolescent Girls for their peer group will be carried out in the project areas.

4. For Health check up and IFA supplementation (to be covered under weekly Iron Folic Acid Supplementation Programme) CDPOs concerned will coordinate with the health functionaries of their respective projects. Under de-worming intervention beneficiaries to be covered under annual mass de-worming Programme.
5. Out of the identified adolescent girls, the AGs in the age group 16-18 yrs will be imparted Vocational Training either through registered VTPs (Vocational Training Providers) with DGET (Directorate General Employment & Training) under MES (Modular Employable Skills), Ministry of Labour and Employment, GOI through JSS / Work Centre of Women as per the need of the target beneficiaries.
6. The details of syllabus / training module, list of trainees containing their name, parents / guardians name / age, address, educational status are requested to be submitted with the proposal for seeking approval.

Activities /Interventions –Linkages

Options interventions	Activities	Linkages
As per Para 10 of the Guidelines for implementation of the KSY Scheme.	<ul style="list-style-type: none"> • Need based vocational training for skill development for AG in the age group 16-18 years. 	<ul style="list-style-type: none"> • Vocational training either through registered VTPs (Vocational Training Providers) with DGET (Directorate General Employment & Training) under MES (Modular Employable Skills), Ministry of Labour and Employment, GOI through JSS / Work Centre of Women.
	<ul style="list-style-type: none"> • Health checkup. • Iron & Folic Acid supplementation. • De-worming interventions. 	<ul style="list-style-type: none"> • Department of Health & Family Welfare /ARSH Programme.
	<ul style="list-style-type: none"> • Nutrition & Health Education. • Life skill education and accessing public services. Guidance on family welfare, adolescent reproductive and sexual health, child care practices, home management. • Legal literacy, social issues etc. • Exposure visit. • Kishori Diwas. 	<ul style="list-style-type: none"> • Through CDPOs concerned
	<ul style="list-style-type: none"> • Supplementary Nutrition 	<ul style="list-style-type: none"> • Through AWCs under the ICDS Scheme

Accordingly, physical & Financial targets for coverage are as follows:

PHYSICAL TARGETS

S. No.	Project Name	No. of AWCs	Physical coverage @ at least 2 AGs per AWC for SNP	Physical target for awareness training programme for AGs (11-18 yrs)	Nut. & Health Education Demonstrations per ICDS Project	Kishori Diwas per ICDS Project
1.	NABI KARIM	145	290	210	5	3
2.	JAMA MASJID	123	246	210	5	3
3.	BAGH KARE KHAN	116	232	210	5	3
4.	NIMRI	110	220	210	5	3
5.	WAZIR PUR	130	260	210	5	3
6.	SHAKUR PUR	142	284	210	5	3
7.	TILAK VIHAR	160	320	210	5	3
8.	INDER PURI	157	314	210	5	3
9.	ANAND PARVAT	124	248	210	5	3
10.	NAJAFGARH	188	376	210	5	3
11.	NIZZAMUDDIN	102	204	210	5	3
12.	GOVIND PURI	110	220	210	5	3
13.	MEHRAULI	138	276	210	5	3
14.	KHAN PUR	124	248	210	5	3
15.	SANGAM VIHAR	202	404	210	5	3
16.	HAMDARD NAGAR	167	334	210	5	3
17.	BADARPUR	96	192	210	5	3
18.	OKHLA	145	290	210	5	3
19.	MADANPUR KHADAR (DSWB)	60	120	210	5	3
	Total	2539	5078	3990	95	57

Exposure Visit for AGs to Public service such as Banks, Police Station, Post Offices, and Health centers any other place of interest and knowledge to be organized by ICDS Projects.

Kishori Diwas: - A special health day to be celebrated on a fixed day, as decided by the project. The following services to be provided:

- General health check-up including records of height, height, Body Mass Index (BMI) for AGs by Medical Officers / ANM.

- 118/2
- Referral to specialized healthcare facilities as required specially for conditions like Malnutrition (BMI<18.5), menstrual problems, frequent headaches, prolonged acne, worm infestation etc.
 - Providing nutrition and health education.
 - Demonstration of preparing nutritious recipes (FNB may be involved for these).
 - Holding counseling / behavior change communication (BCC) sessions with AGs and their families for promoting good practices.
 - Imparting information, education and communication (IEC) to community, parents, siblings etc.

In case of ICDS Projects wherein Registered No. of adolescent girls are less than 210 then survey beneficiaries can be covered under training component / awareness Programme by the CDPOs.

Further, Grants will be released to the service providers through CDPOs in accordance with rules laid down for the Centrally Sponsored Scheme. Details of expenditure to be incurred on awareness programme / trainings.

BUDGET PROVISION AS PER ALLOCATION OF BUDGET FOR THE YEAR 2016-17.

ACTIVITIES	Amount (Rs.)
Awareness Programme for 11-18 yrs AGs	Rs. 48,650 /-
5 Nutrition and Health Education Demonstration per block	Rs. 1350 /- x 5 = Rs. 6,750 /-
Exposure Visit	Rs. 9,600 /-
3 Kishori Diwas	Rs. 5,000 x 3 = Rs. 15,000 /-
Vocational Training	Rs. 9,877 /-
Total	Rs. 89,877 /-

Budget for training of Adolescent girls under KSY for ICDS Projects

S. No	Item	Rate	Detail of Expenditure	Calculated value	Total
1	For 3 days Awareness Programme (7 batches)	Rs. 500 /- per session	Payment to 2 Resource Persons for compensating travelling expenditure for 3 days in 7 batches.	Rs. 500 X 2 resource person X 3 days X 7 Batches = Rs. 21,000/-	Rs. 48,650 /-
		Rs. 20 /- per head per batch	Snacks & Tea for 30 KSY girls and 5 others for 3 days in 7 batches.	35 No's X Rs. 20 X 3 days X 7 batches = Rs. 14,700/-	
		Rs. 20 /- per head per batch	Kit for 30 KSY girls (pen, note pad) once per batch.	Rs. 600/- X 7 batches = Rs. 4200/-	
		Rs. 1250 /- per head per batch	Course arrangement contingencies e.g. including EC material etc. to trainees once per batch.	Rs. 1250 x7 batches= Rs.8750/-	
2	For Nutrition & Health Education Demonstration (5 batches)	Rs. 1350 /- per batch	For organizing 5 nutrition and health education demonstration i.e. nutrition recipe (each of 2 hrs. duration) preparation by AGs to their peer groups.	Rs. 1350 x 5 = Rs. 6,750 /-	Rs. 6,750 /-
3	For Exposure Visit (1 Visit)	Exposure Visit = Rs. 7500 /- & Refreshment during Exposure Visit = Rs. 2100 /-	Exposure Visit of AGs to Public Services such as Banks, Police Station, Post Offices, and Health centers any other place of their interest and knowledge.	Rs. 7500 /- + Rs. 2100 /- = Rs. 9,600 /-	Rs. 9,600 /-
4	For Kishori Diwas Diwas)	(i)Rs. 500/- (ii)Rs. 2,500/- (iii) Rs. 2,000/-	For Tea + Snacks twice a day @ Rs. 25 /- per head for 10 persons (health personnel & other key persons). For IEC & recipe demonstration. For contingency – Sound System, Chairs, Photographs, Phctocopy, and Display Material etc	Rs. 5,000 /- (per K shori Diwas) Rs. 5,000 x 3 = Rs. 15,000 /-	Rs. 15,000 /-
5	For Vocational Training (School Drop Out Girls 16-18 yrs)	Rs.9,876/- to Rs.9877/- as per allocation of Budget	For compensating transport cost of beneficiaries to the location of the training centre of concerned VTP or providing transport cost to such beneficiaries as per the actual expenditure incurred but within the permissible financial limit of Rs. 100/- per trainee / day.	Rs.9,876/- (for 4 Projects) to Rs.9877/- (for 15 Projects)	Rs. 9,877 /-
Total			-	-	Rs. 89,877 /-

116/C

In projects wherein the funds remain un-utilized after conducting the above training programmes, those funds can be utilized for providing IEC material to the target beneficiaries.

Time duration of all training activities except NHED for peer groups should not be less than 4 hrs per day. The monitoring will be done by the ICDS functionaries.


Dr. Nisha Agrawal
Deputy Director (ICDS)

KISHORI SHAKTI YOJANA

3- DAYS WORKSHOP PROGRAMME SCHEDULE FOR – 2016-17

CONTENT

- NUTRITION & Health Education
- Life skill
- Access to public services
- Guidance on family welfare programme

DAY I

10.00-10.30	Registration of participants.
10.30-11.00	Introduction of the programme
11.00-11.30	Introduction of the participant
11.30-12.45	Session on <ul style="list-style-type: none">• Nutritional Anemia• Importance of balanced diet, healthy cooking & eating habits, safe drinking water• Nutritional deficiency and prevention
12.45-1.00	Tea Break
1.00-2.00	Session on adolescent growth and development <ul style="list-style-type: none">• Personnel hygiene• Reproductive health<ul style="list-style-type: none">- ANC, PNC (Importance of nutrition & health checkups during pregnancy and post partum period)- HIV / AIDS- RTI / STD• Child Care (Breast feeding, Immunization and Importance of nutritious food for children)• Myths and Misconception related to Adolescent age.
2.00-2.15	Group work, Presentation by the participants & Feedback Session

DAY II

10.00-11.00	Discussion on sessions of Day –I and II
11.00-12.00	Session on life skills <ul style="list-style-type: none">• Communication skill• Assertiveness training• Enhancement of self esteem• Thinking positive
12.00-12.45 without	Session on Demonstration of Nutritious food by Supervisor Payment
12.45-01.00	Tea Break
01.00-02.00	Session on Legal Issues <ul style="list-style-type: none">• Right to Information• Female foeticide• Laws related to marriage• Domestic Violence• Access to public services (police station, child line, women helplines, Delhi commission for women, Crime against women cell, Legal Aid Authority)
02.00-02.15	Feedback Sessions

DAY III

11.00-12.45 Discussion on sessions of Day –I and II

11.00-12.45 Sessions by School Teachers:-

- Importance of Education,
- All benefits given to students (Scholarship, Reservation etc.),
- Continuing Education for School Dropouts AGs either through regular schooling or IGNOU.

Or

Sessions by Police Personnel:-

- Duties of Police officer in controlling Crime,
- Child Helpline Briefing,
- Women Helpline Briefing,
- Crime against Women Cell,
- Self Defense against eve-teasing.

12.45-01.00

Tea Break

01.00-02.00

Sessions by Bank officers:-

- Initiating the habits & methods of savings,
- Basic knowledge about the Bank Services.
- General awareness of Schemes in the Bank.

Or

Sessions by Post officers:-

- Initiating the habits & methods of savings,
- Basic knowledge about the Post office Services.
- General awareness of Schemes in the Post office.

02.00-02.15

Feedback Sessions