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**DEPARTMENT OF WOMEN & CHILD DEVELOPMENT  
GOVT. OF NCT OF DELHI  
1, PT. RAVI SHANKAR SHUKLA LANE, K. G. MARG  
NEW DLEHI - 110001**

No. F.76(350)/K.S.Y. /DWCD/ICDS/2014-15/Pt. File/ 34107-114

Dated:

18/10/2017

To

The CDPOs/DDO/HOOs  
19-KSY ICDS Projects  
Delhi

**Sub: - Kishori Shakti Yojana CSS Plan - release of funds to the ICDS projects functioning under Department of Women and Child Development, Govt. of NCT of Delhi during the year 2017-18 for implementation of the Scheme for components other charges.**

With reference to Finance (Budget) Department Letter No.2 (4)/ 2017-18/ Fin (B) /1289-1294 dated 20-09-2017 regarding authorization and acceptance of bills amounting to Rs.5.00 Lakh (Rupees Five Lakh Only) in respect of Women and Child Development Department under Major Head 2236 02 101 83 00 50 Kishori Shakti Yojana (CSS) in demand No.8 for utilization in current financial year 2017-18. I am directed to convey the approval of competent authority for allocation of funds amounting to Rs. 5.00 Lakh (Rupees Five Lakh Only) to 19-ICDS Projects dealing with KSY Scheme under the above stated Major Head, as per detail given below :-

**Major Head 2236 02 101 83 00 50 Kishori Shakti Yojana for components other charges (CSS-Plan) for financial year 2017-18.**

S. No.	List of Projects implementing KSY	Funds allocated ( In Rupees)
1.	Nabi karim	Rs.26,316
2.	Jama Masjid	Rs. 26,316
3.	Nimri	Rs. 26,316
4.	Wazirpur	Rs. 26,316
5.	Tilak Vihar	Rs. 26,316
6.	Shakurpur	Rs. 26,316
7	Bagh kare khan	Rs. 26,316
8.	Inder puri	Rs. 26,316
9.	Najafgarh	Rs. 26,316
10.	Nizzamuddin	Rs 26,316.

11.	Govind puri	Rs. 26,316
12.	Mehrauli	Rs. 26,316
13.	Khanpur	Rs. 26,316
14.	Sangam vihar	Rs. 26,316
15.	Hamdard Nagar	Rs. 26,316
16.	Badarpur	Rs. 26,316
17.	Okhla	Rs. 26,316
18.	Anand Parvat	Rs. 26,316
19.	Madanpur khaddar	Rs. 26,312
	<b>Total</b>	<b>Rs. 5,00,000</b>

The CDPO's concerned are advised to incur the expenditure only for the purpose for which the funds are provided above. Any deviation from this will be viewed seriously and CDPOs will be personally responsible for any lapse in this regard. The CDPOs will also ensure that the expenditure is made only as per the rules / procedures and the guidelines issued by GOI/GNCT of Delhi time to time and whenever any procurement is done the purchase / procurement procedures applicable in the State/U.Ts is invariably observed. The CDPOs will maintain the separate records of expenditure incurred for the implementation of KSY (CSS) and furnish the separate Statement of Expenditure and Utilization Certificates in the prescribed format to the HQ.

To:- 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 Nagar, Badarpur, Okhla, Anand Parvat, Madanpur khaddar.

  
**Shuchi Sehgal**  
 Deputy Director (ICDS)

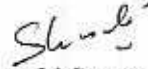
No. F.76(350)/K.S.Y./DWCD/ICDS/2014-15/Pt. File

34107-114

Dated: 18 OCT 2017

Copy to:

1. PA to Secretary, DSW & DWCD, GLNS Complex, Delhi Gate-110002.
2. The Director, Planning Department, GNCTD, Delhi Sectt., New Delhi
3. PA to Director, DWCD, GNCTD, K.G. Marg, New, Delhi-110001.
4. The Controller of Accounts, Principal Accounts Office, Vikas Bhawan, New Delhi.
5. PA to Joint Secretary, Finance (Budget), GNCTD.
6. Pay and Accounts Office through DDO / HOOs / CDPOs concerned.
7. D.C.A, DWCD, GNCTD, K.G. Marg, New Delhi.
- ✓ 8. Assistant Programme officer, DWCD, GNCTD, K.G. Marg, New, Delhi-110001
9. Guard File

  
**Shuchi Sehgal**  
Deputy Director (ICDS)

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**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)/DWCD/ICDS/KSY/2014-15/Pt. File/ 34180-84

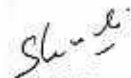
Dated: 23/10/2017

**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. 26,316/- 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 2017-18.

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 2 nutrition and health education demonstrations groups i.e. nutritious recipe (each of 2 hrs. duration) preparation by AGs to their peer group.
3. Kishori Diwas, a special health day to be celebrated on a fixed day, as decided by the project.

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 2017-18. 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. 2017 -18.

  
**Shuchi Sehgal**  
Deputy Director (ICDS)


Encl: As Above

F. No. 76 (350)/DWCD/ICDS/KSY/2014-15/Pt. File/ 34180-84

Dated: 23/08/2017

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. AAO & DDO (DWCD), GNCTD, 1 Pt. Ravi Shankar Shukla Lane, K. G. Marg, New Delhi- 110001.
4. 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 Nagar, 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.
5. Astt. Programmer, (DWCD), GNCTD, 1 Pt. Ravi Shankar Shukla Lane, K. G. Marg, New Delhi- 110001 for uploading the same on website.
6. Guard File.

  
**Shuchi Sehgal**  
Deputy Director (ICDS)

**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 2017-2018.**

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 (as per sanctioned)
1.	NABI KARIM	145
2.	JAMA MASJID	123
3.	BAGH KARE KHAN	116
4.	NIMRI	110
5.	WAZIR PUR	130
6.	SHAKUR PUR	142
7.	TILAK VIHAR	160
8.	INDER PURI	157
9.	ANAND PARVAT	124
10.	NAJAFGARH	188
11.	NIZZAMUDDIN	102
12.	GOVIND PURI	110
13.	MEHRAULI	138
14.	KHAN PUR	124
15.	SANGAM VIHAR	202
16.	HAMDARD NAGAR	167
17.	BADARPUR	96
18.	OKHLA	145
19.	MADANPUR KHADAR	60
	<b>TOTAL</b>	<b>2539</b>

**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 3 days awareness programme in 2 batches (4 hrs. for each day) will be conducted by CDPOs concerned at the project level (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.

- 2 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.
  - 2 Kishori Diwas is to be celebrated in the project.
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.

**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"> <li>• Health checkup.</li> <li>• Iron &amp; Folic Acid supplementation.</li> <li>• De-worming interventions.</li> </ul>	<ul style="list-style-type: none"> <li>• Department of Health &amp; Family Welfare /ARSH Programme.</li> </ul>
	<ul style="list-style-type: none"> <li>• Nutrition &amp; Health Education.</li> <li>• Life skill education and accessing public services. Guidance on family welfare, adolescent reproductive and sexual health, child care practices, home management.</li> <li>• Legal literacy, social issues etc.</li> <li>• Kishori Diwas.</li> </ul>	<ul style="list-style-type: none"> <li>• Through CDPOs concerned</li> </ul>
	<ul style="list-style-type: none"> <li>• Supplementary Nutrition</li> </ul>	<ul style="list-style-type: none"> <li>• Through AWCs under the ICDS Scheme</li> </ul>

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

PHYSICAL TARGETS

S. No.	Project Name	No. of AWCs (as per operational /reshuffling)	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	140	280	210	2	2
2.	JAMA MASJID	108	216	210	2	2
3.	BAGH KARE KHAN	115	230	210	2	2
4.	NIMRI	110	220	210	2	2
5.	WAZIR PUR	130	260	210	2	2
6.	SHAKUR PUR	142	284	210	2	2
7.	TILAK VIHAR	150	300	210	2	2
8.	INDER PURI	157	314	210	2	2
9.	ANAND PARVAT	115	230	210	2	2
10.	NAJAFGARH	187	374	210	2	2
11.	NIZZAMUDDIN	102	204	210	2	2
12.	GOVIND PURI	102	204	210	2	2
13.	MEHRAULI	138	276	210	2	2
14.	KHAN PUR	122	244	210	2	2
15.	SANGAM VIHAR	196	392	210	2	2
16.	HAMDARD NAGAR	167	334	210	2	2
17.	BADARPUR	95	190	210	2	2
18.	OKHLA	145	290	210	2	2
19.	MADANPUR KHADAR	60	120	210	2	2
	<b>Total</b>	<b>2481</b>	<b>4962</b>	<b>3990</b>	<b>38</b>	<b>38</b>



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, weight, Body Mass Index (BMI) for AGs by Medical Officers / ANM.
- 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 beneficiates 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 FINANCIAL WITHIN THE ADMISSIBLE FINANCIAL LIMIT OF Rs PER ICDS PROJECT**

<b>ACTIVITIES</b>	<b>Amount (Rs.)</b>
2-Awareness Programme for 11-18 yrs AGs	Rs. 13,900 /-
2-Nutrition & Health Education Demonstration	Rs. 12080 /- x 2 = Rs. 2,416 /-
2- Kishori Diwas	Rs. 5,000 x 2 = Rs. 10,000 /-
Total	Rs. 26,316 /-

The cost of providing supplementary Nutrition from the State Fund to Adolescent beneficiaries is not included in the annual financial grant of Rs. 1.10 lakhs per block from the Govt. of India.

Further, Grants is released to the service providers through CDPOs in accordance with rules laid down for the Centrally Sponsored Scheme.

**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 (2 batches)	Rs. 500/- per session	Payment to 2 Resource Persons for compensating travelling expenditure for 3 days in 2 batches.	Rs. 500 X 2 resource person X 3 days X 2 Batches = <b>Rs. 6,000/-</b>	Rs. 13,900 /-
		Rs. 20 /- per head per batch	Snacks & Tea for 30 KSY girls and 5 others for 3 days in 2 batches.	35 No's X Rs. 20 X 3 days X 2 batches = <b>Rs. 42,00/-</b>	
		Rs. 20 /- per head per batch	Kit for 30 KSY girls (pen, note pad) once per batch.	Rs. 600/- X 2 batches = <b>Rs. 1200/-</b>	
		Rs. 1250 /- per head per batch	Course arrangement contingencies e.g. including IEC material etc. to trainees once per batch.	Rs. 1250 x2 batches= <b>Rs.2,500/-</b>	
2	For Nutrition & Health Education Demonstration (2 batches)	Rs. 1208 /- per batch	For organizing 2 nutrition and health education demonstration i.e. nutrition recipe (each of 2 hrs. duration) preparation by AGs to their peer groups.	Rs. 1208 x 2 = <b>Rs. 2,416 /-</b>	Rs. 2,416 /-
3	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, Photocopy, and Display Material etc.	Rs. 5,000 /- (per Kishori Diwas) Rs. 5,000 x 2 = <b>Rs. 10,000 /-</b>	Rs. 10,000 /-
<b>Total</b>			-	-	<b>Rs. 26,316 /-</b>

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 is done by the ICDS functionaries.

  
**Shuchi Sehgal**  
 Deputy Director (ICDS)

# KISHORI SHAKTI YOJANA

## 3- DAYS WORKSHOP PROGRAMME SCHEDULE FOR – 2017-18

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

DAY II

10.00-11.00  
11.00-12.00

Discussion on sessions of Day -I and II  
Session on life skills

- 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

- 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