

MOST IMMEDIATE

F.No.9-13/2011-IGMSY
Government of India
Ministry of Women and Child Development

...
Shastri Bhawan, New Delhi
Dated: 28.04.2011

To

The Principal Secretaries/Secretaries/Administrators dealing with ICDS, *Sabla*
(Women and Child Development Department) (all States/UTs)

**Subject: Information Pamphlet of Rajiv Gandhi Scheme for Empowerment of
Adolescent Girls (RGSEAG)- *Sabla*.**

Sir/Madam,

As you are aware "Rajiv Gandhi Scheme for Empowerment of Adolescent
Girls (RGSEAG)- *Sabla* is being implemented as a pilot in 200 districts across the
Country.

2. In order to spread awareness about the Scheme among intended beneficiaries,
services providers and the community, we have developed a one-page A-4 size (three
fold) information pamphlet in English. The pamphlet is enclosed herewith. The
pamphlet is also available on the website of this Ministry (www.wcd.nic.in).
3. It may be translated in local language(s) and widely circulated among intended
beneficiaries and service providers.

Yours faithfully,

Vivek Joshi
(Vivek Joshi)

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Enclosure: Information Pamphlet (1 page)

☺ **Why are these services being provided:**

→ **Nutrition provision:**

- To improve your health and nutritional status: this nutrition is in addition to what you eat at home.



→ **Iron Folic Acid (IFA) tablets:**

- These are a must for you to improve:
 - iron content in blood
 - memory
 - physical energy level
 - dark circles under eyes
- Best time to have the IFA tablet is at night with dinner to avoid feelings of nausea, etc. which is experienced at times.

Conclusion: Don't give up consuming these tablets even if you have nausea for a while or excrete black stools as it is essential for the body.

→ **Learning to access public services provided by:**

- Post Office, Police Station, Bank:
This will make you feel confident in using them at any point in the future.
- Government under different Schemes / Programmes / Facilities will empower the Adolescent Girls.



*If you are below 14 years,
you should be rightfully admitted
to a nearby school under
Right to Education.*

**Rajiv Gandhi Scheme
For Empowerment of Adolescent Girls**

Sabla

*Enroll yourself for benefits under
Sabla at the Anganwadi Centre of the
village / mohalla if you are between
11 - 18 years.*



**Ministry of Women & Child Development
Government of India**

☺ Under Sabla you will:

- Get nutrition either as Take Home Ration or Hot Cooked Meal for 300 days in a year, if:
 - You are 11 – 14 years and out of school
 - or
 - You are 14 -18 years irrespective of whether you are in school or not.
- Get iron and folic acid tablets on regular basis.
- Have your health check-up done, height, weight, BMI measured.
- Receive knowledge about nutrition & health, family welfare, reproductive health, child care practices, etc.
- Learn to face life situations, to communicate and manage stress, develop self esteem and leadership skills, make healthy and safe choices in life.
- Visit public service facilities like Post Office, Police Station, Bank, etc. and learn about their working for accessing them at any point of time in life.
- Be enrolled in vocational training under National Skill Development Programme if you are between 16 to 18 years.

States / UTs may add message

☺ You will be a part of **Kishori Samooh** if you are out of school:

- Wherein a group of 15 to 25 Adolescent Girls in the village / area of the AWC will be formed.
- 3 Peer Leaders - 1 Sakhi and 2 Sahelis will be selected yearly from amongst you.
- The Sakhi and Saheli will be trained as peer leaders and will be link between Service Providers and the Adolescent Girls.



☺ There will be a **Kit** for your use at the Anganwadi Centre:

- Which will have games, charts, flashcards, etc.
- Which will assist in understanding various health, nutrition, social and legal issues.

☺ **Kishori Diwas**, the special health day will be held **once** in three months at AWC in which:

- AWW, Medical Officer ANM and ASHA will be present.
- Following activities will be performed:
 - General health check-up of all Adolescent Girls.
 - Filling up of Kishori Card.
 - Health and Nutrition Education.
 - Any other relevant activity.

You can ask questions about growing up, health, personal hygiene, etc.

