

16. SABLA: Rajiv Gandhi Scheme for Empowerment of Adolescent Girls (RGSEAG)

Theme	Education, Health, Nutrition
Department	Social Welfare department
Target group(s)	Adolescent Girls (AGs) between the age of 11 and 18 years in the selected districts where the scheme is implemented, including out-of school girls.
Description of the scheme	<p>Currently, this scheme is only available in the districts of Kupwara, Anantnag, Kathua, Jammu and Leh (Ladakh). The following services are provided under the scheme:</p> <p>I. Nutrition component: Target group: Girls between 11-14: out of school girls Girls between 14-18 years: all girls (both school-going and out of school girls)</p> <p>Supplementary nutrition may be provided to AGs by either Take Home Rations (THR) or Hot Cooked Meals as feasible. Each AG will be given at least 600 calories and 18-20 grams of protein and recommended daily intake of micronutrients per day, worth Rs. 5/-per day per beneficiary, for 300 days in a year.</p> <p>II. Non-nutrition component Target group: Out of school girls</p> <p>a) 11-18 years: - Nutrition provision - IFA supplementation - Health check-up and referral services - Nutrition and Health Education (NHE) - Counseling/guidance on family welfare, ARSH, child care practices - Life skills education and accessing public services</p>

	<p>b) 16-18 years: - Vocational training under National Skill Development Program (NSDP)</p> <p>For school-going girls between 11-18 years old, the Non Nutrition Component services described under a) will be provided twice in a month in school days and four times a month in vacations.</p>
Objectives	<ol style="list-style-type: none"> 1. To enable self-development and empowerment of adolescent girls; 2. To improve their nutrition and health status; 3. To spread awareness among adolescent girls about health, hygiene, nutrition, adolescent Reproductive and Sexual Health (ARSH), and family and health care; 4. To upgrade adolescent girls' home-based skills, life skills and vocational skills; 5. To mainstream out-of-school AGs into formal/non-formal education; and 6. Inform and guide AGs about existing public services, such as PHC, CHC, Post Office, Bank, Police Station, etc.
Eligibility	Out of school girls and school-going girls between the age of 11-18 years are eligible for different of the above mentioned components of this scheme.
How to apply for this scheme	Through the local Anganwadi Centre (AWC) or ICDS infrastructure.
Whom to contact for the actual status of the scheme	District Programme Officer (DPO) ICDS/Child Development Project Officer (CDPO).