

Integrated Rural Health Development Training Center Nepal
IRHDTC/Nepal
'I am a Child, Not a Bride- Phase II' Campaign
Monthly Report

November, 2023

After a successful inception meeting, Integrated Rural Health Development Training Center (IRHDTC) conducted a 2-day training program in Parsagadhi Municipality, focusing on establishing Vision Child Clubs to support the well-being of adolescent girls. With a commitment to Educate, Empower, and Elevate, the training involved 108 students from 11 community schools. Held at two secondary schools, the sessions covered key principles of Sexual and Reproductive Health and Rights (SRHR) education, improved services, a safe environment, inclusivity, advocacy opportunities, and non-discriminatory policies. The participation of teachers from all 11 schools facilitated collaboration. The objectives included providing a platform for SRHR education, fostering a supportive peer network, and cultivating leadership skills. The outcome was the creation of 11 Vision Child Clubs, each comprising 10 girls, representing all community schools in Parsagadhi. These clubs aim to be secure spaces, encouraging community, empowerment, and positive development for adolescent girls. The democratic selection of leaders ensures inclusivity. In conclusion, the establishment of Vision Child Clubs reflects a collective initiative to enhance the well-being of teenage girls, promising positive changes through education, empowerment, and community engagement. Continuous support is emphasized for a healthier and more empowered future for everyone involved.

IRHDTC also conducted a comprehensive 2-day Life Skill Training to enhance various abilities among adolescents. The training, held at two secondary schools in Parsagadhi Municipality, involved 108 students from 11 community schools who are members of the Vision Child Club. Recognizing the challenges faced by these students, especially in terms of communication and introversion, the training focused on vital skills like communication, decision-making, time management, leadership, problem-solving, interpersonal skills, and goal setting. Using interactive methods such as games, one-on-one talks, and creative activities, the training aimed to make learning interesting and enjoyable. The outcomes were significant, with notable improvements in confidence, self-expression, communication, problem-solving, and decision-

making skills observed among the students. In conclusion, the life skills training by IRHDTC resulted in positive changes, empowering students with essential skills for a more confident and capable future within the Vision Child Club.

One of the participant 'Aayushma Pandey' shared her thoughts on the training, expressing that the all-girl setting made them feel extremely comfortable. She emphasized the importance of this environment, stating that it allowed the girls to speak their minds without fear of judgment from boys. The training, being exclusively for girls, created a safe space where they could openly share their thoughts and experiences. This highlights the significance of providing a supportive and gender-specific platform for adolescent girls to address their concerns and engage in meaningful discussions during the training session.

Our ongoing efforts include the production of customized IEC BCC materials, with notebooks currently in the process of being printed. Alongside this, we are also making personalized water bottles featuring our logos and campaign name. We are maintaining an ongoing communication with focal teachers through regular follow-up calls to gather information about student's involvement in the Vision Child Club. These discussions also cover the planning of upcoming sessions.

Plan for the next event

We are in the process of organizing a Health Education Workshop and a Friend-raiser activity scheduled for the third week of December.



Students forming symbolic 'V' for Vision Child Club



Bulding bonds fostering growth:



Harmonizing voices for healthier tomorrow: Student Performing on awareness song



Creating connections through digit and teamwork



"Aspiring adolescents, hands raised with enthusiasm."