

Youth Empowers Youth

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ABSTRACT

The article focuses mainly on the changing of thought process and behavior of adolescent girls aged between 11-18yrs. As the advent of technology and advancement in science and research triggering the minds of the people to innovate novel ideas for the development of country on one side and on the other end of the spectrum leading to different evil effects on the behavior of youth. The basic foundation for innovative thought originates in adolescent age. The power of adolescent girls showers in the light of motivation which pave the way for a better future of India. To rule out the fear among adolescent girls Kishori Vikasam Scheme in Andhra Pradesh is working well for the glorious India.

Key words: Behaviour, Adolescents, Women's, Nutrition, Sexual Abuse

INTRODUCTION

Adolescence begins at the age of about 12 yrs in girls and 14yrs in boys. It lasts about 3yrs. During this period, there is spurt of growth in height, 8/10cm/yr. children from 11-13yrs are called pre-adolescents, 14-17yrs are adolescents and 18-20yrs are called as late adolescents.

CHARACTERISTICS OF ADOLESCENTS:

- Girls reach sexual maturity one or two years earlier than boys.
- Secondary sex characteristics in both boys and girls get visible.
- Attraction towards opposite sex.
- Are very moody and at times aggressive and disobedient.
- Needs independent and dislike interference of adults in their activities.

- Are concerned about their looks and overall personality.
- Needs the acceptance and approval of peers.
- Undergo identity crisis.

HELL IS HERE:

The development of country depends on the women to some extent. Today's girl is tomorrow's woman. Women's inequality is expressed in the rigid sex based or gender based dimension of work. This would call for change in the attitudes and changing attitudes is not easy task. Violence against girls exists everywhere, girls on many occasions are victimized by all sorts of discriminations, deprivations and obstructions in goal achieving responses.

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The incidents may occur at home, school, public places etc. These cases of violence are increasing day-by-day. In violence against girls cases of female infanticide, bride burning, child marriages, murder, rape, child trafficking etc are becoming more and more in the present scenario. Violence against girls is at all levels i.e., familial, societal and political. Therefore, gender sensitization training needs to be given to both boys and girls because even girls from a part of the same patriarchal structure in which our men's ideas, attitudes and values are shaped and thus they become perpetrators of the system.

HELL MOULDING AS HEAVEN:

Efforts towards resolving this issue of violence against girls and women some targeted inputs need to be directed at all the levels. To unleash the issues, the Government of Andhra Pradesh incepted a very new concept to strengthen adolescent girls by name KISHORI VIKASAM SCHEME (A motivational training to adolescent girls). At state level this Scheme was launched by Nobel Laureate and Child Rights Activist Sri. Satyarthi and Sri. Nara Chandrababu Naidu garu the Hon'ble Chief Minister on 19-09-2017 in Kurnool District.

OBJECTIVES OF THE SCHEME:

- To create awareness on gender, menstrual health and hygiene, Nutrition, Social issues, Goal setting and Career Guidance.
- To enable self-development and empowerment of Adolescent Girls.
- To develop life skills among the girl children so as to enable to make informed decisions and practice healthy behaviours.
- To educate girls, to protect themselves from sexual harassment and unruly opposite sex attraction

The aim of the program is to rule out the adolescent issues and to empower adolescent girls with power, knowledge and skill which we call as human resources. To make adolescents realize their true self and to sculpture the sculptors in three dimensional way of adolescent educational studio the adolescent girls were empowered by providing knowledge on various aspects of different disciplines such as:

- Gender awareness, equality and peer pressure
- Nutrition, beauty consciousness, relationships, values and customs
- Sexual abuse, child trafficking, child abuse
- Life skills, career guidance, differences between love and attraction
- Menstrual health and hygiene, physiological changes etc.,

By and large the momentum of the program was created by D.K. Govt Degree College students of Nellore district with the encouragement of the college Principal Dr. Ch. Masthanaiah garu. The key role in developing the program was played by the final year Under Graduate students. They were trained by District resource Group on the above said topics. These students are called as Peer Group Trainers (pgts). The pgts motivated Adolescent Girls (Ags) residing at various hostels such as Social Welfare Hostels, Kasturba Gandhi Balika vidyalayam (KGBV), Gurukulas, School dropouts and other Government residential institutions. Till now 713 pgts were trained by District Resource Group . The District Resource Group members are from multidisciplines. The pgts of Nellore district trained 10,000 Ags in various hostels.



District Resource Person smt. K. Aparna Devi training PGTs



PGTs with District Resource Person Smt. K. Aparna Devi at KGBV, Kavali, Nellore District, Andhra Pradesh



PGTS motivating Ags

IMPACT OF THE PROGRAM:

Ags shared and expressed their feelings freely and friendly to pgts. They were given solutions to the problems by pgts. The problems encountered by the pgts are:

- ✚ Menstrual problems
- ✚ Child marriages
- ✚ Love
- ✚ Nutritional issues
- ✚ Confusion in career planning etc.,

OBSERVED CHANGES IN ATTITUDES:

- ❖ Ags promised not to get married at early age.
- ❖ Ags want to pursue higher studies.
- ❖ Observed that cleanliness is following.
- ❖ Healthy eating habits were developed among Ags.
- ❖ Planning their career by using the resources at hand.
- ❖ Ags communicating with pgts through letters and calls over mobile and taking suggestions.

CONCLUSION

KISHORI VIKASAM in the State of Andhra Pradesh is growing by leaps and bounds and

getting fruitful results in the short span of time. Critical roadblock in the move is to change the attitude. Pgts worked hard in getting things done easy with their mesmerizing talk. The multitude of the program emulated sumptuous spread of knowledge in architecting the behavior of Ags.

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