

MY LIFE, MERE FAISLE 2021-2022

Transformative journeys with young people to address
Early and Child Marriage

Concept Note

Contact:
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Designed &
Implemented by



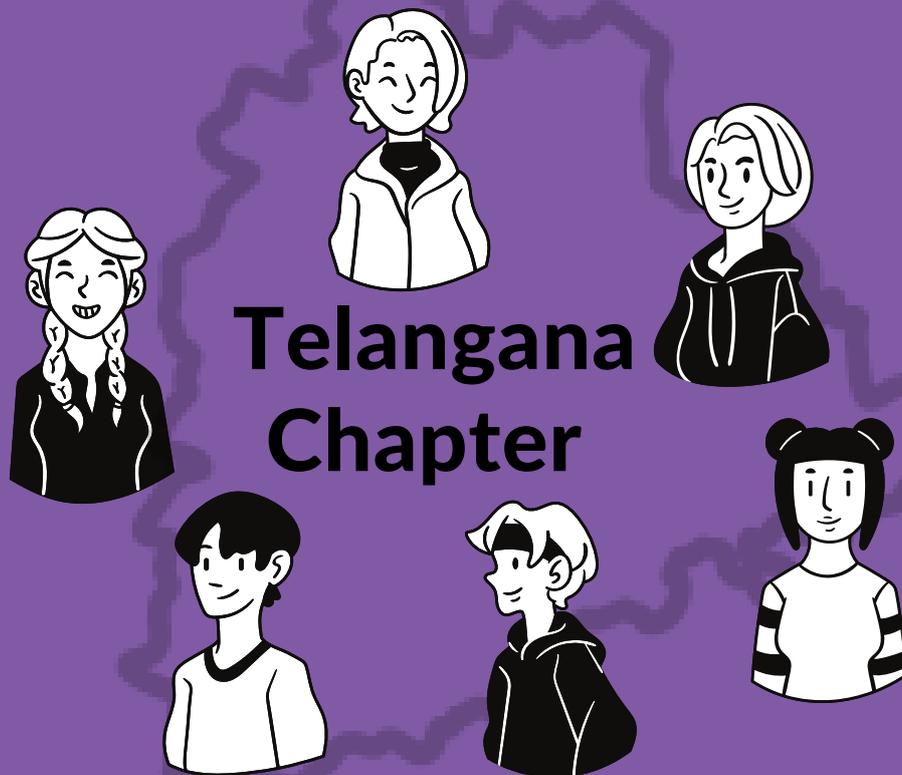
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My Life, Mere Faisle 2021-2022

CONTEXT:

Early and Child Marriage is a violation of human rights. It is a global issue that haunts many developed and developing countries. Shockingly, India has the highest number of child brides in the world with 223 million, of those, 102 million got married before the age of 15. Although, over the last decade persistent efforts across the country have resulted in reduction in the rate of Child Marriages from 50% to 27 % however, over the last one year, COVID-19 crisis has threatened to nullify the progress.

The severity of the pandemic led us to consequent lockdowns which caused the economy to come to a halt. We have witnessed sudden increase in unemployment, indefinite closure of schools, increase in poverty and loss of loved ones. Lack of proper means to care of their children have either pushed them into child marriage or forced them to work as child labour. According to an UNFPA 2020 report, the total effect of the COVID-19 pandemic is projected to result in 13 million additional child marriages. Furthermore, COVID-19 pandemic has increased these consequences as lock-down has disrupted the interventions on child marriage gender-based violence, child rights.

The lock-downs have led to a 27 percent rise in child marriages in Telangana. Several reports have expressed concern that, districts like Warangal, Bhupalapally, Jangaon, Mugulu, Mahabubabad have the highest number of child marriage cases in rise during lock-down in Telangana. There is a need than ever before, for teachers, development professionals and different stakeholders of the society to join hands to work on eliminating these evil practices. My Life, Mere Faisle is a programme designed to engage with youth and adolescents in efforts to end Early and Child Marriage.



ABOUT MY LIFE, MERE FAISLE (MLMF)

Long term interventions are the need of hour to address and eliminate Early and Child Marriage. Pravah has designed the MLMF programme which focuses on building a holistic knowledge among adolescents and youth on Gender, Sexuality, Sexual Reproductive Health Rights, Child rights in general and Gender based Violence and Early and Child Marriage in particular and focuses on nurturing 5th Space to build their capacities to aspire higher and build their abilities to negotiate their choices within their families and communities. Through a psycho-social approach, the programme focuses on building capacities of youth to work with adolescents on the issue of Early and Child Marriage, in their community.

Pravah has co-created and implemented this programme with 11 organisations in 17 districts across 7 states and has reached over 8000 participants, built the capacities of more than 300 peer leaders and trained 80 youth facilitators over the last five years since 2015. In Telangana, this was done in partnership with Rubaroo and over the last 4 years, they have worked in schools and communities, to build capacities of 70 Peer Leaders through the participants of the programme.

This year Pravah is endeavoring to directly implement the programme in Telangana with the support of Amplify Change by **partnering with educational institutions and other organisations which works with young people and on education to have their support in providing/mobilizing a total of 125 young individuals between 14-25 years to take part in our programme where they will be participating in our in-depth workshops. These workshops are of 8-10 days in duration where the institution/organization as per their convenience, can decide the timings and the dates.** Young people who will onboard in this journey will experience a fantastic learning opportunity that will help them in developing their skills of decision making and exercising their agency to fight for their freedom choice.



My Life, Mere Faisle

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EXPECTATIONS FROM PRAVAH MLMF

1. Pravah uses Psycho-Social Approach to provide 5th space, a space that aims towards creating holistic and experiential learning opportunities along with providing a safe, inclusive, nurturing, non-judgemental, respectful space for facilitators. This is to create a life-time opportunity for facilitators to explore themselves, to connect through their experiences with social issues and to explore love, happiness, freedom and ownership.
2. Experienced facilitators at Pravah will facilitate in Telugu / English / Hyderabad Hindi to equip the adolescents with the skills and tools of leadership, decision making and negotiation to exercise their agency in life thereby to lead social change in their communities.
3. The programme is provided free of cost. In addition, the MLMF team will also carry their own stationery and resource materials for the sessions. In case the partner organisations and the educational institutions already have the required materials, the team will request partners to support them with it.
4. Finally, The team will also make sure building sustainable partnerships with the local stakeholders i.e. NGOs, parents, schools, teachers wherever the programme is running.

EXPECTATIONS FROM PRAVAH PARTNERS

1. MLMF Pravah needs a prosperous and sustainable partnership from the organisations and educational institutions where the participants selected have to showcase a strong commitment for the programme.
2. For the successful partnership to take place, the organisations or the educational institutions are required to sign documents such as MOU i.e. Memorandum of Understanding, Media Consent form, Anti Sexual Harassment Policy and Child Protection Policy. These are to ensure a sustainable partnership and the safety and security of the individuals involved in the programme.
3. As per the programme outreach requirement, we would be implementing the curriculum with 125 young people, Hence, organisations are requested to nominate 125 young people from their side.
4. Since Pravah MLMF Team is reaching out to multiple organisations and educational institutions, we request that each of them nominate at least 60- 70 young participants from their side.
5. For the implementation, organisations and educational institutions must make an arrangement of space and if possible projectors in case the sessions requires the team to show a movie to conduct the workshops.
6. At the end of the programme, Participants will participate in the MLMF campaign. Therefore, organisations and educational institutions need to take a part in supporting the team and the participants participating in social media and on ground campaign.
7. Finally, the Team expects the partners to be fully supportive in our cause throughout to develop leadership, decision making and negotiation skills within participants

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PROGRAMME JOURNEY

Once the Memorandum of Understanding is signed by the partner organisation for the implementation of the MLMF programme, the participant's journey will be spread over 10 days where each session will be held for around 5 -6 hours. The journey will look as follows:

1. The Participants will be grouped in the batches of 25-30 members where the ratio of male is to Female will be 50:50. These Participants will be between 14- 25 years of age.
2. Before the start of the session the MLMF Team will provide the participants with an Audience Profile form and a Baseline Survey Form to fill, this is to understand the socio-economic background of the participants, their existing knowledge around the thematic that the programme focuses on. These aforementioned forms will serve as a need analysis and accordingly The MLMF team will prepare the workshops.
3. Foundation Workshops will focus on the thematics mentioned below:

- Session 1: Setting up 5th Space

To understand the importance of spaces for fostering self-development; Explain about Pravah and its 5th space approach; understand how to make 5th space by knowing the ground rules.

- Session 2: Aspiration

Participants will go on a meditative journey to connect with themselves on a deeper level. They will understand why Aspirations are needed; How to build aspiration i.e putting efforts; Taking 100% responsibility of my aspirations and my efforts.

- Session 3 : Decision, Values, Responding style, Empathy and Conflicts

To understand the relationship between Decisions, Values, Attitudes and behaviour; To understand different responding styles where we understand Empathy in depth and lastly to understand how to work on conflicts in a more positive way.

- Session 4: Understanding Identities (Gender &sex), patriarchy

To understand each individual plays the roles of multiple identities and how they impact your life; To understand Gender Identity in particular: what it is meant to be a Man and a Woman? and to understand Transgender identity; To understand gender stereotypes and their origin which is Patriarchy.

- Session 5: Understanding Adolescents (SRHR); Body Image

To understand the changes in physical body along with changes in feelings, self-consciousness and deep curiosity about self-identity that adolescents start to experience; To understand Male and Female sexual reproductive parts, Myth and Misconceptions around the physical changes; To understand, accept and celebrate each and every body and the importance of a healthy diet for a healthy body and mind

- Session 6: Stories, Marriage and Fears

To understand the narratives and reasons behind every story; to understand the importance of asking the right questions; To understand the concept of marriage and to comprehend the different aspects of fears and fears around marriage.

- Session 7: MLMF Campaign

participants will work on campaign against Early and Child Marriage and advocate for Adolescents Agency over their life decisions and body

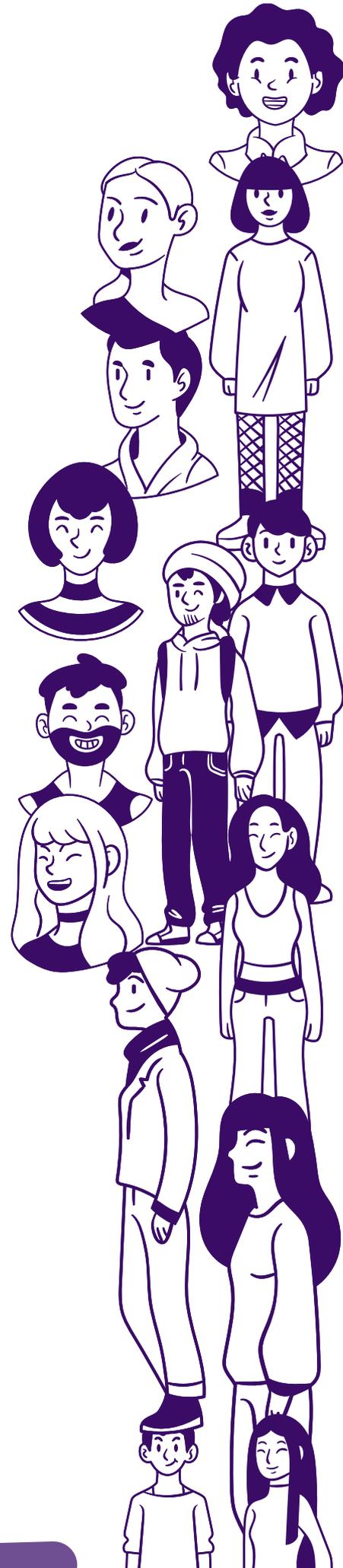
My Life, Mere Faisle

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About Pravah

Pravah was seeded in 1993, with the intent to create safe spaces for adolescents and youth to form their own opinions, worldview, bring about change within themselves and the society around them. Our education system is geared towards providing youth with skills to have a secure career and future however it does not prepare them adequately with skills to navigate life. We realise that to invest in nurturing lifelong learners it is critical to equip one with these skills in their adolescence or young adulthood. Pravah views youth through the youth centric development lens which focuses on building their leadership potential. Young people are viewed through various lenses in our society. We work with young people from diverse backgrounds to build their agency and enable them to act, such that they become self-aware, deeply empathetic, socially responsible leaders.

Pravah has reached out to 7 Lakh adolescents and youth, strengthened over 1000 youth engaging and youth led organisations across India and impacted 15 Million lives. Our national presence is through long term, quality partnerships with youth led organisations across India. Over the years we have reached out to in-school and out of school adolescents, youth in colleges, young social entrepreneurs, educators, youth facilitators and youth development organizations to create a nurturing ecosystem for youth centric development.



Write up for VGDC

From 23- of March 2022 till 31- of March 2022, Pravah, a youth-based organisation based out of Delhi implemented My Life, Mere Faisle programme in Vivekananda Government Degree College with 30 students. The aim of the programme is to develop youth leadership on the issues of gender and sexual and reproductive health and rights, along with that the programme provides a safe space and through activity-based workshop tries to create a dialogue on understanding the importance of aspirations, relationships, empathy and learning how to handle conflicts positively. The overall aim of the programme is to capacitate adolescents and youths in decision making, negotiation skills to take charge of their life in ultimately to prevent Early and Child Marriage from occurring. The approach is by taking the participants in an intensive 8 days workshop journey where the participants experience a mindset change around the themes mentioned above.

During these 8 days, the participants have also performed several take home tasks which includes performing domestic roles opposite to their gender where the boys have captured themselves cleaning the kitchen, cooking breakfast, tasks that usually mothers or sisters do, on video. On the other hand, girls have sat idle at home explaining that usually men of their family do not contribute any domestic tasks. Some other take some assignments include interviewing elders of the both genders at home or school about the challenges and privileges that they experienced because of their gender identity when they were young, identifying gender-based violence or discrimination by observing the pop culture music videos, cinemas. Lastly, the participants in their respective groups had to design a safety map of their community/locality identifying and marking safe and unsafe spaces by interviewing people where they feel safe and unsafe during morning, day, evening and night. During the presentation most of the group explained that spaces that occupy liquor shops are where people, especially women, feel unsafe. It was observed that while doing the take home activities and also having an intensive discussion around the themes, participants had considerable mindset change and some of them gained confidence to speak up. One of the male students has shared that after understanding menstruation and how women experience painful cramps, he became more empathetic when one time he supported a stranger by purchasing pads for her who in the middle of the road got her periods. Stories like these depict a huge mindset change making participants more empathetic and open towards social issues.

Pravah team shared that they were extremely grateful for the support that the faculty has provided at every step at Vivekananda Government Degree College and also thoroughly enjoyed the active participation and commitment that the students have shown. Pravah shared that they look forward to implementing the programme with another batch in future.



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My Life, Mere Faisle

in partnership with

**Department of English
Women Empowerment Cell**

**Vivekananda Government Degree College,
Vidyanagar, Hyderabad**

Certificate of Leadership awarded to

R. Sanjay Kumar

for successfully participating in and completing the experiential learning and leadership journey in 2021- 2022 at Vivekananda Government Degree College on Gender, Comprehensive Sexuality Education, and prevention of Early and Child Marriage.

NIVEDITA SONI
PRAVAH

DR. G. SUKANYA
PRINCIPAL
Vivekananda Government
Degree College

pravah
My Life Mere Faisla - Telangana Chapter
Direct Implementation
Attendance Sheet



School/Institution Name: Vivekananda Government Degree College
Youth Facilitator Name: Balendu Rashmi and Oruganti Chinmayee

S no	Participant Name	Date: 23/3	Date: 24/3	Date: 25/3	Date: 26/3	Date: 27/3	Date: 31/3	Date: 5/5	Date:
1	M. Sri Vaidhavi	Prif	Prif	Prif	Prif	Prif	Prif	Prif	
2	S. Suchitra	Suchitra	Suchitra	S. Suchitra	S. Suchitra	S. Suchitra	S. Suchitra	A	
3	M. Prasanna Lakshmi	M. Prasad	M. Prasad	M. Prasad	M. Prasad	A	A	A	
4	P. Lavanya	Lavanya	Lavanya	A	A	A	A	A	
5	M. Sharleya	Mishra	Mishra	A	A	A	A	A	
6	K. Sai Vidya	K. Sai Vidya	K. Sai Vidya	K. Sai Vidya	K. Sai Vidya	K. Sai Vidya	K. Sai Vidya	A	
7	K. Sarala	K. S.	A						
8	N. Alankhama	Alankhama	Alankhama	Alankhama	Alankhama	Alankhama	Alankhama	A	
9	Sai Shreya P	Shreya	Shreya	Shreya	Shreya	Shreya	Shreya	Shreya	
10	N. Nandini	Nandini	Nandini	Nandini	Nandini	Nandini	Nandini	Nandini	
11	Syed Arshiya	Arshiya	Arshiya	Arshiya	Arshiya	Arshiya	Arshiya	Arshiya	
12	A. Divya Sri	A. Divya Sri	A. Divya Sri	A. Divya Sri	A. Divya Sri	A. Divya Sri	A. Divya Sri	A	
13	Rugayya Fatima	Fatima	Fatima	Fatima	Fatima	Fatima	Fatima	Fatima	
14	S. Sri Ranavi	Sri Ranavi	Sri Ranavi	Sri Ranavi	Sri Ranavi	Sri Ranavi	Sri Ranavi	Sri Ranavi	

Signature of Youth Facilitator:



Pravah
My Life Mere Faisle - Telangana Chapter
Direct Implementation
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School/Institution Name: Vivekananda Government Degree College
Youth Facilitator Name: Balendu Rashmi and Oruganti Chinmayee

S no	Participant Name	Date: 23/3	Date: 24/3	Date: 25/3	Date: 26/3	Date: 30/3	Date: 31/3	Date:	Date:
15	P. Vidur Raju	Vidur	Vidur	Vidur	Vidur	Vidur	Vidur	Vidur	
16	MD. Wameed	Wameed	Wameed	Wameed	Wameed	A	A	A	
17	Pandey	Pandey	Pandey	Pandey	Pandey	Pandey	Pandey	Pandey	
18	N. Vane Kumar	NV	NV	NV	NV	NV	NV	NV	
19	A. pavan	A	A	A	A	A	A	A	
20	subham mishra	S	S	S	S	A	A	A	
21	J. Nithin	J. Nithin	J. Nithin	J. Nithin	J. Nithin	J. Nithin	J. Nithin	J. Nithin	
22	J. laxman	J. laxman	J. laxman	A	A	J. laxman	J. laxman	A	
23	K. Anirash	12. Anirash	12. Anirash	A	A	A	A	A	
24	S. Rahul Singh	S. Rahul	S. Rahul	A					
25	D. Amardeep	D. Amardeep	D. Amardeep	D. Amardeep	D. Amardeep	D. Amardeep	D. Amardeep	D. Amardeep	
26	J. Venu	J. Venu	J. Venu	J. Venu	J. Venu	A	A	A	
27	MD. Hasantameed	md. hasantameed	md. hasantameed	md. hasantameed	md. hasantameed	md. hasantameed	A	md. hasantameed	
28	N. Shiva Kumar	N. Shiva	A	N. Shiva Kumar					

Signature of Youth Facilitator:

Pravah
My Life Mere Faisla - Telangana Chapter
Direct Implementation
Attendance Sheet



School/Institution Name: Vivekananda Government Degree College
Youth Facilitator Name: Balendu Rashmi and Oruganti Chinmayee

S no	Participant Name	Date: 23/3	Date: 24/3	Date: 25/3	Date: 26/3	Date: 29/3	Date: 31/3/22	Date: 5/4/22	Date:
29	G. Hanicka	Hanick	Hanick	Hanick	Hanick	Hanick	G. Hanick	G. Hanick	
30	Anupriya.p	Anupriya	A	Anupriya	Anupriya	A	A	A	
31	Meghana.K	Meghana.K	A	Meghana.K	Meghana.K	A	A	A	
32	S.Saikeerthi	Keerthi	A	Keerthi	A	A	A	A	
33	B.Sreevani	B. Sreevani	A	B. Sreevani	B. Sreevani	A	B. Sreevani	A	
34	Sowmya								
35	Sowmya/Hanika	Sowmya 24/3/22	Sowmya 24/3/22	Sowmya 25/3/22	Sowmya 26/3/22	Sowmya 29/3/22	Sowmya 31/3/22	A	
36	N.Nandini	Nandini	Nandini	Nandini					
37	P.Sai shrey	shrey	shrey	shrey					
38	P. Devi Sai	P. Devi Sai	A	P. Devi Sai					
39	R. Sanjay Kumar	R. Sanjay Kumar	A	R. Sanjay Kumar					
40	K. Durga Sai	K. Durgasi	A	K. Sai					
41	S. veny		A	S. veny					
42	Achi Bhavari	Bhavari	Bhavari	Bhavari	Bhavari	A	A	A	

Signature of Youth Facilitator: 

- ① G. Hansika - 7386939190 ✓
- ② Saomyalal Handekar - 8179487156 ✓
- ③ M. Alanthakumari - 9133405995 ✓
- ④ A. Siva Sai - 8919476522 ✓
- ⑤ K. Sarala - 9100205429 ✓
- ⑥ K. Sri Vidya - 6281364967 ✓
- ⑦ S. Suchitra - 9100154118 ✓
- ⑧ S. Ashiya - 9393940271 ✓
- ⑨ K. Durga Sai - 9502161191 ✓
- ⑩ P. Devi Sri - 8074743191 ✓
- ⑪ Sri Ramani - 7207521706 ✓
- ⑫ P. Vidhan Pradhan - 8790499679 ✓
- ⑬ Raghayya Fatima - 7659961070 ✓
- ⑭ N. Nandini - 799796331 ✓
- ⑮ P. Sai Shreya - 6302143986 ✓
- ⑯ R. Sanjay - 6302196141 ✓

- 17 D. Amardheep - 9492484310 ✓
- 18 S. Rahul - 7013801510 ✓
- 19 Pandu - 9133582093 ✓
- 20 Iarman - 9523769457 ✓
- 21 Varu kumar - 6281163105 ✓
- 22 md Hasantameed - 9949719006 ✓
- 23 N. Shiva kumar - 6304792712 ✓
- 24.

K. Meghana
Prasanna Lakshmi
Vishwanath
Pallam
Nandini