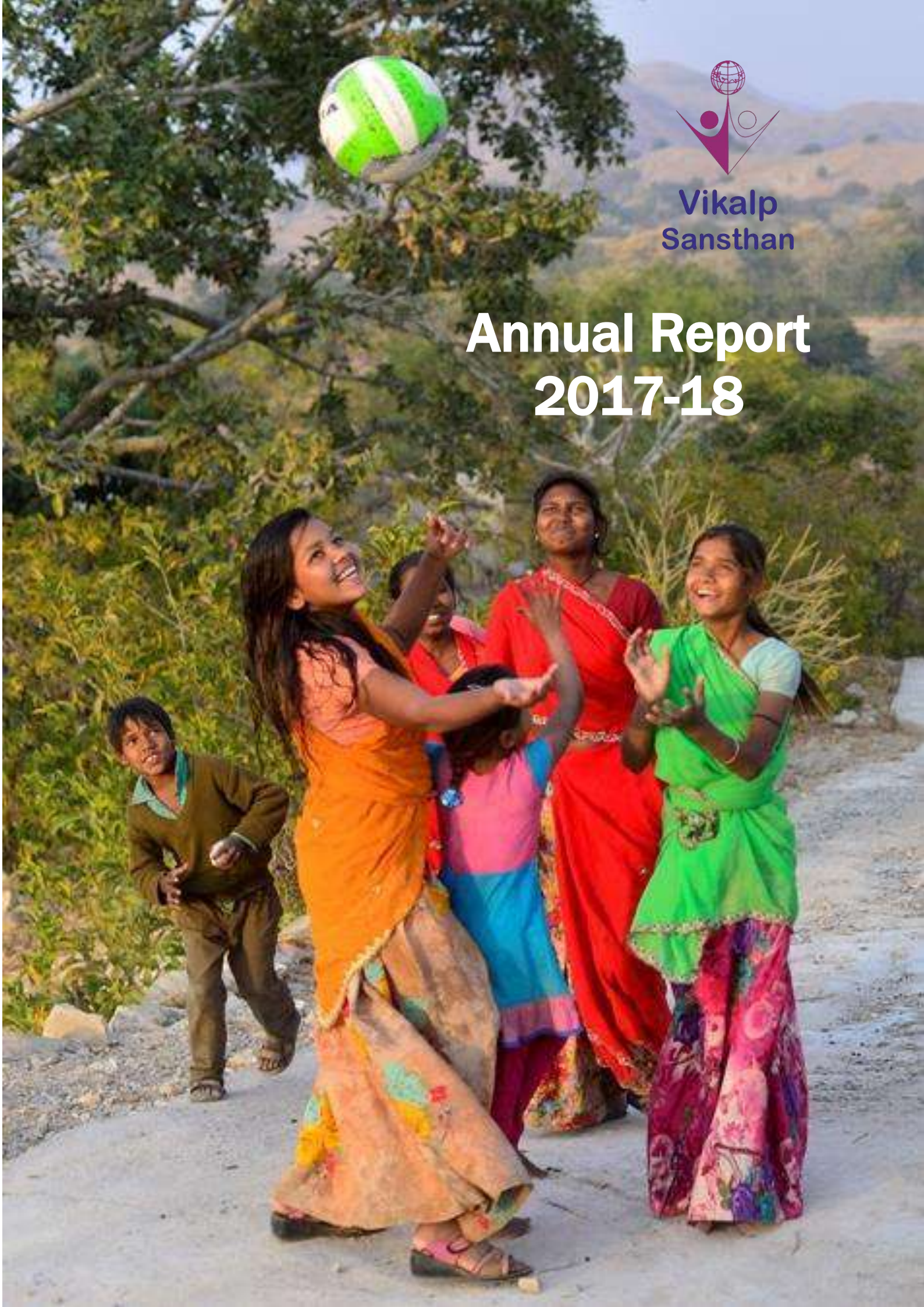




**Vikalp
Sansthan**

Annual Report 2017-18



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Vikalp Sansthan

Annual Report 2017-18

ABOUT US

Vikalp was registered in 2004 by a group of youth with a steadfast commitment to creating a society free from gender-based violence and discrimination. We are committed to a society based on equity, peace and justice. “Vikalp” means an “alternative”, and Vikalp Sansthan aims to find and enable alternatives to existing social structures that are marked by discrimination, violence and unequal opportunities for women and girls. We believe in accomplishing this by using the democratic system already in place instead of investing in new parallel systems. Vikalp strongly believe in working with youth and creating a new generation of agents of change. Vikalp has therefore dedicated itself to articulate the needs and aspirations of youth with integrity, accountability and perseverance.

OUR VISION

To create a violence-free society based on equity, peace and justice, where all people enjoy

- Physical and mental freedom for all
- Freedom from gender violence
- Equal opportunity
- Freedom from discrimination

OUR MISSION

To empower youth to end gender-based violence and discrimination through creating alternative and creative ways for them to voice their opinions, integrating them in the process of social development and creating a future which is just and equal for all.

OUR STRATEGY

Youth are our future leaders. Vikalp firmly believes that by changing the attitude of youth to gender equality – helping to inculcate a sense of justice, equality and independent thought – we can create a better society for our next generations. One of Vikalp’s key strategies therefore is to work with youth by sensitizing them to gender issues. Through them, we create awareness in the community, sensitize others to the discriminations faced by women, help the

survivors of violence and also advocate for policy changes from the village to the state level.

OUR APPROACH

Vikalp aims to target the issues of gender discrimination and violence in a holistic way, including by:

- Conducting public **awareness campaigns** led by youth volunteers, changemakers and **community partners**
- Conducting discussion forums at the local level to **build community awareness and capacity** around preventing gender discrimination
- **Advocating** to local governments and community leaders on the issue women face
- **Motivating community members** to address gender based issues through various networks and support groups, as well as links with government and other institutions
- Raising awareness in local **media** and increasing coverage on issues around violence against women
- **Sensitizing men** to the experiences and issues women face
- **Holistically empowering survivors** of violence, providing women with access to legal services, counseling, and regular follow-up
- **Developing and encouraging self-respect and self-worth** in women and young girls in order to assist women in recognizing their inherent value and strength.



OUR KEY INTERVENTIONS

MERI KHUSHI

MERI KHUSHI

Meri Khushi translates to 'My Happiness', but happiness is kind of luxury among adolescent girls in Rajasthan who face innumerable social hindrances in their daily lives. Vikalp wanted to help these girls find their happiness by providing a range of opportunities for self-empowerment and broadening their futures. Thus, the Meri Khushi Project was born.

This endeavor has been implemented in 40 villages of Mavli block, Udaipur. The initiative works with girls aged 11-19 years and engages stakeholders such as the families of girls, teachers and community leaders. Through this program, we help the girls to develop the skills they need to assert themselves and reclaim their rights, elevate their self-confidence and discourage harmful social practices that degrade their self-respect such as child marriage and sexual harassment.

Leadership and Capacity Building Workshops

Throughout the year, we conducted leadership and capacity building workshops for girls. These workshops were focused on improving the leadership and decision making skills of girls so that they could not only dream of a better future, but begin making efforts to achieve these aspirations. We encourage girls to dream of becoming independent from their male counterparts by making their own decisions and earning their own living. If this is achieved, it automatically reduces the cases of gender-based violence, child



marriages, dowry and drop-out rates of girls from school. During the workshops, girls are informed about various legislations which are in place to safeguard the rights of women which gives them confidence that there are others supporting and protecting them in these efforts.

Gender Fair

A Gender Fair was organized which witnessed the footfall of around 350 girls and 325 boys from different villages. The theme of the fair was *Badate Kadam, Barabari Ki Aur*, Rising Steps Towards Equality. The fair provided information about the rights of girls and the government schemes that are running in Rajasthan to empower and uplift women and girls. At the fair, we also distributed information about different courses and degree programs which the girls could attend after completing school. Various creative empowerment games were played which gave the girls lasting memories of their time at the fair.



Empowerment meetings with girls, young married girls and women

We conduct meetings with girls of school-going age, young married girls, and adult married women. In our meetings with girls, we encourage them to begin taking steps towards their aspirations. They are informed about their sexual and reproductive health and rights; contraceptives; menstruation and menstrual hygiene; causes, symptoms and cures of anemia; consequences and prevention of child marriages; types of gender-based violence; government schemes for their benefit; and general health and hygiene issues. They are also

informed about Vikalp's free telephone Helpline and Support Centre in Udaipur, which they can call to receive assistance if they are facing any type of discrimination or violence. We teach them about the importance of sports and their role in the empowerment of girls. Those who have dropped out of traditional education are taught about open-schooling and receive assistance filling out the form to re-enroll and prepare for their examinations.



We empower women through meetings, workshops, and strengthen village level groups. This year, we covered topics such as becoming financially independent; exposure to various livelihood options available to them; application for financial assistance for elderly, widowed, divorced, separated, and abandoned women; disability pension; and information on Vikalp's Helpline and Support Centre. Discussions around eradication of child marriages, promotion of girl child education and health and hygiene issues were also undertaken.

Collectivization

This year, we have worked to form collectives of girls and women in 40 villages. More than 1500 girls are engaged through monthly village meetings and participating in discussions around gender, child and early marriage, choice, love, affair, friendship, relationship, self love, personal growth, importance of education in life, sexual reproductive health, leadership, and peer learning. We provide lots of opportunities for girls to express their point of view, questions, confusions and experiences. Through these meetings, girls have a safe space to express themselves and feel supported when they speak up against child marriage and other forms of violence. The girls encourage one another and



together are taking small steps to break stereotypes in their own home and community.

The girls which are most active in village level meetings were invited to attend block level collective meetings where they come together to share their experiences and plan. We had four of these block level meetings to help smooth the

process of collectivization and address village level issues. As a result of these meetings, girls are becoming more active in village level activities, campaigns, and camps.

Exposure Tours

Exposure tours are an excellent way to expose girls to new places and ideas and motivate them to keep fighting for gender equality. This year, we organized three different exposure tours to Udaipur, Ajmer and Jaipur. During our Udaipur exposure tour, 100 girls had dialogue with district collector in which they shared village level problems with the collector and learned about collector's responsibilities. Many girls left that meeting inspired to become a district collector themselves.



40 girls participated in another exposure tour. They visited Mahila Jan Adhikar Samiti Ajmer (see Sports 4 Empowerment) and learned about their work. Finally, during third exposure tour to Jaipur, 10 girls participated in the Azad Foundation's Fair. There, they learned about gender games, government schemes, career for girls, opportunities for a career in driving, and self defense.

Action Research with Young Married Girls

Vikalp has expanded our efforts to include Action Research on gender-based issues. We believe that research is a vital step in better understanding the issues we deal. In order devise effective and comprehensive solutions, we must first examine the many factors which contribute to these issues and document our findings. In 2016, we conducted a study on the effects of early and childhood marriage, involving interviews with married girls, married boys and older women.

Based on the results of our 2016 study, this year we expanded our efforts to include more education and meetings with young women who were married

as children. We worked to educate these young married girls on topics such as sexual and reproductive health, their education, time management, their dream, and knowledge of their rights and existing laws. We also started working with the families and spouses of these girls. We have successfully engaged 179 married girls, 12 of which have restarted their education and wrote their 10th class exam through distance education system (State Open School Board).

Meri Khushi Camp

Vikalp organized our annual Meri Khushi camp over the summer holidays. 168 girls participated in the 45-day long camp. Various activities were conducted to empower the girls and endow them with skills to help them succeed, such as:

- **Spoken English classes**, which taught the girls to introduce themselves and their family members, explain their social status in their village and talk about their vision and dreams.
- **Computer Literacy classes**, which educated girls about the basics of computers like creating Word, Excel and PowerPoint presentations and using Paint. The goal of these classes was to increase girls' employability skills and job prospects, an important step in helping them gain financial independence.
- **Life Skills** Awareness sessions through which the girls were encouraged to build their communication and decision-making skills and improve their self-confidence.
- **Self-defense** techniques.
- **Health and Hygiene** sessions, which included open sessions on menstrual health and hygiene, the difference between gender and sex, and the reproductive system.
- **Fundamental and Human Rights** sessions, which taught them about the rights of women, major legislations protecting those rights (such as the Child Marriage Act of 2006), and taught them how to report cases of domestic violence, child marriage and gender based violence.





Outcomes

- Girls got an opportunity to escape from their house-work and participate in the camp to learn new skills and enjoy their adolescence.
- Computer classes helped women to find employment opportunities at E-Mitra Centres, schools, data entry jobs, etc.
- Girls learned how to take special care of cleanliness during menstruation and have started educating the other women in their family on the issue.
- Women have learnt to believe in themselves, improving their self-esteem. They have developed healthy mindsets about their body image and changed the way they regarded their menstruation.
- Women have started voicing their concerns at Gram Sabha meetings and attending block level meetings as well.
- Women have also begun to participate in important family decisions especially the matters regarding marriage and education of their daughters.

SPORTS FOR EMPOWERMENT



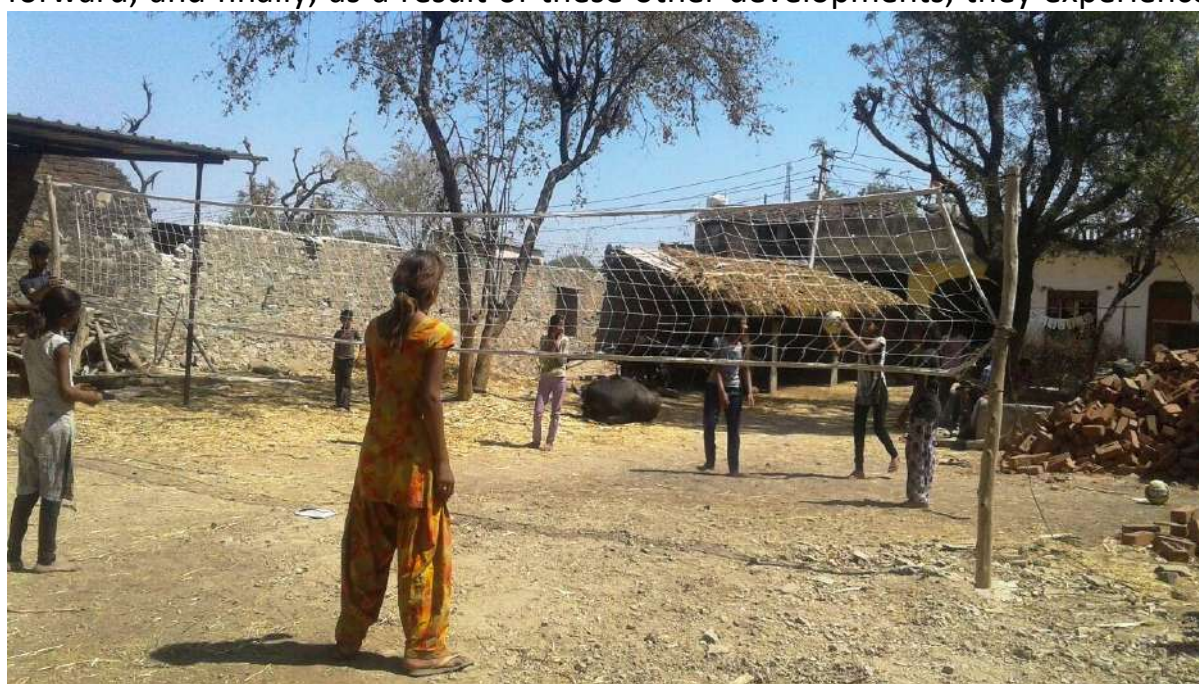
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SPORTS FOR EMPOWERMENT

In Rajasthan, young girls are restricted to their homes by housework and strict rules governing "appropriate behavior, limiting their opportunities to develop new skills or try new things. They are discouraged from accessing educational opportunities or even playing together outside of their homes, and with time they lose their drive to advance themselves or be in control of their lives. For these reasons, the Sports 4 Empowerment program was initiated in 2014.

Sports for Empowerment (S4E) is a program which aims to bring empowerment among girls and women through the medium of sports. It provides a supportive environment for girls to learn a new skill, develop self-confidence and better understand their bodies, health and capabilities. Vikalp believes that sports can be used as an inroad for socialization, networking and discussion. When sports are used in conjunction with other styles of learning, like workshops, mentoring, and girls-only safe space discussion, their value is truly realized. This program has been undertaken in a number of rural villages where the risk of child marriage, violence and dropping out of school was particularly high for girls.

With the opportunities that come from sports, girls experience many positive developments: they feel less fearful of the outside world and begin to embrace new experiences; they experience the pride of winning (some for the first time) and as a result nurture a healthy competitive spirit; they better understand their bodies and gain confident in their athletic abilities; they feel empowered to step up and take responsibility to move their community forward; and finally, as a result of these other developments, they experience



a reinvigorated sense of self and begin to take control of their lives and advance themselves through pursuing higher education, a career, and being an active participant in decisions that govern their future, such as marriage.

Sports Camp



During summer vacation, Vikalp organized a sports camp for to help girls reach their full potential while nurturing their sports skills, boosting their confidence, increasing their leadership abilities, and encouraging them to continue their sports and education. 126 girls from 20 villages of Gogunda and Mavli attended the camp.

It was residential, district level camp, where expert coaches gave them important inputs and provided proper practice sessions for the girls to learn their sport. In the mornings and evenings, girls practiced, and during the day they attended workshops on various life skills. At the end of the camp, girls had reignited their passion and drive to play sports, and honed their athletic skills. As a result, they are now mobilizing more girls to play sports in their respective villages and are continuing their practice, while managing to finish their chores and other work too.

Block Level Match

Vikalp organized block level matches in both Mavli and Gogunda block to foster an acceptance of girls playing sports among community members and increase girls' confidence to play in front of others. Every quarter, Vikalp organizes a block level match at a different village, so different communities get an opportunity to host the girls and more girls and women are exposed to the possibility of girls playing sports. During this year, Vikalp organized six block level matches in six different villages in both blocks of Udaipur, where more than 350 girls participated and more than 2000 community members came to watch. These matches have begun to change community perspectives. Slowly, more girls are



joining sports and community members, parents and boys are becoming more supportive. Overall, we've seen girls facing less resistance in their communities and homes.

Meeting with Stakeholders

Regular conversations with parents, teachers, Aanganwadi Workers, community members, and citizen representatives are necessary to ensure the empowerment of girls through sports. During our work in the field, we have witnessed that parents are often reluctant to allow their daughters to play sports. Instead, girls are burdened with household work to stop them from playing. In various instances, it has been witnessed that even teachers are unsupportive of girls playing sports, whereas boys are encouraged to do so.

In order to empower girls, we conducted meetings with different stakeholders to begin clearing the hurdles that blocked the roads of empowerment among girls. As a result of this work, a team of young girls and boys went for a Net Ball tournament held in New Delhi and played against 16 teams from across the nation.

Annual Sports Festival

Each year, Vikalp organizes a sports festival in which girls have the opportunity to meet and interact with each other, enjoy playing sports together and display the skills they have learnt from sports trainings and various sessions conducted throughout the past year.

This year, girls from Mavli and Gogunda blocks participated in the festival which was held on 3rd November 2017 in Udaipur. Nearly 200 girls from more than 20 villages participated in the event. Six teams from Mavli and four teams from Gogunda block took part in the festival and were extremely enthusiastic to play against one another. Teams were divided into two groups- Group A and Group B. Group A was for those still learning whereas Group B was for more experienced players. We surprised them with new sports uniform the moment



they entered the ground. The girls' excitement from receiving new uniforms elevated their energies to the next level.

Vikalp invited various national and international players to the event in order to inspire the girls with positive role models and motivate them to continue stimulating social change in their respective communities. Guest included International Table Tennis Player Priyanka Pareek, International Powerlifter Mala Sukhwai, International Kudo Girl and Black Belt Rajnandini, National Badminton Player Manasi Chouhan and Mumal Chouhan, who shared stories of the successes and struggles they've experienced as women who play sports in order to inspire and energize the girls to keep going.

In addition, the sports festival was attended by Chief Guest Economic Counsellor Timothy Kendall and Direct Aid Program (DAP) Administrator Pallavi Nayek, as well as Special Guest Senior Sports Authority of India's senior coach Suman Pareek. In the 15 to 19 age group, the girls of Vashanimaphi of Mavali won and in the 11 to 14 age group, the girls of Obarakhurd won.

Exposure Visit

Vikalp organized an exposure visit of its staff and volunteers to *Mahila Jan Adhikar Samiti (MJAS), Ajmer*. MJAS advocates on the issues of child marriages, dowry system, gender-based violence, dropped out girls, child rights, and health and sanitation. Their main aim is to empower women and unshackle them from the tight grip of patriarchy. 44 female volunteers accompanied us to visit MJAS and had an insightful experience learning about the grassroots level work that MJAS is doing. It was a successful visit which energized our volunteers and gave a new spirit to our team. We also got to see MJAS's all-girl football team in action.



Challenges

This year, Sports 4 Empowerment experienced and overcame its fair share of challenges. While girls may have their family and community support to attend school, these same people may discourage them from playing sports, claiming that time would be better spent completing housework. Teachers in the schools also do not understand the value of sports and tell the girls their time would be better spent studying. As such, girls can be discouraged from playing by two of the main stakeholders in their lives. Even in progressive communities, girls participating in sports is not wholly accepted.

It is difficult to find available places in the village to practice sports, as most grounds are already occupied by boys who are reluctant to give up their practice field for girls to play. When girls are permitted to play and find space, many of them are malnourished and tire easily. Due to so many struggles, the girls get frustrated and are discouraged by the uphill battle needed gain access to such opportunities.

Despite these obstacles, 20 all-girls volleyball teams, 6 all-girls kabaddi teams, and 3 mix-gender netball teams have been established in the Gogunda and Mavli blocks of Rajasthan.



The girls are rushing through their housework and chores to make it on time to practice, and their hesitation on the court has decreased significantly, replaced with growing confidence and enthusiasm. Some girls from our teams have also begun competing in district-level Open matches.

Outcomes

- 20 all-girls volleyball teams, 6 all-girls kabaddi teams, and 3 mix-gender netball teams have been established
- The presence of girls playing sports is slowly being accepted in communities
- The communities are preparing and reserving sports fields for the girls
- Girls are gaining confidence, strength, and being exposed to the opportunities available to them



Youth for Equality



YOUTH FOR EQUALITY

Vikalp believes that engaging men and boys from all walks of life is an integral step in ending gender-based violence. Our Youth for Equality initiative is actively working in 30 villages across Rajasthan with special emphasis on engaging men and boys in the promotion of equal and positive gender roles. The program aims at creating open and safe spaces for young men to share their experiences with each other and to discuss gender-based issues varying from child marriage to sexuality. The program also aims to create awareness among young men about the rights and potential of women, creation of inclusive societies, and how to develop into positive role models within their own families. Through this program, men are agents of change, addressing social issues by speaking directly with family members and local communities who are perpetuating gender-based inequality and discrimination.



This year we have engaged more than 2000 young men and boys across 50 villages in Mavli and 21 villages in Gogunda through various activities like village level meetings, capacity building training workshops, campaign, block level meetings, *Kishor Varta* (an audio program for adolescent boys), camps, and session in schools.

Ek Sath Campaign



Ek Sath is a national level campaign to engage men and boys for gender justice through communication materials. Vikalp is partnering with this campaign in Rajasthan. Under this campaign, Vikalp along with the Centre for Health and Social Justice organize a capacity-building training for Samanata Sathi (young changemakers) and mentors of 71

villages. These mentors are responsible for mobilizing more young men in their respective villages and sharing the campaign material and information with them. With the help of campaign materials like posters, stories, and stickers, mentors discussed issues of gender discrimination, child marriage, masculinity, sexuality, and violence against girls and women with young men and boys in their communities.

End Child Marriage Campaign

Vikalp organized a 10-day long campaign to end child marriage in 30 villages, which was led by our young men and boys changemakers, volunteers and mentors. During the campaign, they organized meetings with community leaders, parents, teachers, panchayat leaders, students, and front-line officials. They also painted motivational slogans on the walls of common places, pasted posters and stickers, and organized a foot march and a candle light march in villages with the collaboration of schools.



***Kishor Varta*- An Audio Story Program for Adolescent Boys**

Under program of Youth for Equality, Vikalp in collaboration with the Centre for Health and Social Justice (CHSJ) ran *Kishor Varta*. We mobilized more than 400 boys to register themselves on IVRS program. Using IVRS (Interactive Voice Response System), the boys have access to 4 different audio stories on their mobile phone and can answer a few questions at the end of each part of story. These stories are unique teaching tools because they weave in several key issues of gender discrimination such as child marriage, masculinity, patriarchy, sexuality and violence against women.



However, after a few days we realized that boys didn't have their own mobile phones and so were unable to use IVRS. Instead, we began to use one mobile phone or laptop and listened to the stories and answered the accompanying questions as a group.

It worked well because it provided an opportunity to discuss the stories with the group and create a dialogue.

Gender, Masculinities and Sexuality Workshops for Boys

Vikalp organized three gender, masculinities and sexuality workshops for adolescent boys. In total 120 boys from 25 villages participated in these workshops, helping our boys' groups to become stronger. We have observed them putting what they learned in these workshops into practice. They have helped their sisters and wives to pursue education, stopped teasing and using abusive words against girls and women, began helping in household chores,



are actively participating in different campaigns at the village and block level, helped sisters play sports, raised their voices against child marriage and discrimination, and reported child marriage and domestic violence against women when they saw it. We are extremely proud of the changes these boys and men are making and are excited to continue witnessing these developments as the program continues.

Outcomes

- Young boys have become active advocates for women and girls and are changing gender stereotypes in their own family spaces.
- Youth are taking the initiatives to organize community meetings, as well as discussions with adolescents about child marriage and sexuality, etc.
- Young people have developed their awareness of various social issues that are plaguing their communities and have built the capacity to stop such practices.
- Group interactions have increased among young people and they are more comfortable to openly discuss the issues that are hindering their individual and collective growth.
- 30 youth groups have become more active





**HELPLINE AND
SUPPORT CENTRE FOR
WOMEN AND GIRLS**

HELPLINE AND SUPPORT CENTRE FOR WOMEN AND GIRLS

After 14 years of experience in the field, Vikalp observed that women and girls have no one they can talk to about the struggles they experience on a day to day basis. They are reticent to share their problems with others for fear of not being believed or being shamed, and proper care and counseling services are not available to them. Existing resources were inadequate or women were unable to use them because they were prohibited from leaving the house. Stuck in cycles of violence, women had few judgement-free resources to help them out, so Vikalp decided to step in.



About the Centre

In April 2017, Vikalp opened its Helpline and Support Centre. The centre consists of a helpline telephone number women and girls from anywhere in our intervention area can call when in need or simply when they need someone to talk to, and a physical centre in Udaipur which they can visit for counselling and other services. The centre employs two full-time counsellors, which answer the helpline, manage the cases that come to the centre, and conduct field visits to check on those who have previously received support, in addition to many other duties.

In addition to their work with survivors, our counsellors also do partnership and training with organizations doing similar work, police, and referral departments. They also conduct gender related workshops in schools, colleges

and hostels to generate awareness on various gender related issues, and work to create a volunteer base in villages, communities, schools and colleges.

At the Centre, Vikalp provides social, legal and psychological support as well as counseling and assistance. With the help of this centre, women can



learn about the legislations that shield them, be referred to more resources and be helped in registering complaints with the police. We also conduct family counselling to solve problems at their root and provide boarding, lodging and a child care facility for women who travel from various other cities and towns for help. In addition to the referrals we receive from the Helpline and other agencies, our counsellors also reach out to women and girls whose cases are reported by the media (newspapers/local channels) and offer our services to them.s

Formal Inauguration of Centre

On 20th September 2017, Vikalp organized an inauguration ceremony for our Helpline and Support Centre. More than 60 police officials, women & child department representatives, child welfare committee, local ngos' representatives, advocates, activists and volunteers joined us on this occasion and promised to support our efforts. During the ceremony, the city mayor, district police superintendent, additional police superintendent, women and child department deputy director, senior advocates and NGO heads spoke and shared their support.



Outreach and Networking

To raise awareness for our Centre, Vikalp published a brochure, poster and stickers for distribution during outreach and networking. These posters have been pasted in police stations, government offices and NGO offices and our brochures are distributed at all of our outreach activities. We conduct outreach and networking with other organizations which work with women survivors such as police, government offices, and other NGOs so that they are aware of the services we provide and can refer women to us when necessary. We received 4 cases by referral this year.



Case Work

From April, 2017 to March, 2018, the Centre provided necessary help and support to 48 survivor women and girls. Out of these, 28 cases have been resolved as per survivor's demand and requirements and 20 are still under process. Regular follow ups are been conducted with all 28 women to ensure their safety and wellbeing.

Sr.	Category	Number	Solved	In Process
1	Sexual harassment	7	1	6
2	Domestic violence	26	15	11
3	Witch craft and harassment	1	1	0
4	Child's custody	1	1	0
5	Murder	1	0	1
6	Property	1	0	1
7	Related to job	2	2	0
8	Related to government schemes	9	8	1
	Total	48	28	20

Awareness Workshops

Through gender related workshops, we have been able to reach around 6500 girls and women and 2000 boys. As a result of these workshops, many more young people are aware of our helpline and services and disseminated this information to their families. This has led to increase in awareness about gender and equality in the area. We also held community-based workshops with 863 women. Along with discussion around gender and gender based violence, information about the Helpline was given in these workshops. As a result, many cases from the participants were registered on the spot.



Creating Support Structures in Communities

In addition, the Centre team has organized regular interactions and meetings in 25 communities of Udaipur city and successfully created support groups for survivors in 10 of these communities. We hold meetings with these women in which they can discuss their achievements and setbacks, and emotions. We also invite other women from the community who are not associated with the Helpline to come to the meetings in order to raise awareness and build a network of women who can look out for one another. Our ultimate goal is to create self-sustaining support structures in these communities so women and girls have support even when they are unable to access the centre.

Celebrations

For **International Human Rights**, we held a celebration at our centre for women from our community support groups. All women (survivors) whose

cases were registered by the centre were invited to the celebration. Many arrived accompanied by their friends and relatives who wanted to know more about the centre and its services. As part of the celebration, all women were informed of their legal rights, various government schemes related to them and guidance to speak up against any kind of abuse. Then, many women stood up to share stories of their inspiring journeys from being a survivor to a self-reliant person. One woman from each community was elected as a volunteer, who took the challenge of creating a women support group in their respective communities. At the end of the function, everyone swore to speak and act against any abuse happening in their lives and support each other to live a happy and abuse free life.

On 24th January, we celebrated **National Girls Child Day** with two girls' schools in Udaipur. We provided information and knowledge about women and girls related laws and the Protection of Children from Sexual Offences (POCSO) Act. We also played gender games with girls. We were able to reach 250 girls and give them information about the centre.

For **International Women's Day** we organized a dialogue with 60 women and girls from the city and nearby villages. As part of the dialogue, women activists, labor department representatives and other senior women social workers shared their experiences with the women and girls. Together, all women present pledged to not accept violence in their lives and to help other women and girls.





OTHER MAJOR ACTIVITIES



OTHER MAJOR ACTIVITIES FOR SOCIAL CHANGE

16 Days of Activism Against Gender Based Violence

16 Days of Activism Against Gender Based Violence is an international campaign aimed at ending violence against women and girls. The annual campaign begins on International Day of the Elimination of Violence against Women, 25th November, and finishes on Human Rights Day, 10th December. Each year, Vikalp runs its own campaign to raise awareness of the importance of ending gender based violence.

We celebrated the 16 Days Activism campaign with great enthusiasm by conducting activities in Udaipur city, Mavli block and Gogunda block. Our volunteers and community members joined hands with to successfully run this campaign aimed at completely eradicating gender-based violence from their respective blocks. With the exuberant support from the community, we orchestrated a lively campaign including:

- Rallies in the community
- *Kishori Melas* (Gender Fairs)
- Street Plays
- Candle Marches
- Palm printing by adolescents to stand for equality
- Discussions with girls, boys, their parents, schools, community members, police officers, Panchayat Raj Institutions (local self-governance) members, caterers and child brides and grooms
- Block level meetings with adolescent girls



Sexual and Reproductive Health and Rights (SRHR)

Changing mindsets regarding entrenched prejudices is not easy. To do so, we need to understand how and why we take certain stances on gender and sexuality. While working with adolescent and young girls of villages, we realized that girls do not have adequate information regarding their own body and health. They have millions of misconceptions regarding menstruation and sexual intercourse and few resources to turn to for reliable information.



In order to develop a generation of young advocates who are aware of their sexual and reproductive health and rights, Vikalp organized SRHR training in collaboration with ALFA Educational Society. The training was facilitated by Centre for Catalyzing Change (C3) Foundation. Over the course of two days, a total of 63 tribal girls from Kherwara and Mavli blocks of Udaipur participated in various sessions on understanding our bodies, menstruation and breaking the stigmas surrounding it, anemia, and various contraceptive methods. The main focus was on eliminating their reluctance to openly talk about sexual and reproductive rights and express health issues related to our reproductive systems.

Yojana Pilot Project

Vikalp organized a 3-days training in partnership with Yojana Projecthulp, Netherlands. A total of 23 participants attended the training, including school teachers, Aanganwadi workers, volunteers and Vikalp staff.



Four trainers from the Netherlands as well as a Philosophy for Children (P4C) expert from Maharashtra were invited to share their expertise among the participants. The trainers taught students about Korfbal, a game which is very similar to Basketball and Netball, but with a greater focus on gender equality. The team formation in Korfbal is such that half of the players are girls and half are boys. It encourages girls to participate in the sports and be equal partners with the boys on their team. The trainers also explained Judo and emphasized to the participants how important it was to respect their opponent as an equal rather than engaging in a competition. The students very much enjoyed learning about both games.

All participants were also introduced to the concept of RTTS (Reading to the Smallest) - the dramatization of stories by reading them aloud for young children using expressions and body gestures. It is a great way to spend time with the children and engage them in an effective learning process - children love to listen to stories.

Participants took these learning from the training and implemented them in the field with children in schools. Children genuinely enjoyed the sessions and expressed their delight by repeatedly asking us to return and permanently start the activities in their schools.

National and International Girl Child Day 2018

Vikalp celebrated National Girl Child Day in Gogunda block with 254 children on 24th January and International Girl Child Day with 101 girls in Udaipur city on 11th October. With full enthusiasm and zeal, several activities were carried out with the ultimate objective of creating awareness among girls about



gender-based discrimination within their family and society, domestic violence, importance of education, ending child marriage and other social problems.

Vikalp invited various resource persons who enlightened the girls on how these gender-related social problems are a challenge for the whole society and what they can do to address these challenges. A rally was organised in Udaipur City in which around 100 girls took to the streets with slogans about girls' rights, girls' education, and being proud to be a girl. The celebration also engaged various government representatives and experts from different backgrounds who briefed the girl participants on how they could take empowering steps for themselves and fight for a gender friendly and inclusive society.

On the occasion of International Girl Child Day, girls submitted a Memorandum of Appeal to higher government authorities with the following agendas:

- To appoint an Officer for the Prevention of Child Marriage
- To give more emphasis to education of girls coming from rural backgrounds
- To ensure the protection of girls who are leading efforts to stop child marriage in their local communities
- To ensure quality health services for girls
- To provide hostel and residence facilities for girls
- To generate and offer employment opportunities for girls of rural communities
- To put a special focus on women's empowerment



Vikalp's team and its capacity building events



Vikalp team members Usha and Yogesh participated in Empowerment institute's Global Meet in Morocco from 2nd to 11th March 2017



Vikalp team with Kashmiri NGO team during Annual Retreat 2017



Vikalp's Annual Review and planning workshop



OUR AUDIT

VIKALP SANSTHAN
80, Vinayak Nagar, Ramgiri, Badgaon
Udaipur (Rajasthan)


Consolidated Balance Sheet
as on 31st March 2018

Liabilities	Amount (Rs.)	Assets	Amount (Rs.)
FUND ACCOUNT (As Per Schedule 1)	1,457,274.82	FIXED ASSETS (As Per Schedule 6)	645,164.00
INCOME & EXPENDITURE (As Per Schedule 2)	2,148,089.32	DEPOSITS (As Per Schedule 7)	3,247,814.00
UNSPENT GRANT (As Per Schedule 3)	1,179,316.91	LOAN & ADVANCE (As Per Schedule 8)	102,600.00
PROVISION (As Per Schedule 4)	1,062.00	OVERSPENT GRANT (As Per Schedule 9)	153,479.00
STAFF SECURITY DEPOSIT (As Per Schedule 5)	113,125.00	CURRENT ASSETS (As Per Schedule 12)	87,116.00
Sundry Creditor (As Per Schedule 13)	105,330.00	BANK ACCOUNT (As Per Schedule 10)	765470.98
		CASH IN HAND (As Per Schedule 11)	2554.07
Total	5,004,198.05	Total	5,004,198.05

As per our report of even date
S.D. Baya & Co.
Chartered Accountant

Place- UDAIPUR
Date- 10-06-2018


(Usha Choudhary)
Secretary


S.D.BAYA
Proprietor
M.No. 076167



VIKALP SANSTHAN
80, Vinayak Nagar, Ramgiri, Badgaon
Udaipur (Rajasthan)

Consolidated Income & Expenditure A/c
for the year ended on 31st March 2018

Expenditure	Amount (Rs.)	Income	Amount (Rs.)
Project Expenses		Grant Received	
American Jewish World Service	3041184.00	American Jewish World Service	3041184.00
Australian Hight Commission	1394006.00	Australian Hight Commission	1394006.00
Centre for Health & Social Justice	679436.00	Centre for Health & Social Justice	679436.00
Save The Children	1389869.00	Save The Children	1389869.00
Embassy of the Federal Republic of Germany	16650.00	Embassy of the Federal Republic of Germany	16650.00
Go Philanthropic Foundation	250500.00	Go Philanthropic Foundation	250500.00
Centre For Catalyzing Change	235463.00	Centre For Catalyzing Change	235463.00
Yojana Projecthulp	227798.00	Yojana Projecthulp	227798.00
Administrative Cost		Other Income	
Misc. Expenses FF	7746.50	Administrative Receipts	
Misc. Expenses IF	10511.00	Admin Receipt FF	962824.97
		Admin Receipt IF	57198.00
Excess of Income over Expenditure	1001765.47		
Total	8,254,928.97	Total	8,254,928.97

As per our report of even date

S.D. Baya & Co.

Chartered Accountant

Place- UDAIPUR
Date- 10-06-2018


(Usha Choudhary)
Secretary



S.D. BAYA
Proprietor
M.No. 076167

VIKALP SANSTHAN
80, Vinayak Nagar, Ramgiri, Badgaon
Udaipur (Rajasthan)
Consolidated Receipt and Payment A/c
for the year ended on 31st March 2018


Receipt	Amount (Rs.)	Payment	Amount (Rs.)
Opening Balances		Project & Other Expenses	
Cash in Hand	5,079.07	Bank Commission	4956.50
Cash at Bank	393,207.10	ADMINISTRATION COST	185.00
Current Liabilities foregin fund	20671.00	American Jewish World Service	164046.00
		Australian High Commission	117179.00
Current Assets		Centre for Health & Social Justice	55421.00
		Embassy of the Federal Republic of Germany	12300.00
Overspend Action Aid (FF)	206,679.00	Go Philanthropic Foundation	27461.00
		Save The Children	14669.00
Loan & Advances Received		Centre For Catalyzing Change	5609.00
Foregin Fund	42398.00	Yojana Projecthulp	20573.00
Indian Fund (Security)	86652.00	Vikalp Own Expenses	10511.00
Deposit Assets (Foregin Fund)	5229500		
Deposit Assets (Indian fund)	50000.00	Loan & Advances Payment	
Ajeet Choudhary	14712.00	Foregin Fund	764259.00
Pooja Sharma	11500.00		
Yogesh Vaishnav	3800.00	Deposit Assets	
		Deposit Assets Foregin fund	4350000.00
Bank Interest	25680.00	Deposit Assets Indian fund	81212.00
Administratie Receipt	815490.97		
		Current Liabilities	
Balance Of Grant (FF)	6205131.41	Foregin Fund	3625536.00
		Indian Fund	89859.00
		Sundry Creditor	2869199.00
		Grant Return Action Assets	129,500.00
		Closing Balances	
		Cash in Hand	2,554.07
		Cash at Bank	765470.98
Total	13110500.55	Total	13110500.55

As per our report of even date

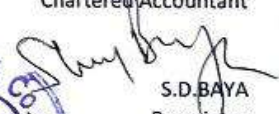
S.D. Baya & Co.

Chartered Accountant

Place- UDAIPUR
Date - 10-06-2018


(Usha Choudhary)
Secretary




S.D. BAYA
Proprietor
M.No. 076167

OUR PARTNERS



German Embassy representatives Luisa and Philp visited Vikalp helpline and support centre in January, 2018



GoPhilanthropic Traveller 2017





www.vikalpindia.org