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ANNUAL REPORT 2022-23





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“We are the one's
we've been
waiting for”

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Letter from the Executive Director

Dear Reader,

In our steadfast approach of challenging the deep-rooted patriarchy and gender based inequality, all the work we did this year would not have been possible without the dedication of our team. I would like to take this opportunity to express my profound gratitude to our dedicated community, volunteers, invaluable partner organizations, and generous sponsors. The impactful work we do would not be achievable without your unwavering support.

Looking ahead, we remain committed to further expanding our reach and impact, with a renewed focus on sustainable initiatives. Our goal for the upcoming year is to diversify our programs and work on up-skilling women to facilitate their income generation and agency in their homes and communities. We are ensuring that every girl and woman has access to the resources and support they need to thrive.

As we reflect on the challenges and triumphs of the past year, we are inspired by the resilience and determination of the individuals we serve. Their stories serve as a constant reminder of the importance of our mission and the urgency of our work.

Let's keep working together to make sure every girl and woman can do what they love and help their communities. With your help, we believe we can make the world fairer and better for everyone.

Sincerely,

Usha Choudhary
Executive Director, Vikalp

Vikalp Sansthan



Founded in 2004, Vikalp is a grassroots-level organization based in Udaipur, Rajasthan committed to creating a society free of gender-based violence and discrimination. Vikalp aims to create an egalitarian society based on equity, peace and justice. The organization has been working extensively to enable "alternatives" (Vikalp means alternatives) to the existing gender-biased social structures that are marked by discrimination, violence, and unequal access to opportunities. Vikalp has been tackling the root cause of gender inequalities and deeply embedded cultural practices by empowering girls and women, sensitizing boys and men, preventing child marriages, addressing violence against women, and supporting survivors and young married girls. The field areas of Vikalp mainly includes Mavli block, Gogunda block, and Udaipur district.

Our Vision

We aim to create a violence-free society and to achieve behavioral and social transformation for girls and boys based on equity, peace and justice, where all can enjoy

- Physical and mental freedom
- Freedom from gender-based violence
- Equal access to resources and opportunities
- Freedom from all sorts of discrimination

Our Mission

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



Education for Empowerment

THE NEED & OUR APPROACH

There has been commendable progress in achieving high enrollment rates in primary education in Rajasthan as per the ASER 2022 reports. However, when it comes to education beyond the primary level, significant challenges continue to exist in retaining girls in school.

Girls are overloaded with household duties, managing the fields, rearing cattle, and participating in other domestic work. This gendered division of labor within households perpetuates gender restrictions, leading to a higher likelihood of girls dropping out during their school years.

Furthermore, the reality that girls are considered burdens in the family, coupled with the prevalent practice of child, early and forced marriage (CEFM), severely limits girls' educational opportunities. Without completion of an education they are unable to socialize and develop their identities, or access opportunities to be self-sufficient.

Vikalp, along with our community-based agents of change, facilitates this process by

- Promoting the value of education among girls, boys, and YMGWs through village meetings and training sessions.
- Re-enrolling school dropouts by active identification, engaging with the dropouts and their families.
- Registering those unable to attend regular school to the Rajasthan open school system (RSOS)
- Supporting RSOS students by closely monitoring their academic progress, providing assistance through dedicated learning centers, and ensuring consistent attendance
- Building the life skills through school, village and block level meetings to cultivate critical thinking, decision-making, and confidence in facing life's challenges

We work towards providing a more comprehensive and equitable education for all, ensuring that opportunities exist regardless of the challenges they face in everyday life.



At the Community Level

Our work at the community level is focused on rekindling the passion to study amongst Girls, Boys and YMGWs, and supporting them through the process.

Facilitating re-enrollment in regular schools

We identify dropouts in villages and conduct counseling sessions with girls, boys and YMGWs advising them about the importance of studying, informing them of admission procedures, and re-enrolling them in regular school. This year we were able to reach and re-enroll a total of **742 dropouts in regular school**.



Reintroducing education through State Open Schooling

Rajasthan State Open Schooling (RSOS) is an educational institution established by the state government, offering an alternative approach to education for students who dropped out of regular school. The open school system plays a crucial role in supporting children who face obstacles such as household responsibilities or the need to earn a living, which can hinder regular attendance in traditional schools. In such situations, individuals tend to discontinue their education for a duration ranging from 5 to 8 years or even longer.

We identify those who have had to drop out of school because of such circumstances, conduct meetings with them, their parents and families to ensure they understand the importance of education, and support their children and daughter in laws through the process. and facilitate their reintroduction with education through the open school system. This year, we were able to **register 219 dropouts to the open school system**.



Learning and Education Centers

The learning centers were introduced to ensure support for children from marginalized communities to continue their education by adopting a fun, easy, and participatory approach to learning. We are currently running **3 learning centers where 150+ children are enrolled**.

"I was married off at an early age, and by the time I completed the 8th standard, my parents started sending me to stay with my in-laws. I wanted to study ahead, but my family members refused. After joining Vikalp and attending the meetings, I realized the importance of studying and now I am studying in the 12th grade in a state open school, and I will fulfill my dream."

-Sangeeta Lohar, Changedi

Supporting Open School Students

We conduct regular meetings with open school students to provide them assistance in their journey of rejoining education. We do so by motivating them, giving them the required books and stationary, speaking with their parents to support them through the process, and helping them manage their study time alongside their household responsibilities. Through this holistic supporting process, out of the 219 students that registered through open school, 208 have passed the exams.



**95% OF OUR
RE-ENROLLED
OPEN SCHOOL
STUDENTS
PASSED THEIR
EXAMS.**

We organized a three-day residential workshop for 25+ girls and YMWGs who had enrolled in open school. The primary objective of the workshop was to enhance their interest in education and the benefits it would bring them. During the event, we engaged in discussions about their individual educational journeys within the open school system. We also explored potential challenges they might encounter and offered practical strategies to overcome these obstacles. Additionally, we provided valuable guidance to help them prepare effectively for their upcoming exams.

Komal Kumari's Determined Educational Journey with Vikalp Sansthan

Komal Kumari, a determined young girl from Bhaat village, faced numerous challenges in her academic journey due to a lack of support and resources. With her father working as a driver and her mother being employed at NREGA, Komal had to shoulder the responsibility of managing all the household chores, alongside caring for her two younger siblings. In her 10th standard, Komal encountered setbacks with supplementary results in two subjects, leading her to drop out of school.

Attending meetings organized by Vikalp Sansthan opened her eyes to the importance of education, sparking a newfound interest in completing her studies. However, Komal still felt unsure about her academic abilities and lacked confidence. With Vikalp's unwavering support and encouragement, she took the initiative to fill out the form for the 12th open school, embarking on a path of academic improvement.

Over the course of a year, she actively participated in open school meetings conducted by Vikalp receiving guidance on preparing for exams. She also participated in several training sessions and workshops organized by Vikalp. She was also able to step out of her village for the first time to attend a training session at Udaipur.

Challenging Gender Norms

Through our consistent engagement with boys, we have successfully raised awareness among *500+ boys, (only maveli)* on important topics like sexuality and masculinity. Our goal is to equip these boys with the knowledge and tools to challenge harmful societal norms and behaviors, ultimately striving for a more equitable and just society. Our primary aim is to sensitize the boys and ensure they are well-informed about gender equality and the division of labor between genders. The goal is to empower them to become agents of positive change in society. Their willingness to challenge traditional gender roles and behaviors is a positive step towards dismantling patriarchy to benefit not only women and girls but themselves and their self-perception.

Breaking the Cycle of Violence: Himanshu Yadav's Path to Change

Himanshu Yadav came from a background marked by violence within his own home. Experiencing such turmoil led him to believe that violence was an acceptable way to resolve conflicts. He lacked the awareness and understanding of the damaging effects of violence. Himanshu began attending Vikalp's meetings and workshops, where he received education and training on important topics including violence prevention, masculinity, and gender equality. Himanshu underwent a remarkable transformation. He recognized the wrongness of violence and became an advocate against it. He defied traditional gender roles by assisting his mother with household chores. His mother greatly appreciated him saying, "It's heartening to see that my son is now considering my well-being and actively contributing to the household work."

Himanshu evolved from a witness of violence to an agent of change, contributing to the creation of a more equitable and just society, not only for the women in his life but for himself and his own freedom from violence.

Life Skills

We aim to ensure that girls are able to access a holistic education, beyond the subjects taught in classes. By focusing in education that aims to build the life skills of girls, we aim to

- boost self confidence
- improve decision-making abilities
- enable them to overcome societal barriers

Career building sessions: These sessions are conducted frequently with girls to explore the vast array of career options available to women. We seek to inspire girls to embrace their aspirations and foster a sense of empowerment amongst them. We aim to help them identify their goals and set them on a path of fulfilling their dreams. We were able to reach over **1000 girls** with these sessions.



Exposure visit to Government Offices: 120 girls engaged in exposure visits to different government institutions and officials across the year. This included the Block Development Officer, Station House Officer of Gogunda Police Station, Sub-District Magistrate, Block Education Officer, tehsils and police stations. These visits enabled girls to develop an understanding regarding state machinery, resources available to them, and broke the barrier to approaching government officials in cases of assistance.

Exposure Visit to Azad Foundation, Jaipur: 15 girl leaders from Vikalp Sansthan visited Azad Foundation, Jaipur, which became a platform for girls to share their experiences as young adolescent leaders. This trip also marked the girls first time stepping out of their village without any family member accompanying them, which was a significant moment of freedom and agency.

Education on Sexual and Reproductive Health and Rights

We conducted a survey in Maveli Block of Udaipur which uncovered that girls had insufficient awareness and accessibility to menstrual products. They were struggling to manage their menstrual hygiene effectively in school which then affected the quality of their education. The survey also revealed that girls encountered discrimination during menstruation, were stigmatized as unclean or impure, and lacked safe environments to openly discuss their concerns and challenges. The negative consequences of inadequate knowledge resulted in irregular school attendance, heightened dropout rates among adolescent girls, and heightened chances for child marriages. Furthermore, girls grappled with fear and embarrassment, impacting their participation and visibility in school, sports, creative pursuits, and other aspects of life.

- **Sessions on menstrual hygiene were organized at schools and villages.** At the school level, these workshops took place in 20 different schools. In mixed-gender schools, combined sessions involving both boys and girls were conducted, leading to the education of **1,600 girls and 1,000 boys**. The primary aim was to raise awareness and debunk myths related to menstruation.
- **Aiming to create a safe environment for children in schools,** and to empower them to recognise and report any instance of sexual offense, sessions on **Prevention Of Children from Sexual Offenses (POCSO) Act** were conducted in **15 schools** to create an informed environment for children, and empower them to recognize and report any sexual offense.
- **We conducted block level meetings with 95 YMGs (young married girls)** to address their concerns regarding menstrual hygiene and reproductive health leading to better understanding and awareness. Some YMGs facing health issues, such as white discharge and irregular periods, were provided access to timely medical care.



Sports for Empowerment

are playing sports
regularly

THE NEED & OUR APPROACH

Engaging in sports cultivates one's capacity to pursue passions, accomplish objectives, and assert oneself, empowering individuals to boost their self-confidence and self-esteem. However, in Rajasthan, there is a lack of empowered environments for girls to participate in sports.

Schools lack a compulsory sports period, failing to prioritize the girls' participation in sports. The physical education instructors bear the burden of teaching multiple subjects. Family members and the community consider girls participating in sports and games a meaningless endeavor, pressuring them to prioritize household duties. Consequently, girls lose interest in sports and do not participate.

We firmly believe that sports enables girls to acquire new skills, achieve their goals, and conquer challenges, thereby boosting their self-confidence. Furthermore, sports serve as a platform for girls to develop leadership skills, understand the dynamics of teamwork, and become effective collaborators, communicators, and problem solvers. It improves their physical and mental health, and provides them an opportunity to interact with their peers outside the classroom setting, strengthening friendships and bonds. Thus sports brings not only enjoyment and freedom but a plethora of life skills.

Recognising the importance of sports for girls, we created an ecosystem that supported them by:

- **Promoting Girls' Involvement in Sports:** We addressed the existing barriers that hinder girls participation. We aim to create a supportive environment both within school, village, and at the family level. We help girls organize games of kho-kho, volleyball, kabaddi, and running.
- **Fostering Inclusivity through Stakeholder Engagement:** We initiated meetings with school principals, Physical Training Instructors (PTIs), and family members to facilitate the inclusion of girls in sports activities. By involving key stakeholders, we build an inclusive culture that encouraged and welcomed girls' involvement in sports.
- **Enhancing Mobility and Access:** We motivated girls to not only participate in sports at school but also practice on village grounds, enhancing their mobility and ability to find space and time to play on a regular basis.
- **Empowering Girls as Change Makers:** We encouraged girls to assert their rights not only within the school setting but also within their families. Furthermore, we supported them in engaging with government authorities to champion their rights. As a result of these efforts, these girls have emerged as leaders, role models, and catalysts for positive change within their villages.



At the School Level

Capacity Building of the Stakeholders at the School level



Capacity-building workshops were conducted, equipping 16 PTIs with essential skills to promote girls' participation in sports. These workshops focused on creating safe and inclusive sports environments and designing gender-responsive sports programs tailored to girls' needs.

Additionally, a one-day meeting was organized, gathering 49 stakeholders, including Principals, PTIs, and teachers, from 32 schools in Gogunda block. During this meeting, stakeholders discussed challenges and presented recommendations to the CBEO of Gogunda.

Our team also conducts one-on-one meetings with school-level stakeholders to address issues hindering girls' sports participation and devise strategies for motivation and safer playing environments.

Motivating Girls' Sports Participation through School Visits

Through regular school visits, our coaches and coordinators actively hold meetings in the school to encourage girls' participation in sports, provide them with the necessary information to play sports.

They were coached in kho-kho, volleyball, kabadi, and other games of their interest.

Currently, we have **2080+** girls playing with us.

Priyanka Jaat's Story

One of our youth leaders, Priyanka Jaat of Morat village wanted to play in her school and village for a long time, but very few girls would join her to play. During the Grameen Olympics, she decided to visit everyone's home individually and request them to come and play. Priyanka at her own level conducted meetings with girls to make them understand the importance of sports. There was an attitude and behavioral change gradually thanks to her, and now girls come by themselves to play. Participating in the first Grameen Olympics organized by the Rajasthan Government gave her the opportunity to promote sports in her village. Despite the majority of the girls participating in the Grameen Olympics for the first time, their team achieved an impressive second-place finish at the block level.

At the Community Level

Facilitating a supportive home environment

Regular meetings with parents have been a cornerstone of our approach, providing a platform for open discussions about the importance of girls' rights in education, sports, and decision-making. We have strived to empower parents with knowledge and resources, advocating for girls' rights and encouraging their involvement in sports, enabling them to create a safe, supportive, and empowering atmosphere at home.



Encouraging girls to participate in sports after school hours

Encouraging girls to participate in after-school sports has brought significant change. Previously confined to a home-to-school routine, girls now enjoy increased mobility, by playing after school hours. They've not only motivated peers to join in but also organized group practices, boosting their friends' mobility.

Hosting Athletic Sports and Games: Vikalp's Sports Festival

1198 girls participated in kho-kho, volleyball, kabaddi, and running, out of which 100+ girls took part in a sports event at their block level for the first time. Their impressive performances not only boosted their own confidence but also inspired parents to support their children in sports.



Encouraging and Coaching girls for Grameen Olympics

We encouraged girls to participate in the Grameen Olympics and registered them for games of their interest, when the school was not taking any interest in doing so. A total of **1104 girls and YMGs** were coached and participated in the Grameen Olympics.



Leadership for Empowerment

THE NEED & OUR APPROACH

EWomen and girls often go unheard in their houses and communities, and their opinions are overlooked, especially regarding issues that directly impact their lives. Their lack of participation in decision making stems from deeply ingrained cultural norms, gender biases, and unequal power dynamics that ignore the rights and needs of women, frequently marginalizing them and perpetuating a cycle of exclusion and disempowerment. Hence, we recognise that including the voice of women's and girls' is an essential step towards achieving gender equality and social justice.

Vikalp's focuses on combating prevailing discriminatory gender biases through a participatory approach.

- **Promoting Rights Awareness and Stakeholder Understanding:** Our efforts encompass sharing knowledge with girls, boys, and YMGWs about their rights and understanding stakeholder dynamics. Through this, we empower individuals to drive change within themselves, their families, and communities.
- **Building Leadership Potential:** Our approach is centered on cultivating and honing leadership qualities in individuals.
- **We ensure they have access to the necessary resources and guidance to sustain their efforts.** Our goal is to facilitate their personal growth and development, transforming them into effective change makers within their communities.
- **Multiplying Impact through Changemakers:** We envision a system where every empowered individual becomes a driving force for positive change, capable of influencing the lives of at least 10 others. Thus we aim to create a network of change agents committed to dismantling discriminatory practices and promoting gender equality.
- **Supporting the Changemakers and Facilitating Dialogue with stakeholders:** Beyond empowering these changemakers, we also actively facilitate dialogues with both community and government stakeholders. Through these dialogues, we ensure that the challenges faced by girls and YMGWs are not only heard but also addressed effectively. We thus aim to create sustainable and substantial changes within communities, ultimately enhancing the well-being and prospects of girls and YMGWs.



Leadership Building

Conducting Leadership Building Sessions for Girls, Boys and YMGWs

These sessions serve as a platform for educating girls, boys, and YMGWs about their fundamental rights, with emphasis on their right to access a comprehensive education, and against gender based discrimination. We employ various strategies to ensure that girls are well-informed about whom to approach with their concerns, understand how to ensure their voices are heard, and have confidence that their problems will be effectively addressed. We empower them to voice their concerns within their families, schools, villages, and other spaces, fostering a culture of empowerment and proactive engagement.



Participation in state-level leadership training

5 girl leaders along with 1 Mentor from Vikalp participated in a Rajasthan state level leadership training organised by Girls Not Brides and Jan Chetna saw participation of various organisations across Rajasthan, served as a platform for the leader girls to share their experiences and build their capacities as leaders in their communities.

Dialogue with Stakeholders

Dialogue with Family Members

Equipped with the information and the tools regarding their rights, girls are now able to talk to their family members on their interests and desires, speak about their rights, and confront their families with their issues. This has enabled them to break the generational stereotypes and access more opportunities for themselves.

Dialogue at the School

Girls have become powerful upholders of rights in schools, boldly raising their voices when necessary to ensure they receive the education and opportunities they rightfully deserve. They speak up when teachers are absent, when they are not allowed to access school sports equipment, or play on the grounds.

"When I was not associated with Vikalp, I would just go from home to school and school to home. I wasn't allowed to go outside my house, rather I was expected to do all the household work.

The boys and girls in my house were treated extremely differently. Girls never used to make decisions, we weren't even able to speak in front of our own family members. They used to tell us that we weren't allowed to speak in front of them. When I started being associated with Vikalp, and participated in meetings, things began to change in my life. I was able to speak with much ease in front of my mummy and papa. They started even listening to me. Now I am able to make decisions for myself. "

Kushboo Nath, Anikudh, Gogunda

Dialogue with Government Authorities

Girls of Gogunda realized that the issues they faced in their schools were not unique to them, but common in all the schools in their area, they decided to conduct a survey to understand this more intricately. They conducted an extensive survey across 32 schools. They observed that inadequate school infrastructure, including the absence of basic facilities like toilets, running water, and access to sanitary pads, were issues in most schools in the Gogunda block. These shortcomings not only resulted in low attendance but also led to some girls dropping out. Furthermore, the lack of proper sports equipment and playing grounds hindered their participation in sports activities, limiting their holistic growth and development.

Equipped with data and fueled by determination, these girls fearlessly conveyed their concerns to the Chief Block Education Officer.

The girls' collective efforts yielded significant results. The Chief Block Education Officer promptly issued an order of compulsory sports period that impacted 32 schools, benefiting approximately 1200 girls. Furthermore, 20 schools saw consistent distribution of sanitary pads, and new washrooms with running water were constructed in schools. Additionally, 10 schools received leveled playing grounds and improved access to sports equipment, resulting in the regular participation of 525 girls in sports activities.

The power of collective action among girls in the block highlights their resilience and the importance of addressing common issues through collaborative efforts. Moreover, the engagement of key stakeholders, particularly education officials, played a crucial role in translating the girls' concerns into tangible improvements, showcasing that positive change is indeed possible through consistent advocacy even in the face of challenges.

Presenting Memorandum of Compulsory sports period in school to Chief Minister

The girls from Vikalp presented a memorandum to Rajasthan Chief Minister Ashok Gehlot on the importance of a compulsory sports period, during his visit to Gogunda Block. The girls articulated how such a measure could bring about transformative change in the lives of students. Emphasizing that a compulsory sports period would not only promote physical fitness but also instill discipline, teamwork, and a sense of sportsmanship and serve as a powerful means to break down gender stereotypes and encourage girls to actively participate in sports, their interaction underscores the vital role of youth advocacy in driving positive change.



16 Days of Activism

The 16-day activism campaign was aimed at promoting gender equality, raising awareness against child marriage, empowering girls and women to speak out against violence, and engagement with stakeholders. The campaign was conducted in **25 villages** of Mavli block. Candlelight rallies were conducted in which **150 girls** participated. Moreover, we also conducted sessions in **18 schools** reaching out to **1600 girls and 1000 boys**, had engagement with **130 stakeholders**, and held meetings with community members reaching out to **800 women, 500 YMGs, and 200 men**.





Helpline and Survivor Support Center

THE NEED & OUR APPROACH

An alarming rise in cases of violence against women and girls has been observed in Rajasthan, with the state ranking second in the total number of crimes registered against women in 2019 (NCRB 2019).

Women and girls lack necessary support and fear disbelief or shame, and find themselves unable to voice their problems to others. The absence of appropriate care and counseling services further compounds their challenges. It was often observed that the existing resources were either insufficient or inaccessible to women who addressed concerns, and as a result faced the threat of divorce or eviction from their homes. There was a need then to not only address the violence but also the retaliation women may face for addressing violence and abuse.

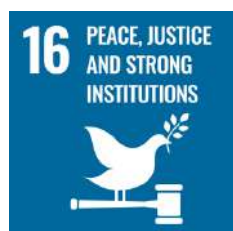
Vikalp Sansthan took proactive measures by establishing a helpline and support centre specifically designed to assist survivors. This centre includes a dedicated helpline telephone number, ensuring that women and girls within our intervention area can seek help and support from anywhere they may be.

This is a significant step towards addressing the pressing needs of women and girls facing violence, and Vikalp Sansthan remains committed to advocating for the rights and well-being of women and girls.

Our helpline, which can be reached via the designated telephone number, offers a safe and confidential space for women and girls across Udaipur district to seek help and guidance. The counselor at the center offers emotional support, provides necessary information and resources to aid survivors. The counselor also conducts field visits to check on those who have previously received support.

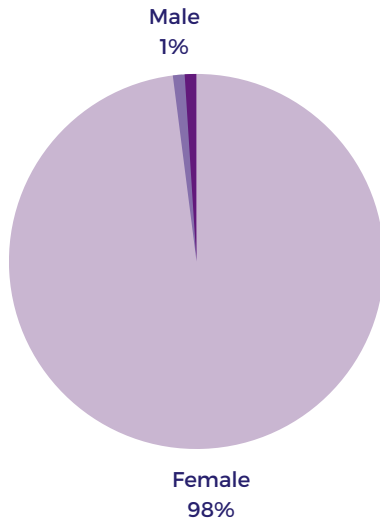
The counselor actively collaborates with other organizations involved in similar work, as well as with government departments including the police department. The counselor organizes workshops on gender-related topics in schools, colleges, and hostels to foster awareness regarding a range of gender-related issues.

Ultimately, **the centre aims to provide social, legal, medical, psychological support** while facilitating regular follow-up with survivors.



Statistics

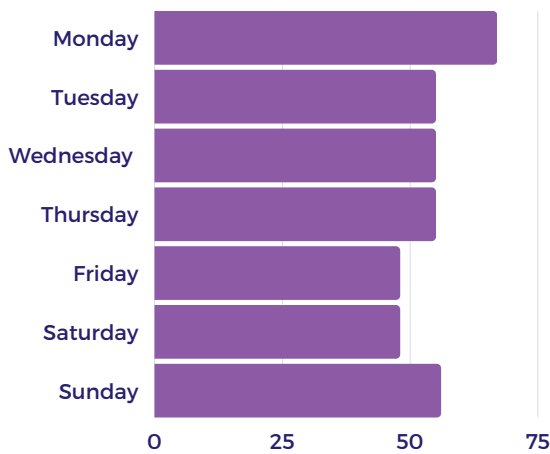
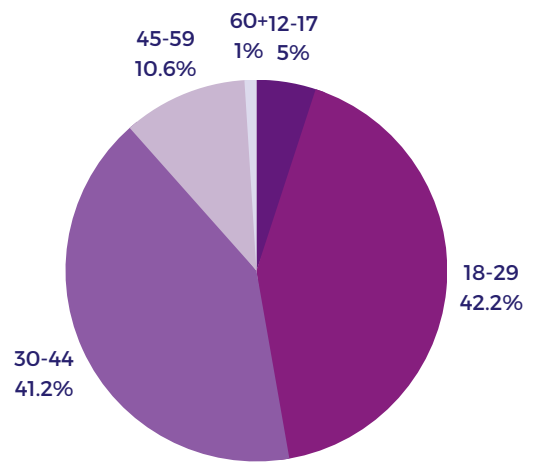
WHO IS CALLING



Over the course of the year, the helpline received a total of 384 calls. A staggering 97% of the callers were female, while only 1% of the callers identified themselves as male.

Among the 384 callers, 109 cases involved individuals seeking assistance for domestic violence, all of whom expressed a desire to communicate with our counselor. Of the same, 40 cases were successfully resolved within the year.

The age groups most heavily represented among domestic violence survivors were 18-29 and 30-44 years, with 85% of the survivors being married. Furthermore, callers exhibited a diverse range of educational levels, spanning from primary education to secondary and even graduate education. This underscores that gender-based violence and discrimination impact individuals irrespective of their age, educational backgrounds, and even marriage status.



WHEN THEY ARE CALLING

An increase in call volume was noted on Mondays, which could suggest that individuals were more available after the weekend or that the events that occurred during the weekend might have prompted them to seek help immediately on the next day.



12 MINUTES

ON AVERAGE, THE COUNSELOR SPENT 11 MINUTES AND 95 SECONDS CONVERSING WITH EACH CALLER.



37.6% HOUSEWIVES

37.6% OF THE CASES WERE HOUSEWIVES, SUGGESTING THAT THEY MIGHT ENCOUNTER ADDITIONAL OBSTACLES RELATED TO FINANCIAL DEPENDENCY OR A LACK OF RESOURCES TO EXIT ABUSIVE CIRCUMSTANCES.

Outreach and Networking

- To connect with women who may require assistance, to empower women to share the contact of the helpline, and to receive support from various stakeholders thereby fostering a more cohesive and efficient approach to address gender-based violence and discrimination
- Through networking, Vikalp was able to connect with 6 government departments, **22 Anganwadis**, **9 Police stations and chokis**, and **12 NGOs**

As a result of networking efforts, the helpline received:

- 6 cases from the police station and anganwadi
- 17 cases through women and girls support groups
- 5 cases from the sessions conducted in schools
- 55 cases from village level engagement



Strengthening Support Groups

- The **10 women support groups** and **10 girl support groups** empower and advocate for women's rights and equal opportunity in their villages
- **25 women and 57 girls** have been welcomed as new members of the support groups
- Meetings with **150 women, 222 girls and 57 young married girls in support groups** were conducted
- All the women in the support group have promised not to marry off their children at a young age
- **10 women support groups** have become aware of the importance of sports and are now actively promoting it to other women as well. The women are **training in the sports of Kabaddi and 100-meter race**, and they plan to participate in the Rajiv Gandhi Grameen (Rural) Olympics organized by the Rajasthan government



IMPACT OF SUPPORT GROUPS

Heera Kumari, a young girl, was facing the prospect of early marriage. Attending meetings of Vikalp, Heera learned about the importance of education and the negative impact of child marriage on girls' lives. She also discovered her rights as a woman and the importance of standing up for them.

Heera shared her predicament with the Vikalp team, explaining that her parents were planning to marry her off during her brother's wedding ceremony. The Vikalp team took immediate action and approached Heera's parents. Initially, her parents dismissed the team's concerns as rumours and refused to entertain any conversation on the matter. However, the Vikalp team persisted in their efforts, making multiple visits and counselling sessions with Heera's parents. Over time, they began to see the reason in delaying Heera's marriage. In the end, they agreed to delay the marriage and only got her brother married during the ceremony.

This outcome was a significant victory for Heera, as it gave her the chance to continue her education and live life on her own terms. Her family further became advocates for education and empowerment for their daughter and other girls in their village.

Heera Kumari

Radha Devi, a resilient 47-year-old woman had faced many hardships throughout her life due to her early arranged marriage. Her husband's vegetable vending business was the sole source of income for the family, and they lived in a rented house. Married off as a child, she faced abuse and torment from her husband and mother-in-law for five long years. Three years ago, Radha Devi became associated with Vikalp, through a support group working to empower women and combat violence in communities. The group provided her with a safe space to share her experiences and concerns. Inspired by the collective strength of the women in the group, was also able to put an end to the abuse by her husband.

Having lived through abuse, Radha Devi felt a strong sense of responsibility to motivate other women to speak out against violence. She actively educated her daughters and empowered them to pursue their dreams. Over time, she emerged as a vocal advocate against violence within her community, helping other women understand their rights and encouraging them to raise their voices.

Radha Devi

KNOWLEDGE SHARING BETWEEN THE NGO COMMUNITY

Vikalp Team's visit to Gramya Sansthan: Gramya Sansthan works on transgender issues which provided us a valuable opportunity to witness the organization's work with transgender communities. This firsthand experience enriched our understanding of the challenges faced by marginalized gender groups and offered insights into effective strategies for community empowerment, leadership, and successful advocacy efforts.

Vikalp Team's visit to Asian Bridge: Asian Bridge aims to create awareness and encourage men and boys to actively support gender equality and women empowerment. During the visit our team engaged with the men and boy support groups of Asian Bridge to further understand the cultural norms and practices that perpetrates gender inequality in their community and their approach to facilitate women's participation.

Utthan Sewa Sansthan's visit to Vikalp Sansthan: Utthan Sewa Sansthan, operating in a tribal area, expressed interest in learning about Vikalp's successful approach to prevent child marriage, address issues of violence and gender inequality. During the meeting, we shared our campaigns against child marriage, our gender equality initiatives in schools through education and sports. We also highlighted our unique work with young married girls and the efforts to promote non-violent communication between couples.

Synergy Sansthan's visit to Vikalp: Synergy Sansthan is a youth-led organization, and their visit provided a platform for sharing stories and experiences amongst the two NGOs that were focused on similar goals. During the meeting, both the NGOs shed light on how to tackle the issue of child marriage effectively. The attendees brainstormed various measures to halt this harmful practice, emphasizing the importance of education and awareness in achieving this goal. They explored how women could be empowered by engaging in sustainable practices like tree plantation and using natural resources efficiently.

National Workshop on issues of Young Married Girls

Vikalp Sansthan, along with Girls Not Brides (GNB) and American Jewish World Service (AJWS), for the first time organised a National Workshop "What About Us" for three days focusing on the issues of young married girls, **with 40 grassroots practitioners from 16 organizations across 5 different states**. Individuals from AJWS, GNB, Tata Institute of social sciences (TISS) Mumbai, Mamta Organisation, along with Usha Choudhary and Yogesh Vaishnav from Vikalp were resource persons in the workshop.

TEAM CAPACITY BUILDING & CELEBRATIONS

Documentation Workshop



We conducted a 2 day documentation workshop to build the capacity of the Vikalp team. The objective was to provide basic knowledge on documentation, improve report writing and stories of change, identify the areas of improvement and address the problems faced by the team during documentation and communication. Emphasis was laid on "The 5Ws and 1H" guideline by investigating the Who, What, Where, When, Why and How of a story.

Vikalp's 19th Anniversary Celebrations

On 8th April, Vikalp celebrated its 19th anniversary at Astha Training Center. We celebrated nearly two decades of the organization's growth and progress. Our girl leaders, community members, team members, vendors, partners and other associates participated in the celebration. Our girl leaders were invited to share their experiences of being associated with Vikalp, the support they received throughout the years and their change stories. They also shared their expectations of support from Vikalp in the future. The team sang songs, performed traditional dances, and enjoyed the night.



INTERNSHIP TESTIMONIAL



RASHMI SAHU
INTERN- TISS

"During my internship experience with Vikalp, I was able to cultivate and sharpen my research, investigative and analytical mind. Workshop and research helped me to develop a stronger sense of the issues and substantiate the predicament faced by young girls and boys. This experience gave me the opportunity to better understand these sensitive issues of our society and made me better prepared for my future endeavors. The support from my fellow colleagues and their painstaking efforts is something I will always remain immensely grateful."

"I got to learn so many things. The whole process proved to be beneficial for me. The staff members were exceptionally kind and helpful "

SOUMI JODDAR
INTERN- TISS



ABIGAIL CONNOLLY
INTERN- PRINCETON
UNIVERSITY

" I've had amazing experiences in visiting the field by attending Sports for Empowerment tournaments, assisting in workshops, and collecting photos for social media. Contributing to the growth and change Vikalp is making throughout Rajasthan has been one of the most rewarding experiences I've ever had and I'm forever appreciative of my time here. "

Balance Sheet as at 31st March 2023

CONSOLIDATED

BALANCE SHEET AS AT 31st MARCH 2023

Particulars	Sch.	As AT 31.03.2023
SOURCES OF FUNDS		
Fund Account	1	60,73,146.55
Total		60,73,146.55
APPLICATION OF FUNDS		
Fixed Assets	2	34,27,129.00
	(A)	<u>34,27,129.00</u>
Current Assets Loans & Advances		
1 Cash & Bank Balances	3	1,10,71,948.21
2 Other Current Assets	4	1,30,474.00
3 Overspent Amount Receivable on projects	5	0.00
	(B)	<u>1,12,02,422.21</u>
Less: Current Liabilities & Provisions		
1 Other Liabilities & Provisions	6	1,25,057.00
2 Unspent Amount Payable on Projects	5	84,31,347.66
	(C)	<u>85,56,404.66</u>
Total (A+B-C)		60,73,146.55

Statement of Income and Expenditure for the year ended 31st, March 2023

CONSOLIDATED

INCOME & EXPENDITURE ACCOUNT FOR THE YEAR ENDED ON 31st MARCH 2023

Particulars	Sch.	This Year
INCOME DURING THE YEAR		
Grant In Aid Received During The Year	5	1,36,72,476.00
Unspent Grant of Previous Year	5	36,62,154.28
Interest Earned		4,08,808.00
Other Income/Donation/Admn. Rec.		74,957.38
Member Ship Fee		10,000.00
Total	(A)	1,78,28,395.66
EXPENDITURE DURING THE YEAR		
Programme Expenses	7	76,25,857.62
Administrative Expenses	8	11,53,591.10
Balances witten-off/ written back	9	3,055.00
Total	(B)	87,82,503.72
Excess of Income over Expenditure (A-B)		90,45,891.94
Less: Set Apart / Unspent Grants as per Schedule no. 5		84,31,347.66
Less: Purchase of Fixed Assets (Net)		1,73,100.00
Less :Transferred to Members Fund		10,000.00
Net Allocable Surplus/ Deficit		4,31,444.28

OUR PARTNERS



SHADHIKA



MenEngage Alliance
working with men and boys for gender equality



GIRLS NOT BRIDES

The Global Partnership to End Child Marriage

