



FY17 ANNUAL REPORT

PU CAP

List the following project details at the start of your report:

1. PU/Project name: PU CAP
2. Annual Budget FY17 (in INR): Rs.97,82,025/-
3. FAD number (for Grants Projects):
4. Strategic Objectives related to the PU/project:
5. Number of Locations (use Villages/Blocks/Districts as appropriate) covered by the project:
32 Communities
6. Names of Locations (Blocks/Districts/States) Quthbullapur Block, Medchal District, Telangana State
7. Name of the Donor for Grants Projects
8. Name of Project manager : Lakshmi PM
9. Project start date 1st July 2016
10. Date of this report 07th July 2017
11. Report author/s : Lakshmi PM, PU Manager, PU CAP

Executive Summary

- Young leaders empowerment programme initiate has this year. The trained 50 young leaders are well-informed about the purpose of the programme, information on understanding slums and issues around the thematic areas.
- Child Council members are very strong. They directly network with government departments about community issues mostly involving child marriages.
- CPC members work on girl abuse issue. In one of the community where it was noticed they ensured action through police department.
- Community members are made aware on CPC and many of them want counselling for their children on behavioural changes especially for adolescents.
- Total 900 adolescent girl children more trained on menstrual hygiene
- WASH committee children are playing vital role in the school in terms of improving hygienic condition
- Approximately 2000 preschool children and 6000 children were aware on water, sanitation and hygiene sessions
- There is no high school in one of the community Children used to drop out of school. With involvement of school management committee government took a step forward and extended primary school up to class 6th to enable more children to school.

- 2300(Girls-1285, Boys- 1015) preschool children have accessed developmental learning opportunities and were care in given anganwadi centers.
- SMC Members were involved in the school developmental activities
- Government schools expects direct benefits from the CAP- Plan project

INTRODUCTION

CAP Foundation, Plan International India has completed its partnership for eleven years

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India
the



successfully. The journey of this association has given great success stories to count, remarkable achievements to its credit and a record massive mob reach. This Child centered community aid sponsorship Project is a unique model initiated in Hyderabad by CAP & Plan International organizations in the year 2005. This project aims at holistic development of community through the sponsor children and their families.

Programme strategies

Project Objectives and Activities

Child Protection

Objectives:

- Provide children support of Child Protection Mechanisms linked to the mainstream system
- Capacity building of duty bearers engaged in mainstream child protection mechanisms
- Engagement of Plan India to institutionalize systemic changes through policy dialogue on child protection issues.

Activities:

- Conducted training programme for PU staff on the strategies for social mobilizations and community organizations, participatory approach for local development towards community driven development, child protection issues and mechanisms, Child related Acts such as Child Labour Prohibition and Regulation, Prohibition of Child Marriage act, Juvenile Justice act, Protection of Children from Sexual offenses (POCSO) act, introduction to the State & Central Government schemes to impart skills for liaising the schemes to Community and on Programme Reporting systems followed by programme micro planning. By this training programme PU staff gained knowledge on implementing the programmes with community participatory approach.
- For Selection of young leaders PU developed self-assessment tool in the form of a simple questionnaire to assess the candidate's aptitude, interest to work for others, speaking skills, creativity, critical thinking and problem solving and conducted test in 9 government high schools and 32 communities for children aged between 14-18 years. Total 957 children Boys-, Girls- were participated in this activity. Total 146 children Boys-35, Girls-111 children are shortlisted by this test.
- In continuation to this process conducted group discussions for shortlisted children to finalize young leaders. Selection panel comprised MEO/representative from school, YAP (Youth Advisory panel) or Youth group member, Child council member, Child protection committee member from the respected clusters. Concept of the programme was explained to the children and group discussions were conducted on six different topics as follows
 1. Breaking gender discrimination attitudes
 2. Decision making, distinguishing between good and bad.
 3. Possessing their own ideas, attitudes and nurturing the same.
 4. Managing peer pressure (the ability to say 'NO')
 5. Setting goals and striving towards achieving it
 6. Involving in household activities & contributing to home management.

- Three day residential training programme was conducted. 50 young leaders and 20 members staff, parents, panel members, she team members, totally 85 members participated in the programme. The main objective of this training programme was to make young leaders understand the urban communities, local administration and help them identify the problems in the slums and to enhance their leadership and communication skills. And also make them a part of change in the initiatives of community development on their own interests. This training programme was conducted by resource persons. The major topics covered were characteristics of urban communities, administration and dynamics of urban communities and problem identification and finding sensitive ways for solutions, communications, decision making and community mapping. Young leaders' logo was designed by the children. On final day young leaders presented their goals and timelines on their respective themes in front of panel.

- TOT training programme was conducted for young leaders on child protection theme. Total 50 children and 18 member's staff participated in this training programme. The training mainly focused on community strategies to mitigate eve teasing, early marriages, behavioural changes in adolescents, child rights. Community level action plan was prepared by young leaders and consultants to conduct sensitization programme in communities.



- Counselling programme was conducted for class 8th and 9th students programme in 9 high schools. 444 boys and 884 girls' total 1328 children participated in this programme. Separate sessions were conducted for boys and girls. The main content delivered in these sessions was goal setting, managing stress and anxiety, coping pressure, adolescent changes, children getting ready for changing new life challenges after school and techniques of Anapana mind fullness meditation. The session was conducted through interactive lecture method with whole group and one to one interaction methods.
- Parents counselling sessions were conducted for 946 parents. The counselling sessions were conducted in interactive lecture method with group and individual interactions with parents along with their children. The main content in these sessions was breaking the gender discrimination attitudes among parents, Identifying and nurturing ambitions/skills/abilities of children, equipping the children with skills such as decision making, household activities, distinguishing between good and bad etc., respecting children by respecting their ideas, attitudes and nurturing the same, accepting adolescent behaviour and promoting the children to have a goal. All the participants mostly mothers, a few fathers in certain communities and a good number of teenagers were very interactive and were able to comprehend all that was being discussed. Their participation was good. Questions were being asked from both sides.
- Total 665 adolescent girls were trained on Self-defence training programme. The training programme was conducted by Mr. Zahiruddin and Y. Shivashankar along with their teams. The syllabus includes Basic stances, Punches, Chops, Elbow strikes, & Blocks. Apart from these syllabus, girls were trained in self-defence technique which is the easiest way to release holds and grabs. The participants are given tips to handle sticky situations besides physical training. They are also told to share the knowledge with their friends, neighbours and family members.
- Sensitizations programmes conducted to the slum members on the girl child protection. The team of Police personnel from SHE Teams were involved in the sensitization programmes, enabled the people on the repulsions for involving in eve teasing and street harassments.

SHE Team is a special task force positioned by the Government of Telangana state for the security and protection of women and girls in the entire state. In continuation of sensitization programme replication of social awareness activities were conducted by young leaders in the communities on the child protection theme with the support of consultant. Total 703 members (Male: 57, Female: 646) participated in these social awareness programmes.

- Child protection event was conducted by all duty bearers, community members, parents, government representatives, young leaders and PU staff participated in this programme. This was a shared learning workshop of the implemented activities on child protection. The Young Leaders shared their experiences about the program and the different laws that help the women and children to protect their rights, the effects of early marriage, the necessity of education for every child, the punishment the boys have to face who are involved in eve teasing, the protection given by SHE TEAMS to every girl in the society and they encouraged their parents to support them in the betterment of the society by understanding that the change must begin at home.
- Thematic module on child protection theme and programme implementation was developed by child protection consultant.



Water and Sanitation

Objectives:

- Equitable access to health, WASH facilities & improved hygiene practices at home & ECCD centers, benefiting families, care givers & user groups
 - Increased number of open defecation free villages / slums in most vulnerable / excluded area where plan works
- Improved hygiene behaviour (esp. women and children)
 - Ensure safe access to drinking water and sanitation for girls, adolescents & women.

Activities:

- Conducted TOT training programme for young leaders on WASH thematic area. The training programme was on strategies of open defecation was conducted. Total 48 young leaders and 18 PU staff participated in this training programme. The main agenda of the programme was to enhance the knowledge of young leaders on WASH. The topics covered in the training programme are water and sanitation problems in communities, strategies on open defecation free slums, personal hygiene, water borne disease and identification of problems related to WASH in their communities and to develop sensitive towards them.
- Campaigns on open defecation was conducted in 32 communities on health consequences of open defecation. The main content delivered in programme was on sensitization on Open Defecation Health consequences, Improved Sanitation conditions, Public Toilet Installation by Municipality - Community approach and Reviving the School and community level WASH Committees.
- In continuation to this campaigns young leaders conducted replication programme on open defecation free in communities with the support of WASH thematic specialist. Total 1125(Male: 75, Female: 1050) members were participated in this sensitization programmes.

- Training programme for anganwadi teachers was conducted on safe and hygiene disposal of infant faeces. In this training programme preschool teachers were trained on WASH thematic component and specifically on safe disposal of infant faeces techniques and hygiene procedures. Young leaders and PU staff also participated in this training programme. Total 58 anganwadi teachers, 18 young leaders and 17 PU staff participated.
- As replication programme awareness sessions were conducted in 80 anganwadi centres in demonstration methods for mothers on infant faeces and safe hygiene disposal methods and hygiene techniques in demonstration methods. This training programme was facilitated by anganwadi teachers and young leaders. Demonstration kit was provided for 80 anganwadi centres.
- Monthly WASH committee meetings were conducted regularly at school level on different themes on each month on monitoring of WASH facilities.
- Event was conducted on Open defecation free. Young leaders, WASH committee members, community representatives and Municipal authorities participated in this event. Young leaders shared their experience in implementation of social awareness programmes and campaigns on defecation conducted in 32 communities. Many of the community members requested and submitted applications for the community toilets and open defecation free declarations.
- In continuation to this event, municipal authorities announced 16 communities as open defecation free slums and the authorization for declaration will be done in this financial year.
- Thematic module was developed on WASH thematic area.



Health and Nutrition:

Objectives:

- To increase access to quality responsive care and learning services by children under 6 years.
- Improved access to quality reproductive, maternal, child and adolescent health services.

Activities:

- Two days TOT training programme was conducted for young leaders on health and nutrition theme. Total 50 young leaders and 18 member's staff were participated in this training programme. This session was on the definition of Health and basic nutrition, present scenario of Telangana state, basic food groups, nutrition deficiency diseases like malnutrition, Immunization and adolescent sexual reproductive health. The session was facilitated by consultant and methodology used was group exercises, games, lecture method, question and answer methods.
- Sensitization programme was conducted for pregnant women, lactating mothers and community members on low cost high nutritious foods which will play main role in infant and

early childhood growth and development promoting the theme “My Health...My Right. Total 1104 (Male-18, female-1086) members participated in this social awareness programme. In continuation to this activity for the same participants young leaders conducted replication programme with the help of health consultant.



in communities.

- Health and Nutrition sharing and learning workshop was conducted. Young leaders, community representative, ICDS department, anganwadi workers, health workers and staff participated in this event. Young leader's concept was introduced to all duty bearers. Young Leaders shared their learning experiences in training programme and social awareness programmes conducted
- IEC posters on Anaemia was developed and 1000 posters were printed and distributed to mothers, adolescent girls and anganwadi centres.
- Medical camps on anaemia testing for 500 women and adolescent girls was conducted at cluster level. Total 500 participants tested on CBP – complete blood picture testing and in continuation to this based on the report one to one interaction was done with the specialist along with the diet counselling. Out on 500 members 186 women are anaemic and have iron deficiency.

Challenges

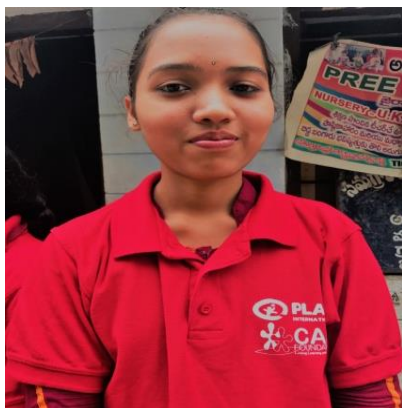
- Government schools expects direct benefits from the CAP- Plan project
- Poor participation of SMC members in Meetings and in school activities
- There is lack of coordination between government officials, community members, samakya leaders and SHG members.
- Adolescent girls and boys get more attraction to social media. In response to all these parents didn't send children to school and done early marriages. For this PU will identify such adolescents and give inter personal counselling and implementing more activities on social behavioural change at school and community level.

Outcomes and Impacts by the PU/Project

- 50 young leaders were trained as a catalyst for their own community development.
- 665 adolescent girls were trained on self-defense which helps in improving their confidence levels and their own protection
- 16 communities were announced as open defecation free slums by municipal authorities and authorization will be done in the coming financial year.
- Regular anganwadi monitoring was done by ECCD monitoring committees it results in improving services of anganwadi centers.
- WASH committee children are playing vital role in the school in terms of improving hygienic condition.
- 347 (Boys- 132, Girls-215) Adolescent children aware on managing peer pressure, decision making, goal setting and gender discrimination attitudes through counselling programme
- 1328 children (Boys-444 and Girls -884) from class 8th and 9th in 9 high schools were aware on managing peer pressure, decision making, goal setting and gender discrimination attitudes through counselling programme
- 1104 mothers were aware on low cost high nutritious food focusing on early childhood health care

Sustainability

- If any child abuse issue is happened/noticed the child council group and CPC members directly inform the government and solve their issues without the information of PU staff support in some communities. The PU ensures child council groups and CPC committees are sustainable in the communities with support of local governments.



Partner and community participation

- Community members participated in different activities and have shared the learning to the communities
- Children participation was higher in all activities.
- Partner's staff have supported in achieving quality and quantitative results through their guidance in implementation of the programs and review of the programs.
- Government department have cooperated in implementation of the activities

NAME: Aishwarya Eerekar

AGE: 17

AREA: Shapoor Nagar

OCCUPATION: Student

QUALIFICATION: Pursuing BA- Journalism

"Reaching new heights"

Aishwarya Eerekar, a resident of Qutubullapur, a young girl, who was known for argues for very small things at home. She was very keen on participating in various activities but she didn't know where to start she always know that she was worked to make an impact and make her heard she was realised the way and stopped picking up fights at home and started to make herself heard by learning and understanding the basic & social and family responsibilities. She says the "Young Leaders Empowerment Program" helped her in this regard.

"Before Aishwarya was very active but didn't know how to communicate and reach out to others. But today after attending the "Young Leaders Empowerment Program" Aishwarya knows how to talk, how to reach out to the elders in the family, how to reach out to the elders in the community. Today people listen to what she says because they are how understanding what we are learning in these programs and they are seeing the change and my parents encourage me to attend all the programs because every program is teaching us something new." says Aishwarya, a very sorted and goal oriented Young Leader.

Aishwarya was very lost and no as unclear as to what to do next. After attending the girl empowerment counselling sessions and sessions on stress handling she now knows what's best for her. She wants to become a lawyer but thinks a Bachelors' Degree in Journalism would enhance her interpersonal skills and problem solving capability.

After attending the empowerment program for the youth.

“Young Leaders’ Empowerment Program has taught me social responsibility and my future goal is to do exactly the same thing by standing up for what is right to the community and the society we live in” says a very ambitious *Aishwarya*



Name: K.Durga Prasad

Age: 15 yrs

Area: Shapoor Nagar

K.Durga Prasad, a resident of NLB Nagar is a 15 year old class 10th student. He shares his experience and says that he has spent his summer vacation in the most unique way learning so much about the place they live in and the food they eat.

“Health & Nutrition has helped us learn a lot about the kinds of food to eat and the various other foods that are easily available at a low price. I learnt how to make Ragi Java, and various kinds of sweets with Jaggery. I also learnt that high protein and vitamin based nutrition is very important for children in adolescent age. I am very thankful to the Organization for selecting me as a Young Leader and promise to spread awareness to the community members too.” Says Durga Prasad

Units Planned and Delivered

Child Protection

Project activities	Planned	Latest planned	Actual delivered	Variance	Remarks
OC : 1139					
Hiring Consultants for child protection theme	1	1	1	0	
Hiring Consultants for Young Leaders Theme	1	1	1	0	
OC Total 1139					
OC : 1140					
Three days’ Workshop for PU Staff	20	20	20	0	
One day Orientation programme on Questionnaires to PU Staff on Empowering Young leaders	1	1	1	0	
One day Orientation for Consultants	1	1	1	0	
One day Orientation programme on Questionnaires to PU Staff	1	1	1	0	

& Young Leaders on child protection study tool at PU level.					
OC Total 1140					
OC : 1153					
Protection from child abuse and exploitation expenses	1	1	0	1	There are no case identified.
OC Total 1153					
OC : 1150					
Develop, printing of Thematic modules & Tools for Community Based Needs & Vulnerability Assessment Study and Pre and post study analysis by Consultants	3	3	3	0	Modules developed but printing of the modules were planned to next financial year
Participation Certificates	1	1	1	0	
OC Total 1150					
OC : 1146					
Pre and post study analysis on Child Protection programmes in the implementing areas by Consultant	1	1	1	0	
Field Study / Data Collection on young leaders	1	1	1	0	
Data Analysis & Compilation - CBNVA Study Report (Findings & recommendations) submission by Consultants	1	0	0	0	
OC Total 1146					
OC : 1152					
Two days TOT Workshop for Young Leaders and PU Staff on CHILD PROTECTION	2	2	2	0	
Three days Kickoff Capacity Building Programme for Enhancing skills of Young Leaders	70	70	70	0	

(Residential Programme)					
"Ma Pillalu Ma Samrakshana" Social Awareness Programme for community members and Duty bearers	6	6	6	0	
Social Awareness Programme for community members and Duty bearers on Adolescent Behavioral change attitudes to Parents, Community members	6	6	6	0	
Counselling sessions at Community and school level - by Psychologists (Child & Adolescent specialist)	50	50	50	0	
Sensitization programme on Handling eve teasing for community members, parents, CBOs, duty bearers and local governance Replication programme lead by Young Leaders	20	6	6	0	
OC Total 1152					
OC : 1151					
Self-defense training programme for Adolescent Girls at school and community level	19	19	19	0	
OC Total 1151					
CP PO Total					

Water and Sanitation

Project activities	Planned	Latest planned	Actual delivered	Variance	Remarks
OC : 1090					
Hiring Consultants for WASH Theme	1	1	1	0	

OC Total 1090					
OC : 1100					
Develop & Printing Tools for Community Based Needs & Vulnerability Assessment Study and Pre and post study analysis by Consultants	1	1	1	0	Modules developed but printing of the modules were planned to next financial year
OC Total 1100					
OC : 1091					
One day Orientation programme on Questionnaires to PU Staff & Young Leaders on WASH at PU level.	1	1	1	0	
OC Total 1091					
OC : 1096					
Field Study / Data Collection	1	1	1	0	
Data Analysis & Compilation - CBNVA Study Report (Findings & recommendations) submission by Consultants	1	1	1	0	
OC Total 1096					
OC : 1105					
Two days TOT Workshop for Young Leaders and PU Staff on Strategies for Open Defecation Free (ODF)	2	2	2	0	
Community Campaigns for Open Defecation Free	32	32	32	0	
Training program for Preschool teachers on safe & hygiene disposal of infant feces	1	1	1	0	
Awareness programmes on Infant feces Safe and hygiene disposal, potty training in 80 Preschools for	80	80	80	0	

Mothers					
Rallies on Safe Drinking Water, water Borne Diseases by School WASH Committees.	9	9	0	9	Due to time constraint
Community level sensitization programmes for stakeholders on Health consequences of Open defecation at community level	32	6	6	0	
'Event on ODF - Study Report findings sharings	1	1	1	0	
OC Total 1105					
WASH PO Total					

Health and Nutrition

Project activities	Planned	Latest planned	Actual delivered	Variance	Remarks
101C1 0: 1001					
Hiring Consultants for Health and nutrition Theme	1	1	1	0	
OC Total 1001					
OC : 1008					
Develop Thematic Tools for Community Based Needs & Vulnerability Assessment Study and Pre and post study analysis by Consultants	1	1	1	0	Modules developed but printing of the modules were planned to next financial year
One day Orientation programme on Questionnaires to PU Staff & Young Leaders on Health and Nutrition study tool at PU level	1	1	1	0	
Field Study / Data Collection	1	1	1	0	
Data Analysis & Compilation - CBNVA Study Report (Findings &	1	1	1	0	

recommendations) submission by Consultants					
Pre and post study analysis - Shared Learning Workshop – Event	1	1	1	0	
OC Total 1008					
OC : 1021					
Two days TOT Workshop for Young Leaders and PU Staff on - Early childhood Nutrition	1	1	1	0	
Sensitization Programmes on "Low Cost High Nutritious Foods for Early Childhood Health & Development	32	32	32	0	
Replication Programmes on "Low Cost High Nutritious Foods for Early Childhood Health & Development Lead	32	6	6	0	
OC Total 1021					
Health and Nutrition PO Total					

Budgets and Expenditure

OC #	# of Units	Approved Budget	Expenditure	Remarks
1139	2	230134	230134	NA
1140	23	67923	57211	
1153	0	2000	0	There is no case identified.
1150	4	186400	87041	Modules developed but printing of the modules were planned to next financial year
1146	2	112949	81234	

1152	140	1025500	979370	
1151	19	492200	425601	
1144		500	0	CP ending
1090	1	167490	165166	
1100	1	51500	16366	
1096	2	17000	19397	
1105	122	520000	514075	
1094		1000	0	Wash ending
1001	1	168414	168414	
1008	5	349500	260983	
1021	39	44500	32480	Health ending
1124	1	1349985	1342654	HESS ending
1155	1	127000	189601	