



Young Women's Training Workshop Adolescent Health (Northern Region)

30th April-1st May 2011, Jaipur

Summary Report

The YWCA of India organized the first of its series of leadership training workshops for Young Women in the Northern Region in Jaipur. The training workshop was hosted by the YWCA of Jaipur. The programme was attended by 5 of the 7 Associations in the Northern Region. The programme is a youth initiative. Young women leaders, represent the most important constituency of the YWCA, bringing fresh new thinking and challenging the movement to take its programmes forward. The Young Women of YWCA have committed to working on health programmes that address basic health, hygiene and nutrition needs of adolescent girls.

The programmes would address key issues such as problems caused by violence against women, sexual and reproductive rights of women by creating awareness and providing a hands-on experience in the field of development. There is today, a greater need than ever before to have a sustainable community based health programme for adolescent girls.

Day 1: 30th April 2011

The workshop was opened by the YWCA of Jaipur with a worship session. The theme of the worship was *Srishti* (Creation), this included bible reading and a devotional song in Hindi. On the first day of the workshop, we had sessions on status of health vis-à-vis social & economic context, young women's leadership and about the health needs of communities.

Challenging YWCAs and Young Women: This was followed by a session by Ms. Leila Passah, National General Secretary-YWCA of India. Ms. Passah spoke about how young women need to carry the movement forward, with new vision, into new areas of work, challenging the YWCA, addressing issues that are current and relevant. She highlighted that Young Women are the agents of social change and should be the ones deciding on where resources should be invested. She said that the YWCA is a platform to promote advocacy and initiate young women's health programmes. Through programmes we will identify leaders for the movement, who will develop volunteer leadership, and staff to sustain the organization. She also encouraged Young Women to work among their own peers, using in-house target of over 5000 young women residents in our hostels. Develop challenging community based programmes on Adolescent Health that would specifically address issues of sexual and reproductive health rights, and violence against women, substance abuse and human trafficking. And to ensure that these programmes are inclusive of the dalit and adivasi community.

Status of Health vis-à-vis Social & Economic Context: A training session on social, cultural and economic



factors affecting health in the community, was led by Chandrika Sahai, a consultant with the Dalit Foundation. Chandrika, threw light on the marginalization of the Dalit community and spoke about the discrimination faced by the community and how the community is still denied the most basic rights. She shared startling and grave statistics on how despite laws to safeguard the rights of dalits, there has never been any conviction in any case till date. In India it is to be noted that over 90% of manual scavengers are women indicating another form of discrimination and violence against women. Through group activities, participants were able to bring out what programmes can they start in their associations.

This was followed by a session on Young Women's Leadership that was convened by Ms. Meenakshi F. Paul, National Vice President-Northern Region and Ms. Leila Passah. Through team building exercises and games young women brought out the various principles of leadership. They opened up and talked about sexuality, institutional issues and effective programmes that need to be developed in local associations.

Addressing Adolescent Health: Dr. Anita Prakash Nagori took the last session of the day, and she made participants aware of the direct relationship between violence against women and its effects on adolescent health and the development of young women. As a medical doctor she also gave lessons on basic principles of health, hygiene and nutrition, with a focus on community needs in relation to and sexual and reproductive health.

Day 2: 1st May 2011

Health Camp, Katputli Colony: A health camp was organized in the community where majority of the families were from the Dalit community, and it was specially organized for young women from the age of 9 to 20. For all the young women participants, this was their first experience of being involved in a camp in the community. The camp got a very good response; with 100 people getting treated by doctors and getting free medicines from the 2 hour health camp.

The young women participants volunteered at the registration desk and took surveys with young women in the communities on the level of awareness, asking questions about hygiene, nutrition, sexual and reproductive health and HIV-AIDS.

Project Development: The exposure visit was followed a session on project development where, various aspects of project development were discussed including proposal writing (based on programme ideas), budgeting, monitoring and evaluation.

The training ended with everyone making commitments to follow-up and saying good bye.

Picasa Link Web Album Link:

<https://picasaweb.google.com/103456458518934317848/AdolescentHealthTrainingHealthCamp29thApril20111stMay2011?authkey=Gv1sRgCO6h0dqU0sWV-wE&feat=email#>

