

# Gender Equity Programmes

## Programme related to 'Mental Health' of rural women in Kangan Block



Mental Health Programme was organised to rural women in Kangan Block in District Ganderbal on 11-01-2016. The Programme was conducted by the 08 students of Human Development 3<sup>rd</sup> Semester. The programme was carried out to improve mental health among rural women of reproductive age. The programme identified that women were having lowest level of self-esteem and had consistently poor mental health. On spot counselling sessions were provided to target women. Mental Health Exercises were taught to the target women. The Programme focused on issues of mental health and access to education, medical facilities, employment, facilities for rehabilitation.

## **Nutritional education Programme with rural women at Anganwadi centre**



This programme was conducted on 20-07-2017 by the 16 4<sup>th</sup> semester students of Extension and Communication. The programme was carried out on enrolled rural women in Anganwadi Centre of main Ganderbal area. Under the programme importance of nutrition and health was provided to the target women and they were sensitised and encouraged for nutritious and balanced diet. In the programme efforts were made to the improve nutrition status of rural women and promote nutrition education in the community. The contents imparted during the programme included:

1. Breast feed as long as possible (Breast is best).
2. Bottle feeding is dangerous.
3. Introduce semi-solids foods from 4-6 months of age.
4. Feed young children 5-6 times a day.
5. Don't reduce food in illness.
6. A pregnant women and breast feeding mother need extra foods from all food groups.
7. A mixed diet is a good diet (a mix cereals, pulses and green leafy veg.).
8. Keep yourself and your surroundings clean; drink clean water.

## **Programme for 'Skill development 'among adolescent Girls**

The Kangan block of Ganderbal block was selected for the programme. The programme was carried out by 14 students of extension and communication as on 20-07-16. The adolescent girls of the area were assembled in a handicraft centre. The aim of the programme was to provide skills that give employability to illiterate adolescent girls and to provide competencies and skill to enable them to become self-employed/entrepreneurs. Skill development initiatives were introduced in order to help actualize the inert potential of adolescent girls in rural areas, for which development and articulation of a national policy on skill development is already in progress.



## Implementation of income generating programme with rural adolescent girls



This programme was conducted on 12-04-2018 by the students of Extension and Communication for girls in Ganderbal area who have dropped out of school. The aim was to provide skill development and put them on a path toward a healthy future. Efforts were made to promote self-employment among the targeted girls through capacity building on income generating activities. The main focus was on hand woven, small business, crop cultivation, wooden furniture, Handicraft, tailoring, Poultry rearing, cow rearing homestead gardening, pickle and jam making, etc.

