

UGC XII PLAN

FINAL REPORT OF MINOR RESEARCH PROJECT

ON

**THE KISHORI SHAKTI YOJANA – SCHEME
FOR THE EMPOWERMENT OF ADOLESCENT GIRLS
A STUDY WITH REFERENCE TO SELECTED
ANGANWADI'S IN MANGALURU AREA**

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Chapter - 1

Introduction

Introduction

The Preamble of the Indian Constitution promises to improve the conditions of all citizens irrespective of religion, caste, sex, place of birth or any of them. This idea is reflected in its novel feature called the Directive Principles of State Policy. The Directive Principles aim at the establishment of social and economic democracy.

The Concept of Equality being the main objectives has been incorporated into the Indian constitution under the list of Fundamental Rights. Article 15(3) of the Indian Constitution provides that “ Nothing in this Article shall prevent the state from making any special provision for the advancement of women and children” (Basu, 2010). By this it makes it very clear that the State can take any number of welfare schemes for the development of women and children.

The Welfare schemes are the schemes which are for the wellbeing of everyone . Through these schemes women in general and adolescent girls in particular can empower themselves. There is a need for women and adolescent girls to make use of these schemes because in general, though women constitute half of the human population, yet these are considered as second grade citizens of the society and thus their roles are marginalized. Adolescent in particular face multiple deprivations, in terms of gender discrimination, subordination and illiteracy, many adolescents today are unaware of their rights and social responsibilities. Due to their Socio- economic conditions these adolescent girls are not provided with these basic rights and as a result they tend to drop out from school.

It is in this context the Department of women and child development which was established in the year 1985 as a part of Human Resource

Development gives much importance for improving the Conditions of women and children. This Department has been upgraded to a Ministry in the year 2006. The Ministry of women and child Development is the apex body which formulates and administers laws pertaining to women & children in India. The Ministry also executes some innovative programmes for women and children. These programmes cover welfare and support schemes, they include Rashtriya Mahila Kosh, Indira Gandhi Mathritva sahayog Yojana, Priyadarshini, and Pradhan Mantri Mahila Shakti Kendra.

For the holistic development of children, the central Government also initiated a number of welfare schemes, specially meant for adolescent Girls such as kishori shakthi Yojana or Rajeev Gandhi scheme for Empowerment of Girls / Sabala.

The Objectives of Kishori Shakti Yojana are

1. To improve the nutritional and health status of girls in the age group of 11-18 years.
2. To promote their self confidence and decision making capabilities.
3. To promote awareness about health, hygiene, family welfare, home management and ill effects of child marriage.
4. To make them understand some social issues and its impact on their life.

The Kishori Shakti Yojana is being implemented through Anganwadi Centres in both rural and urban areas. The scheme functions under the ICDS (Integrated child Development schemes) infrastructures. Under this Scheme nutritional food supplements such as Rice, wheat & green grams are provided to the Adolescent girls. They are also given health supplements such as Folic Acid and De - worming tablets. Under this scheme the adolescent girls who are unmarried and belong to poor families are provided with the benefit for 6

months . The benefit of the scheme is provided to all adolescent girls in the age group of 11-18 years irrespective of religion, caste and under certain circumstances income level of the family.

Vocational training and non – formal education is provided in life skills, health and nutrition, legal awareness, sex education, awareness about rights etc. The selection of adolescent girls for vocational training is done by the supervisors and then sent to the office of the District Programme officer. The District Programme Officer in consultation with the CDPO (Child Development Project Officer) and officers in charge of these sectors will make arrangement for vocational training course.

Chapter - II

LITERATURE REVIEW

LITERATURE REVIEW

Studies have been conducted on the Kishori Shakti Yojana. Some studies have focused on the utilization of the scheme, some have focused on the it's impact and other studies have focused on the health and nutritional status.

Ms. Shobha Kowli, Padmavathi and Dyavari Shetty in their Article “Utilisation of the Kishori Shakti Yojana services by the Adolescent girls in urban slum of Mumbai” has found that the ever utilisation of the services by the girls is extremely low at 8% . Reasons for Poor utilization of the services were lack of awareness about the services, community's perception that the services are not needed by them and lack of suitable timings. The above study also found that the scheme could be well implemented by the educational institution rather than Anganwadi centres as majority of girls are school going in urban areas. [vol 05, issue 20, Page Number 81-88 IJCRR 2013].

The study conducted by Dr. Shantha. Y Bangari and Dr A. N Tamaragundi on “Effectiveness of women and child development Programmes: A study in Karnataka” revealed that the welfare Programmes introduced by the Govt are helpful in achieving Socio - Economic development of the women in general and society as a whole. The beneficiaries had favorable attitude towards the Programmes. [International Journal of social Science & Inter disciplinary Research IJSSIR, vol. 2(8), August (2013)].

A study on “ The impact of nutrition education programme conducted for adolescent girls and parents of changan acherry Taluk of Kottayam district” – Author Renji M R [International Journal of Scientific and Research Publications , Volume 4, issue 1, January2014, ISSN 2250-3153], The

study found that awareness regarding nutritional status was less before nutrition education. So the study focused on conducting awareness programmes on food choices and nutritional requirements on a regular basis especially among low income groups.

The study conducted on “Assessment of benefits given to the adolescent girls under Kishori Shakti Yojana” by Rajani Vishal, Indira Bisnoi [Indian J.Prev.Soc.Med.vol.45No,1-2, 2014] reveal that the benefit of Kishori Shakti Yojana has reached to the rural adolescent girls but there is need and scope for improvement for optimum divided.

Research study on Exploring Adolescent girls health found that there is a low awareness among the Adolescent Girls on various issues regarding HIV/AIDS. Authors/Researchers are Dr. Arshiya Masood, Dr S Dwivedi, Dr Narendra Tiwar. Journal name Indian Journal of Applied Research volume , 5/issue, 3 March 2015.

“kishori Shakti Yojana: Why is there the problem of Anemia when the scheme is running smoothly” the study revealed that about 60% of the girls know about the services provided under the scheme at the AWC . 40% of the girls have knowledge regarding the services to be given under the scheme only 6.67% of the girls visit the centre every week to access the services followed by 20% each for two or three visits and 10% do not go for getting the services after registration . The study also focused that there is a strong need for awareness activities to mobilize the family of the adolescent girls.[<https://www.iihmr.edu.in>]

Research Article on “Assessment of nutritional status among adolescents:- A hospital based cross sectional study “ conducted by J.P. Singh, Peeyush

Kariwal, S.B. Gupta, Atul Kumar Singh, Danish Imtiaz reported that the maximum prevalence of malnutrition was observed among early adolescents. The most common morbidities are related to nutrition and personal hygiene. The study found that the regular health awareness programmes should be focused to educate and promote health among adolescents.

Study on “Nutritional status and dietary intake among adolescent girls” by Aazam Doustmohammadian, Sayed Ali Keshavarz, Sorayya Doustmohammadian, Mitra Abtabhi, Minoo Suhani found that the prevalence of underweight, normal weight, over weight and obese was 5.7%, 77.7%, 11.7% and 4.7% in saman adolescence girls respectively. Malnutrition is higher than expected rate. Study found that micronutrients deficiency among adolescent girls is a major problem in saman and preventive measures are necessary.

“Empowering adolescent girls in Bangladesh” : Kishori Abhijan by Sajid Amin Kishori Abhiyan is social welfare scheme for adolescent girls in rural Bangladesh. The project is supported by UNICEF with financial assistance from European Union. The scheme emphasizes on married adolescent girls as 33% of the adolescent girls in Bangladesh are married before the age of 15 years (google.com)

Kankana De, Research scholar, Dept. of Anthropology Vidyasagar University, Midnapur, West Bengal in her Article. “A comparative study on Nutritional status of Adolescent girls of different rural area of West Bengal” found that adolescent girls of rural Paschim Midnapur are suffering from under nutrition which indicates 1.8% girls belongs to severe underweight serious situation according to WHO guidelines. The study suggested that people should be made aware of their food habits and dietary intake. Nutritional supplements should be provided to the population (Anthropos

4:173 DOI 10.4172/ 2332-0915 .1000173) Date of publication December 16,2016 ([https:// www.omicsonline.org](https://www.omicsonline.org))

Assessment of Nutritional status of adolescent girls in rural area of Keonjhar District of Odisha as a review – Bibhu santhosh , Behera, Rahuldev Behera Anama Charan Behera, Rudra Ashish behera, Soubhagya Behera. The study found that 26.6% of adolescent girls were undernourished & 16.3% adolescent girls were at high risk of developing obese in near future. Caste, religion and marital status are significantly associated with nutritional status of adolescents. The study recommended the strong need of nutrition education in rural areas.

Nair A, Doibale MK, Kuril BM, Dimple VK in their study of “Nutritional status of adolescent girls in a rural area of a district of Maharashtra”. [Int J community Med Public health 2107;4;4617-22] found that the prevalence of underweight among the adolescent girls was 36.54%. Prevalence of under nutrition is high among adolescent girls. The study suggested to provide appropriate health education and nutritional intervention to improve their nutritional status.

Chapter - III

METHODOLOGY

METHODOLOGY

The study is descriptive & exploratory in nature. The primary data is collected through questionnaire, the information is also collected from the officials and Anganwadi workers through interview schedules in the selected Anganwadi's of Mangaluru area.

secondary data is collected from Government guidelines, official records, books and published reports which are also used as review materials.

The technique used is random sampling. For convenient purpose, 100 samples were selected. The Data collected through questionnaire has been analysed using statistical tools.

Based on the Data Collected from the respondents, their Socio-economic status are studied. The data regarding the extent of utilization of the Kishori Shakti Yojana by the adolescent girls and its impact on the beneficiaries are provided in percentage. Interpretation of the data is presented through the tables.

Objective of the Study

1. To analyse the socio economic conditions of respondent beneficiaries.
2. To analyse the extent of utilization of Kishori shakti Yojana by the Adolescent girls in the selected sample area.
3. To study the impact of scheme on the beneficiaries.

The present study is significant to know the problems and challenges faced by adolescent girls. The findings of the study will help the policy makers and the state administrative functionaries to understand the efficacies of the scheme and its implementation in the right direction.

Chapter - IV

RESULTS AND INTERPRETATION

RESULTS AND INTERPRETATION

Table – 1

Age group of the Beneficiaries (Adolescent Girls)

	Frequency	Percent	Valid percent	Cumulative Percent
Valid 11-13	12	12.0	12.0	12.0
13 - 15	25	25.0	25.0	37.0
15 - 17	21	21.0	21.0	58.0
17 - 19	42	42.0	42.0	
Total	100	100.0	100.0	100.0

AGE

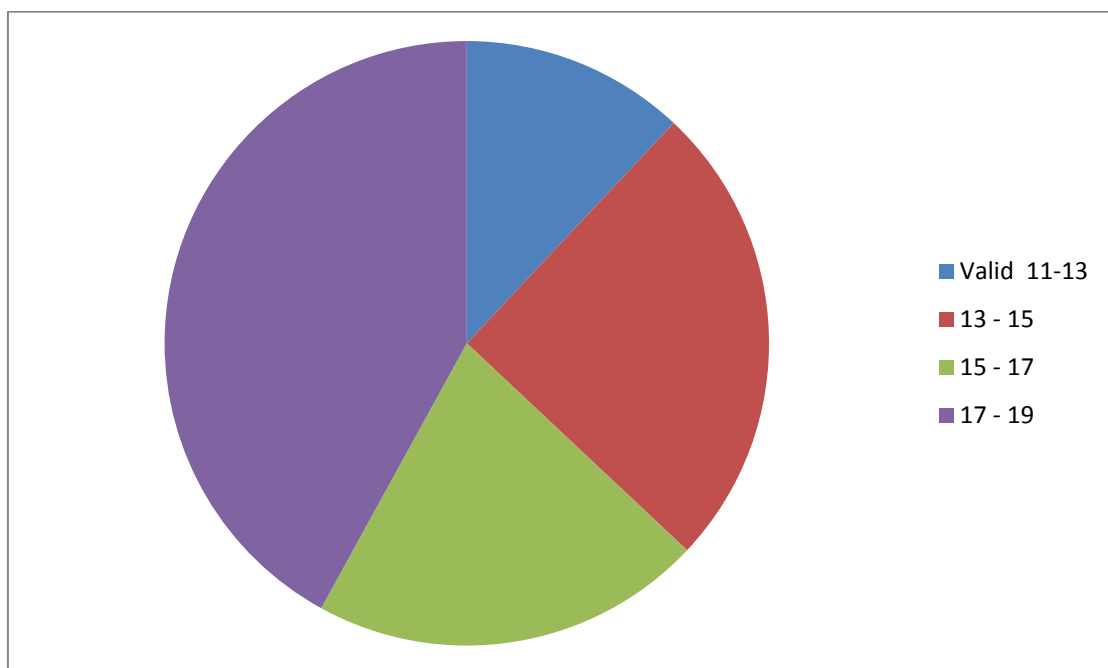


Table 1 shows the age group of the respondent beneficiaries 46% of the respondents are in the age group of 13-17 years.

Table -2

Source of income of the family

	Frequency	Percent	Valid percent	Cumulative Percent
Valid Coolie	85	85.0	85.0	85.0
Govt. Sector	5	5	5.0	90.0
Business	6	6	6.0	96.0
No Response	4	4	4.0	100.0
Total	100	100.0	100.0	

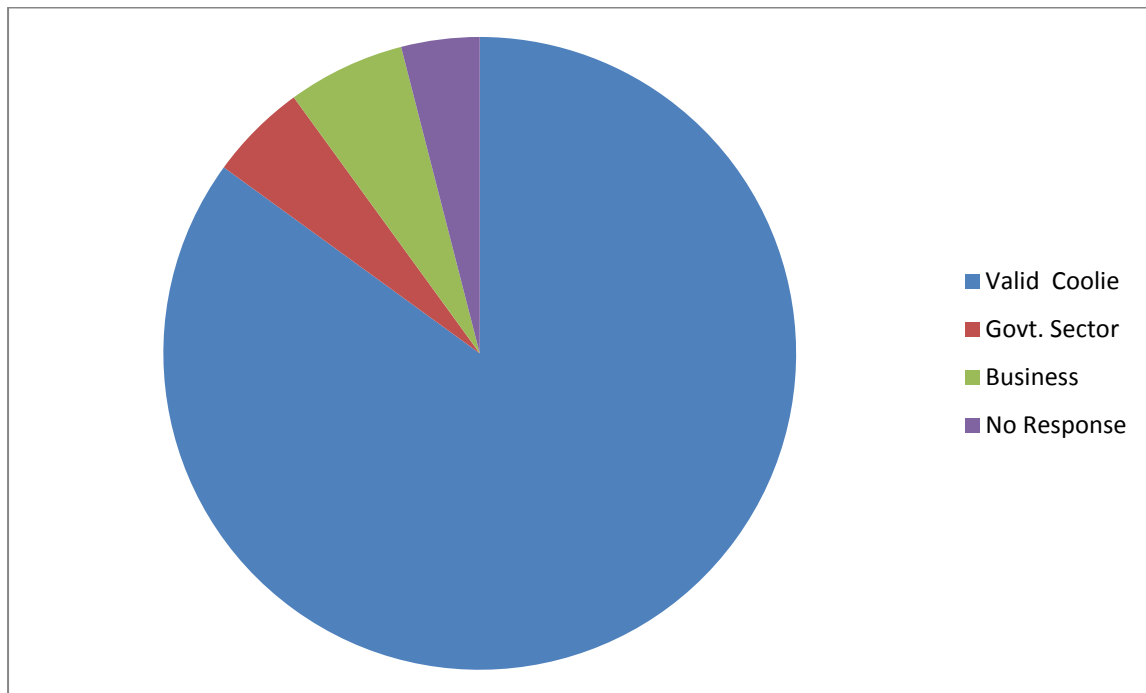


Table 2 shows the source of Income of the respondents family 5% of the respondents parents are working in government sectors, 85% of them are working in unorganized sectors.

Table 3

Size of the Family

	Frequency	Percent	Valid percent	Culumulative Percent
Valid 0 -5	36	36.0	36.0	36.0
5 - 10	53	53.0	53.0	89.0
10 -15	7	7.0	7.0	96.0
15 & above	4	4	4.0	100.0
Total	100	100.0	100.0	

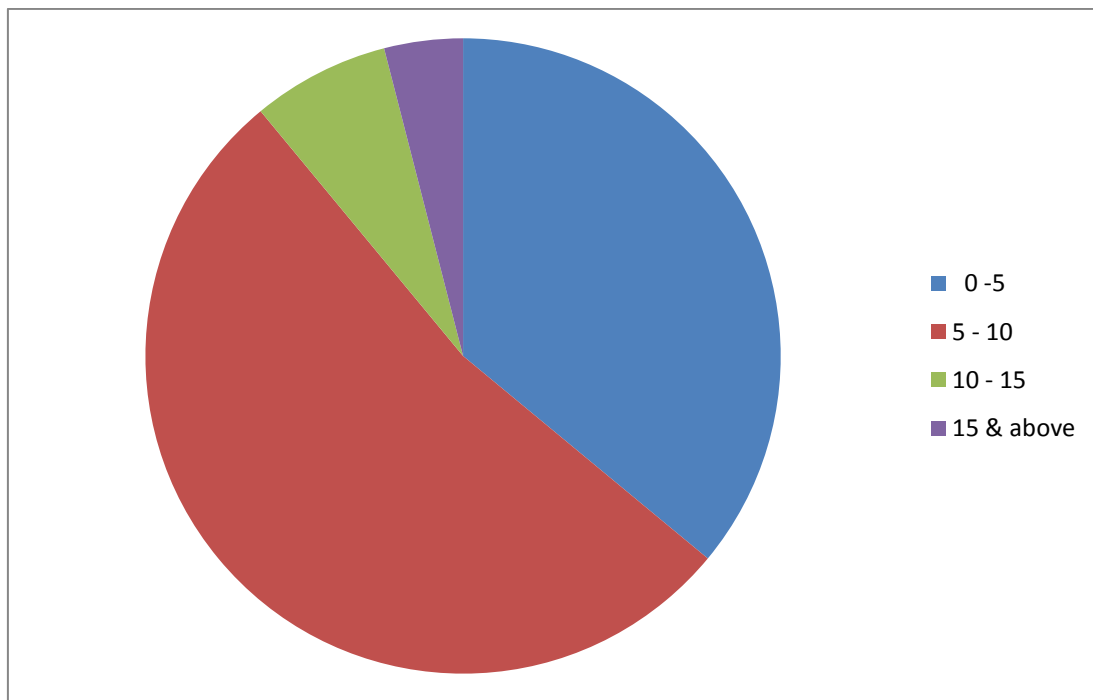


Table 3 depicts the size of the family of the respondent beneficiaries based on the members of the family about 4% of the beneficiaries belong to a family having more than 15 members. More than 53% of the respondent beneficiaries live in a family having members ranging from 5-10.

Table – 4

BPL & APL Card holders

	Frequency	Percent	Valid percent	Culumulative Percent
Valid BPL	78	78.0	78.0	78.0
APL	22	22.0	22.0	100.0
Total	100	100.0	100.0	

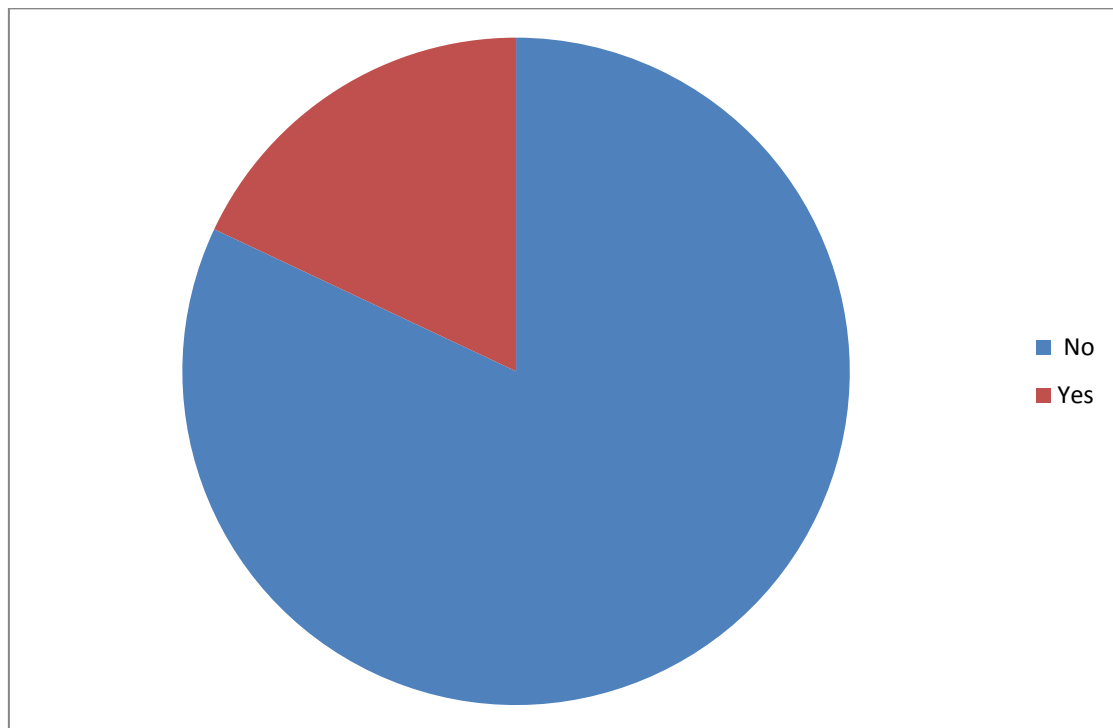


Table 4 shows that 78% of the respondents families have BPL Cards and 22 % of the families have APL Cards.

Table -5

Health & Nutritional status of the beneficiaries

	Frequency	Percent	Valid percent	Culumulative Percent
Valid No	3	3.0	3.0	3.0
Yes	94	94.0	94.0	97.0
No Response	3	3.0	3.0	100.0
Total	100	100.0	100.0	

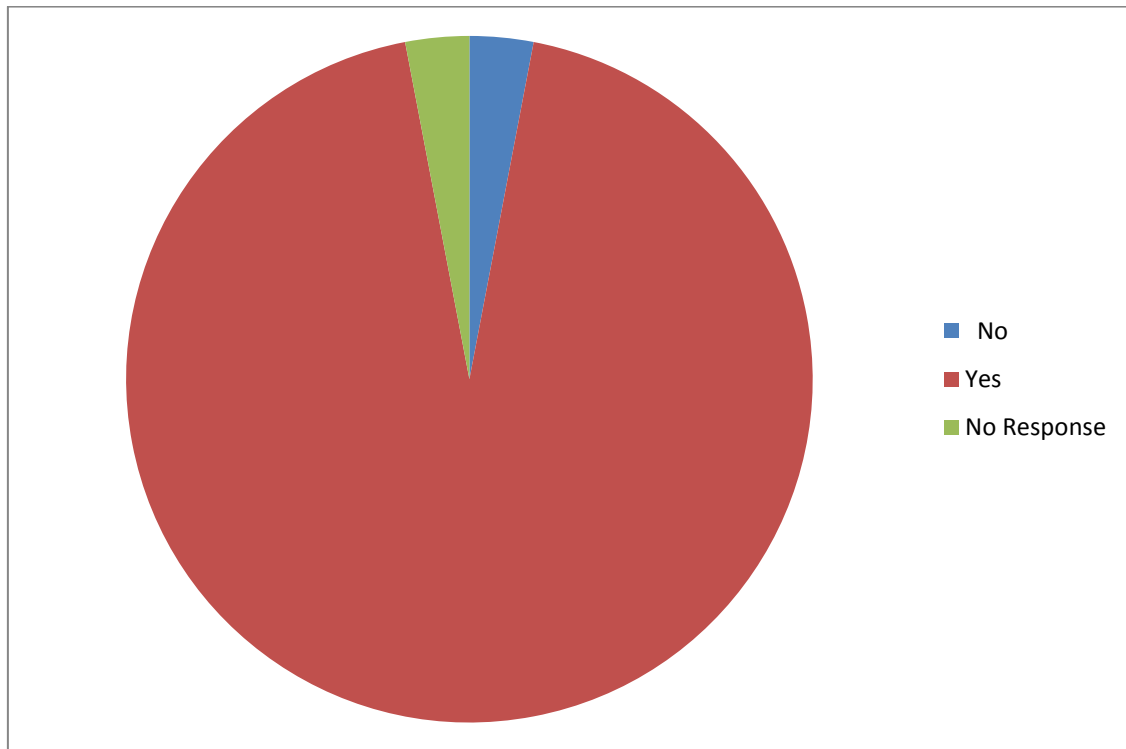
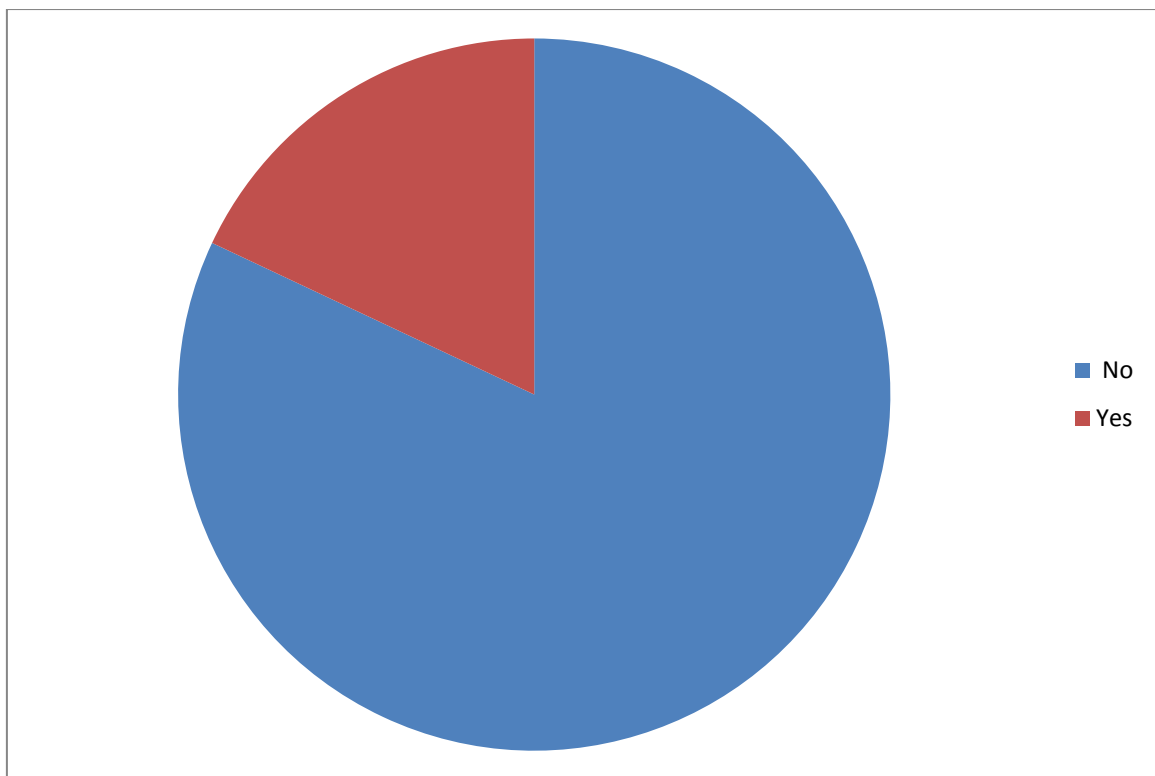


Table 5 depicts the impact of KSY on the health and nutritional status of the respondent beneficiaries. 94% of the beneficiaries found that there is improvement in their health & nutritional status.

Table - 6

Vocational Training attended by the Adolescent girls

	Frequency	Percent	Valid percent	Culumulative Percent
Valid No	82	82.0	82.0	82.0
Yes	18	18.0	18.0	100.0
Total	100	100.0	100.0	



The above table shows that above 82% of the adolescent girls have not attended the training programme available under this scheme

Table - 7

Qualification

	Frequency	Percent	Valid percent	Culumulative Percent
Valid 6th – 8th	13	13.0	13.0	13.0
8 th – 10th	23	23.0	23.0	36.0
10 th – 12th	28	28.0	28.0	64.0
12th & above	36	36.0	36.0	100.0
Total	100	100.0	100.0	

The above table reveals that 36% of the respondent beneficiaries are in PUC. 13% of beneficiaries are in the primary level.

Table - 8

Change in Body Weight

	Frequency	Percent	Valid percent	Culumulative Percent
Valid No	5	5.0	5.0	5.0
Yes	93	93.0	93.0	98.0
Response	2	2.0	2.0	100.0
Total	100	100.0	100.0	

93% of the respondents found that their body weight increased after using the scheme.

Table – 9

Frequency of Visit to Anganwadis by the Beneficiaries

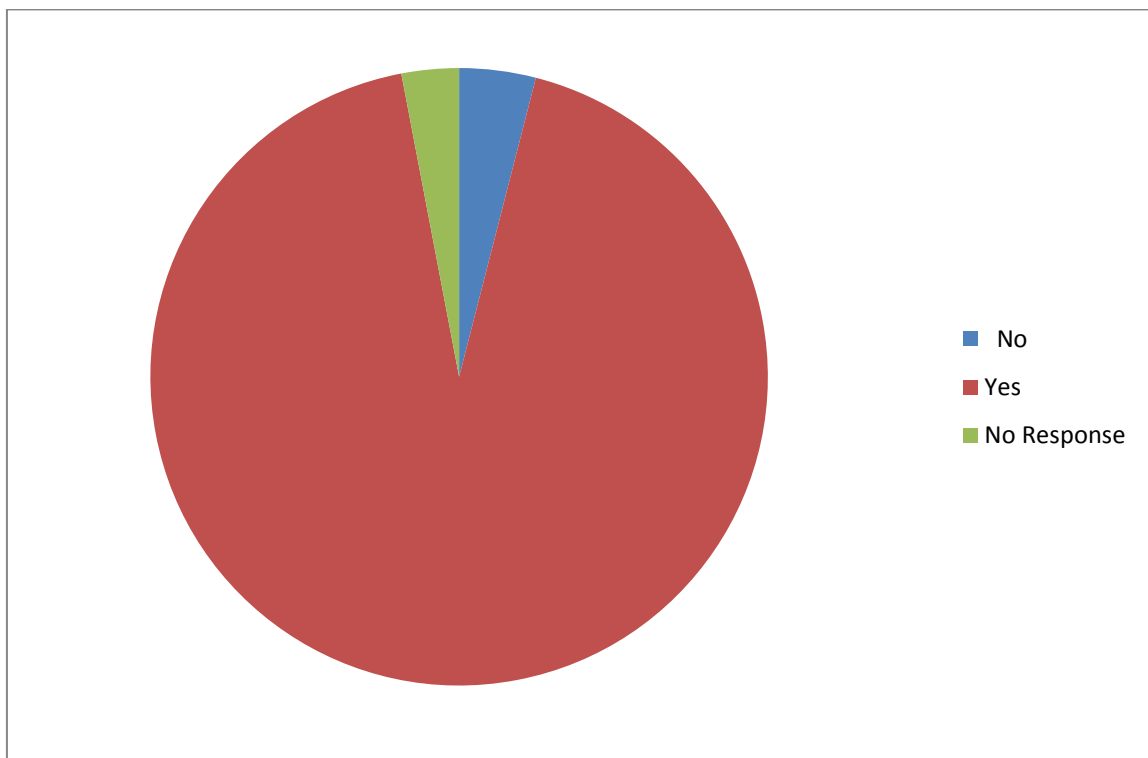
	Frequency	Percent	Valid percent	Culumulative Percent
Valid No Once in a month	65	65.0	65.0	65.0
Once in 15 days	32	32.0	32.0	97.0
Weekly	3	3.0	3.0	100.0
Total	100	100.0	100.0	

Above table shows the frequency of visit to Anganwadis by the adolescent girls, 65% of the beneficiaries visit the Anganwadi once in month while 32% of them visit once in 15 days.

Table - 10

Impact of the scheme on the families of the beneficiaries

	Frequency	Percent	Valid percent	Culumulative Percent
Valid No	4	4.0	4.0	4.0
Yes	93	93.0	93.0	97.0
No Response	3	3.0	3.0	100.0
Total	100	100.0	100.0	



The above table depicts that 93% of the respondents feel that the scheme has not only benefited the adolescent girls but also their family.

Chapter - V

FINDINGS, SUGGESTION

&

CONCLUSION

MAJOR FINDINGS OF THE STUDY

It is found that majority of the beneficiaries have BPL cards and only 22% of them have APL Cards.

Majority of the respondents parents are working in unorganized sectors.

The scheme has not only benefited the adolescent girls but also their families.

The study found that there is improvement in the health and nutritional status of the adolescent girls.

It is also observed that the scheme has boosted the confidence of the adolescent girls.

About 93% of the beneficiaries found that there is increase in their body weight after using Kishori Shakti Yojana.

Adolescent girls are provided with adequate knowledge on Kishori Shakti Yojana by the Anganwadi workers of their respective areas. About 65% of the beneficiaries visit Anganwadies once in a month.

About 82% of the adolescent girls have not participated in the vocational training provided under this scheme. Girls are more interested in taking nutritional food rather than attending trainings.

SUGGESTIONS

Based on the findings of the study and observations made by the researcher during the survey, the following suggestions are made for the effective implementation of the scheme.

- Wide publicity about the services provided through ICDS to be given to general public in general and to the educational institutions in particular . In this regard frequent parents meetings can be held to disseminate the ICDS services.
- Awareness about the scheme also be provided to the parents of the adolescent girls.
- Benefit of the Yojana Should start from the girls at the primary level itself , so that the problem of nutritional deficiency can be addressed at the right age.
- The scheme should be extended for at least minimum of 1year as 6 months is too shorter a period .
- Vocational Training should be made compulsory for all the beneficiaries . Focus should be on health, nutrition and hygiene on one hand skill development activities on the other hand in order to be self reliant.
- Regular counselling and educative programmes to all adolescent girls should be conducted by involving professional counsellors.
- Feedback could be collected about the effectiveness of the services periodically so as to take the corrective action.

CONCLUSION

Kishori Shakti Yojana is a beneficial scheme for empowering the adolescent girls. The study has depicted the socio- economic conditions of the respondent beneficiaries with regard to the utilization of Kishori Shakti Yojana and its impact on the adolescent girls, it is observed that the adolescent girls are happy with the scheme . There is improvement in their health and nutritional status. However inspite of the positive remark, it is found that most of the adolescent girls have not participated in the vocational training programme. In this regard the strict adherence to the scheme by the government will help in the effective implementation of the Kishori Shakti Yojana.

ANNEXURE

ANNEXURE

UGC SPONSORED MINOR RESEARCH PROJECT ON

“ THEKISHORE SHAKTHI YOJANA SCHEME FOR THE EMPOWERMENT OF ADOLESCENT GIRLS, A STUDY WITH REFERENCE TO SELECTED ANGANWADI'S IN MANGALURU AREA” .

QUESTIONNAIRE

1. ಹೆಸರು :
2. ವಯಸ್ಸು :
3. ವಿದ್ಯಾಭ್ಯಾಸ :
4. ಕುಟುಂಬ ಸದಸ್ಯರ ಸಂಖ್ಯೆ: :
5. ಕುಟುಂಬದ ಆದಾಯ ಮೂಲ :
6. ಯಾವ ಪಡಿತರಚೀಟಿಯನ್ನು ಹೊಂದಿರುವಿರಿ : ಎಪಿಎಲ್ ಬಿಪಿಎಲ್
7. ನಿಮ್ಮ ಪ್ರದೇಶದಲ್ಲಿರುವ ಅಂಗನವಾಡಿಗೆ ಭೇಟಿಕೊಡುತ್ತೀರಾ : ಹೌದು ಇಲ್ಲ
8. ಭೇಟಿಕೊಡುತ್ತೀರಾದರೆ ಎಷ್ಟು ಬಾರಿ : ತಿಂಗಳಿಗೊಮ್ಮೆ ದಿನನೈದು ದಿನಕ್ಕೊಮ್ಮೆ ವಾರಕ್ಕೊಮ್ಮೆ
9. ಅಂಗನವಾಡಿಯ ವಿಳಾಸ:

10. ಅಂಗನವಾಡಿಯಲ್ಲಿ ದೊರಕುವಂತಹ ಸೌಲಭ್ಯಗಳ ಬಗ್ಗೆ ನಿಮಗೆ ಮಾಹಿತಿಯಿದೆಯೇ ?
ಹೌದು ಇಲ್ಲ
11. ಸರ್ಕಾರವು ಕೊಡುವ ಯಾವುದಾದರೂ ಯೋಜನೆಗಳ ಫಲಾನುಭವಿಗಳಾಗಿದ್ದೀರಾ ?
ಹೌದು ಇಲ್ಲ
12. ಹೌದಾದರೆ ಹೆಸರಿಸಿ :

13. ನಿಮಗೆ ಕಿಶೋರಿ ಶಕ್ತಿ ಯೋಜನೆಯ ಬಗ್ಗೆ ಸಂಪೂರ್ಣ ಮಾಹಿತಿಯಿದೆಯೇ ?
ಹೌದು ಇಲ್ಲ

14. ಇದೆಯೆಂದಾದರೆ ನಿಮಗೆ ಎಲ್ಲಿಂದ ಈ ಬಗ್ಗೆ ಮಾಹಿತಿದೊರಕಿತು ?

ಮಹಾನಗರ ಪಾಲಿಕೆ ಪಂಚಾಯತ್ ಅಂಗನವಾಡಿ ಇತರ ಮೂಲಗಳು

15. ಅಂಗನವಾಡಿಕಾರ್ಯಕರ್ತೆಯರು ನಿಮಗೆ ಈ ಯೋಜನೆಯ ಬಗ್ಗೆ ಸರಿಯಾದ ಮಾಹಿತಿ ನೀಡಿರುವರೆ?

ಹೌದು ಇಲ್ಲ

16. ನೀಡಿದ್ದಾರೆಂದಾದರೆ ಅವರ ಮಾಹಿತಿಯಂತೆ ನೀವು ಈ ಯೋಜನೆಯನ್ನು ಬಳಸಿಕೊಂಡಿದ್ದೀರಾ ?

ಹೌದು ಇಲ್ಲ

17. ಈ ಯೋಜನೆಯಲ್ಲಿಕೊಡಮಾಡುವ ಪೌಷ್ಟಿಕಾಂಶ ಆಹಾರವು ಎಷ್ಟು ದಿನಗಳಿಗೊಮ್ಮೆ ದೊರೆಯುತ್ತದೆ ?

7 ದಿನಗಳು 15 ದಿನಗಳು ತಿಂಗಳಿಗೊಮ್ಮೆ

18. ಈ ಆಹಾರವು ನಿಮ್ಮದೇಹದ ಪೌಷ್ಟಿಕಾಂಶತೆಯನ್ನು ಹೆಚ್ಚಿಸುವಲ್ಲಿ ಸಹಕಾರಿಯಾಗಿದೆಯೆ ?

ಹೌದು ಇಲ್ಲ

19. ಏನೆಲ್ಲಆಹಾರ ವಸ್ತುಗಳನ್ನು ಕೊಡುತ್ತಾರೆ ? ಅಕ್ಕಿ ಗೋದಿ ರಾಗಿ ಬೇಳೆ

ಇತರೆ : _____

20. ಪೌಷ್ಟಿಕಾಂಶ ಆಹಾರವಲ್ಲದೆ, ಇನ್ನಿತರ ಸೌಲಭ್ಯಗಳು ದೊರಕುತ್ತದೆಯೆ ?

ಹೌದು ಇಲ್ಲ

21. ಹೌದಾದರೆ ಹೆಸರಿಸಿ.

22. ನಿಮ್ಮ ವ್ಯಕ್ತಿತ್ವವನ್ನು ಬೆಳೆಸುವಲ್ಲಿ ಈ ಯೋಜನೆಯಲ್ಲಿಕೊಡುವ ತರಬೇತಿಗಳು ಸಹಕಾರಿಯಾಗದೆ ?

ಹೌದು ಇಲ್ಲ

23. ತರಬೇತಿಯ ಅವಧಿಯೆಷ್ಟು ? 1 ದಿನ, 5 ದಿನ 7 ದಿನ 115 ದಿನ

24. ತರಬೇತಿಯ ಸಮಯದಲ್ಲಿ ನಿಮಗೆ ಪ್ರಯಾಣ ಭತ್ತೆಯನ್ನುಕೊಡುತ್ತಾರೆಯೇ ?

ಹೌದು ಇಲ್ಲ

25. ತರಬೇತಿಯ ಸಮಯದಲ್ಲಿಕೊಡಮಾಡುವ ಊಟೋಪಹಾರಗಳ ಗುಣಮಟ್ಟದ ಬಗ್ಗೆ ನಿಮಗೆ ತೃಪ್ತಿಯಿದೆಯೇ ?

ಹೌದು ಇಲ್ಲ

26. ಇಲ್ಲವಾದಲ್ಲಿ ಕಾರಣ ಕೊಡಿ.

27. ತರಬೇತಿಯಲ್ಲಿ ಯಾವೆಲ್ಲ ವಿಷಯಗಳ ಬಗ್ಗೆ ಮಾಹಿತಿಯನ್ನುಕೊಡಲಾಗುತ್ತದೆ ?

28. ತರಬೇತಿಯಲ್ಲಿಕೊಟ್ಟಂತಹ ಮಾಹಿತಿಗಳು ಕಿಶೋರಿಯರಾದ ನಿಮ್ಮಜೀವನ ಶೈಲಿಯ ಮೇಲೆ ಪ್ರಭಾವ ಬೀರಿದೆಯೇ ?

ಹೌದು ಇಲ್ಲ

29. ನಿಮ್ಮಅಭಿಪ್ರಾಯದಲ್ಲಿ ಈ ಯೋಜನೆಯುಕಿಶೋರಿಯರಿಗೆ ಸೂಕ್ತವಾಗಿದೆಯೇ ?

ಹೌದು ಇಲ್ಲ

30. ಹೌದು ಅಥವಾ ಇಲ್ಲವೆಂದಾದಲ್ಲಿ ಕಾರಣಕೊಡಿ.

31. ಈ ಯೋಜನೆಯನ್ನುಅನುಭವಿಸುವಲ್ಲಿ ನಿಮಗೇನಾದರೂತೊಂದರೆ/ಸಮಸ್ಯೆಗಳುಂಟಾಗಿದೆಯೇ ?

ಹೌದು ಇಲ್ಲ

32. ಈ ಯೋಜನೆಯನ್ನು ಅನುಭವಿಸಿದ ನಂತರ ನಿಮ್ಮ ಆರೋಗ್ಯ ಮತ್ತು ಪೋಷಣಾ ಮಟ್ಟದಲ್ಲಿ ಏನಾದರೂ ಸುಧಾರಣೆಗಳಾಗಿವೆಯೇ ?

ಹೌದು ಇಲ್ಲ

33. ಕಿಶೋರಿ ಶಕ್ತಿ ಯೋಜನೆಯಿಂದಾಗಿ ನಿಮ್ಮ ಆತ್ಮವಿಶ್ವಾಸ ಹೆಚ್ಚಿದೆಯೇ ?

ಹೌದು ಇಲ್ಲ

34. ಪೌಷ್ಟಿಕಾಂಶಯುಕ್ತ ಆಹಾರ ಬಳಕೆಯಿಂದ ನಿಮ್ಮ ದೇಹದ ತೂಕದಲ್ಲಿ ಬದಲಾವಣೆಯಾಗಿದೆಯೇ ?

ಹೌದು ಇಲ್ಲ

35. ತರಬೇತಿಯ ಸಮಯದಲ್ಲಿ ಉತುಚಕ್ರದ ಬಗ್ಗೆ ಮಾಹಿತಿಯನ್ನು ಒದಗಿಸುತ್ತಾರೆಯೇ ?

ಹೌದು ಇಲ್ಲ

36. ಈ ಯೋಜನೆಯಡಿಯಲ್ಲಿ ಕೊಡಮಾಡುವ ಪೌಷ್ಟಿಕ ಆಹಾರಗಳು ನಿಮ್ಮ ಕುಟುಂಬಕ್ಕೂ ಉಪಯೋಗವಾಗಿದೆಯೇ ?

ಹೌದು ಇಲ್ಲ

37. ಈ ಯೋಜನೆಯನ್ನು ಬಳಸುವಂತೆ ನೀವು ಇತರ ಕಿಶೋರಿಯರಿಗೆ ಸಲಹೆ ನೀಡುವಿರಾ/ನೀಡಿದ್ದೀರಾ ?

ಹೌದು ಇಲ್ಲ

38. ಯೋಜನೆಯ ನಿಯಮದಂತೆ ಒಂದು ಬಾರಿ ಮಾತ್ರ ಇದರ ಪ್ರಯೋಜನವನ್ನು ಪಡೆಯಲು ಸಾಧ್ಯ. ಒಂದು ವೇಳೆ ಅವಕಾಶ ಕೊಟ್ಟರೆ ಮಗದೊಮ್ಮೆ ಇದರ ಫಲಾನುಭವಿಗಳಾಗಲು ಇಚ್ಛಿಸುವಿರಾ ?

ಹೌದು ಇಲ್ಲ

39. ಕಿಶೋರಿ ಶಕ್ತಿ ಯೋಜನೆಯಲ್ಲಿ ಯಾವುದಾದರೂ ಬದಲಾವಣೆಗಳನ್ನು ಬಯಸುತ್ತೀರಾ ?

ಹೌದು ಇಲ್ಲ

40. ಯಾವ ರೀತಿಯ ಬದಲಾವಣೆಗಳ ಅಗತ್ಯವಿದೆ ?

ANNEXURE

UGC SPONSORED MINOR RESEARCH PROJECT ON

“ THEKISHORE SHAKTHI YOJANA SCHEME FOR THE EMPOWERMENT OF ADOLESCENT GIRLS, A STUDY WITH REFERENCE TO SELECTED ANGANWADI'S IN MANGALURU AREA” .

QUESTIONNAIRE

1. Name
2. Age
3. Educational Qualification
4. Number of members in the family
5. Source of income
6. Which Ration Card do you have ? APL BPL
7. Do you visit Anganwadis in your area ?
Yes No
8. If yes how frequently : Once in a month
Once in fifteen days Weekly
9. Address of Anganwadi

10. Are you aware of the schemes available in Anganwadis ?
Yes No
11. Are you the beneficiary of any of the scheme provided by the Govt. ?
Yes No

12. If yes name it :-
13. Do you have Complete information about Kishori Shakti Yojana ?
Yes No
14. If yes, from where did you get the information ?
Municipal Corporation Panchayat
Anganwadis Other sources
15. Have the Anganwadi workers made you aware of the Kishori Shakti Yojana ?
Yes No
16. If yes, have you used this scheme as per their information .
Yes No
17. How often do you receive nutritional food under this scheme?
7days 15days Once in a month
18. Has the nutritional food benefited you?
Yes No
19. What are the food items provided under this scheme?
Rice Wheat Ragi any other.....
20. Apart from food items do you get other benefits under this scheme
Yes No
21. If yes name them :-

22. Has the training provided under the scheme helped you in developing your personality ? Yes No

23. What is the period of training programme ?
1 day 5 days 7days 15days

24. Do they give you Travelling Allowances during training period ?
Yes No

25. Are you happy with the quality of food provided during training programme? Yes No

26. If no State the reason.....

27. What are the topics on which training is given?

28. Has the information given during the training influenced your life style?
Yes No

29. According to you is this scheme beneficial to adolescent ?
Yes No

30. If yes or no state the reason.....

31. did you face any problem while experiencing the benefits of the scheme ?
Yes No

32. Has there been any improvement in your health & nutritional level after reaping the benefits of the scheme ?

Yes No

33. Has the scheme helped in improving your self confidence?

Yes No

34. Is there any change in your weight after using the nutritional food ?

Yes No

35. Is information about nutritional cycle provided during training programme? Yes No

36. Has the nutritional food provided under the scheme benefited your family? Yes No

37. Would you recommend the scheme to other adolescent girls? Yes No

38. As per the Govt rule you can avail the benefit only once, If given a second chance, would you make use of the benefit ?

Yes No

39. Would You suggest changes to the scheme ?

Yes No

40. If so, what are the changes required?

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