

PROJECT UTTHAN

NURTURING THE PRESENT, SECURING THE FUTURE



STEERING CONVERGENCE FOR ADVANCING HEALTH AND WELL-BEING OF ADOLESCENTS IN UTTAR PRADESH

Our Approach

Catalysing Convergence

Technical support to state initiatives, encouraging convergence of Rashtriya Bal Swasthya Karyakram (RBSK), Rashtriya Kishor Swasthya Karyakram (RKSK) and School Health & Wellness Programme (SHWP)

Mainstreaming Gender Education

Gender sensitive comprehensive AH Education for RKSK, RBSK, SHWP and Tele Mental Health Assistance and Networking Across States, (Tele-MANAS) programme team

Building Capacities and Facilitating Linkages

Access to specialized adolescent counselling via Tele-MANAS

Project Utthan Envisions



Empowering Young People

Informed decision-making regarding health and wellbeing.



Gender and Nutrition Education

Enhancing understanding of gender roles, nutrition, and adolescent health.



Anemia Reduction

Iron & Folic Acid supplementation and deworming adherence to reduce anemia.



Mental Health Support

Increasing access to and utilization of mental health services to reduce the identification and treatment gap.

DID YOU

KNOW?

Over **257 million** adolescents in India, with **50 million** in Uttar Pradesh, are at the threshold of shaping our nation's destiny.

In Uttar Pradesh, with a significant rise the gross enrolment rate for elementary schools has reached **98.1%**, and for secondary schools it is **69.3%**. This serves as a pivotal foundation for implementing effective adolescent intervention programs!

¹ <https://www.indiabudget.gov.in/economicsurvey/doc/stat/tab83.pdf>

KEY INDICATORS

ADOLESCENT HEALTH IN UTTAR PRADESH

01 ANAEMIA

52.8% girls and 29.9% boys aged 15-19 are anaemic.

02 EARLY MARRIAGE

Despite strides, 31% young women still marry early.

03 MENSTRUAL HYGIENE

70.5% girls aged 15-19 report using hygienic methods of menstrual protection. 70.6% girls in the same age group also report using cotton cloth².

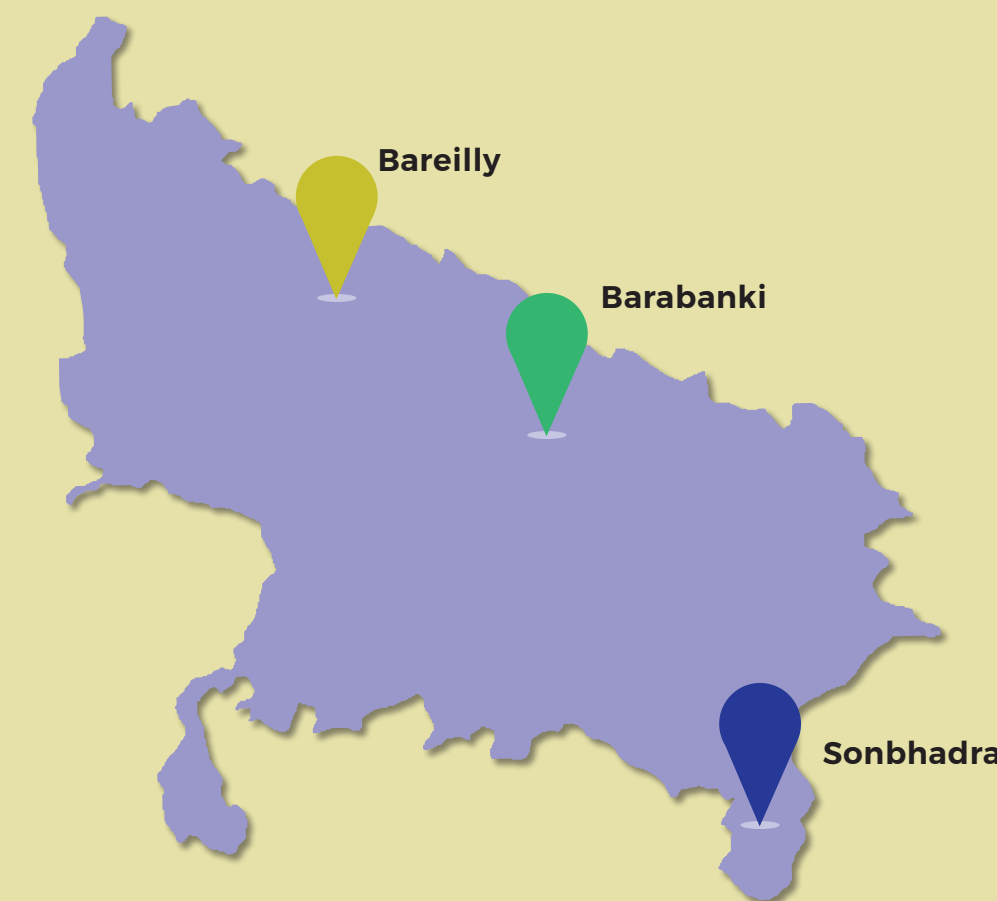
04 GENDER BASED VIOLENCE

43.7% girls aged 15-19 agree that a husband is justified in beating his wife for any one of the specified reasons.

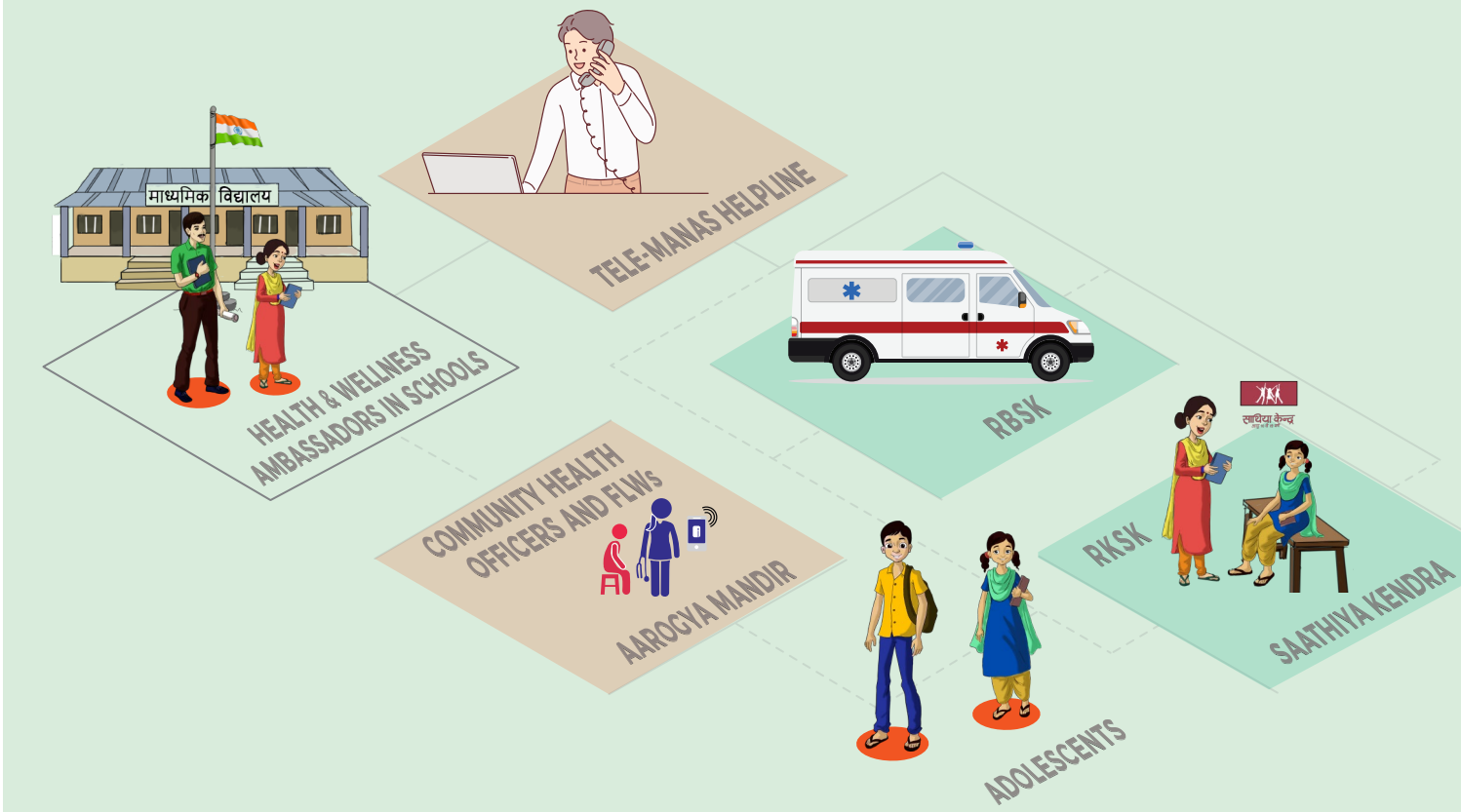
² https://rchiips.org/nfhs/NFHS-5_FCTS/Uttar_Pradesh.pdf

Project Utthan will adopt a human-centered design approach for improved health outcomes for adolescents. It will discuss and devise strategies to dismantle the barriers, ensuring the solutions are holistic and anchored in the government programs.

Utthan will work across three districts – **Bareilly, Barabanki** and **Sonbhadra** of Uttar Pradesh.



KEY TOUCHPOINTS



Project Utthan is a Three Year Program (2023-26)
In Partnership with NHM-UP



Project Utthan champions holistic health by harnessing a comprehensive and convergence approach, that is responsive to the needs of the adolescents.



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