

# IMPACT ASSESSMENT REPORT

## Shaping Young Lives : Integrated Adolescent Programming to Impact Health and Development Outcomes

### 01 Project Details

<b>Project Number:</b>	10325
<b>Project Title:</b>	Shaping Young Lives : Integrated Adolescent Programming to Impact Health and Development Outcomes
<b>Project Duration:</b>	Jun 2020 - Aug 2021
<b>Project Budget:</b>	Rs. 100 lakhs
<b>Major Stakeholders:</b>	Adolescents , Parents ,School Teachers , Implementing Agency and Project Fellows
<b>Location:</b>	Dharavi ,Kalwa and Kandivali (Mumbai ,Maharashtra)
<b>Implementation Agency:</b>	SNEHA
<b>Assessment Agency:</b>	SoulAce

### 02 Background

Established in 1999, SNEHA works across vulnerable communities in Mumbai to reduce health inequalities among women and children by providing them access to healthcare services, education, and resources. Supported by Bajaj Finserv Limited (BFL), SNEHA has developed an integrated adolescent program to impact health and development outcomes.

This initiative addressed improved nutrition, increased awareness of sexual and reproductive health, heightened menstrual hygiene management, socio-emotional growth through interactive workshops and active participation of adolescents in community upliftment.

Targeting vulnerable slum communities in Dharavi, Kalwa, and Kandivali , benefiting 4,648 adolescents and 4,267 parents, the project aimed to improve adolescents' nutrition status, enhance knowledge of Sexual and Reproductive Health and Rights (SRHR), address mental health concerns, facilitate capacity building, and provide vocational training.



- Enrolled 3,156 adolescents in Dharavi and Kalwa, including 844 from community-based schools and 400 from vulnerable clusters.
- Ensured routine health services, conducting modular sessions on nutrition, anemia, prevention methods, and common diseases, despite pandemic challenges.
- Provided informative videos, covering physical and psychological changes, debunked myths related to menstruation and nocturnal emissions, and distributed sanitary pads.
- Conducted workshops on computer literacy and digital skills.
- Organized group therapy sessions focused on Social and Emotional Learning (SEL), ensured psychosocial support through telephonic counseling, and made psychiatric referrals as necessary.
- Interactive and creative workshops were conducted on various topics including health and nutrition, mental health, sex and gender, sexual and reproductive health, gender-based violence, substance abuse, computer literacy, and digital skills.
- Identified active adolescents were formed into a change agents' cohort aged 15 to 18. This cohort worked on civic issues within their communities, taking necessary steps to solve them through group activities or community participation.

## Adolescent Health and Well-being

- Following the intervention, the percentage of adolescents undergoing hemoglobin testing increased from **66.1%** to **71.4%**, indicating improved engagement with health services.
  - Additionally, the percentage diagnosed with anemia rose significantly from **21.0%** to **55.5%**, reflecting enhanced awareness and screening efforts.
  - Access to regular iron tablets increased from **26.6%** to **45.4%**, suggesting progress in addressing nutritional deficiencies and promoting better health outcomes.
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## Hygiene Practices and Menstrual Taboos

- Following the intervention, there was an increase in hygiene practices among female beneficiaries.
  - Post-intervention, **77.6%** of adolescents took showers during menstruation, up from **57.5%** before.
  - Similarly, the percentage of girls keeping themselves clean during menstruation increased from **52.8%** to **65.9%**.
  - The intervention also reduced cultural beliefs about menstruation, with the belief that period blood is dirty decreasing from **49.5%** to **36.4%**.
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## Sexual and Reproductive Health Awareness

- Post-intervention, there was an improvement in understanding diseases like HIV and other sexually transmitted infections (STIs) among adolescents.
- The percentage of adolescents with knowledge of symptoms related to sexual and reproductive health (SRH) issues increased significantly from **20.7%** before the intervention to **67.5%** after.
- Similarly, there was a notable increase in knowledge regarding the right age for marriage, rising from **28.9%** before the intervention to **71.7%** after.