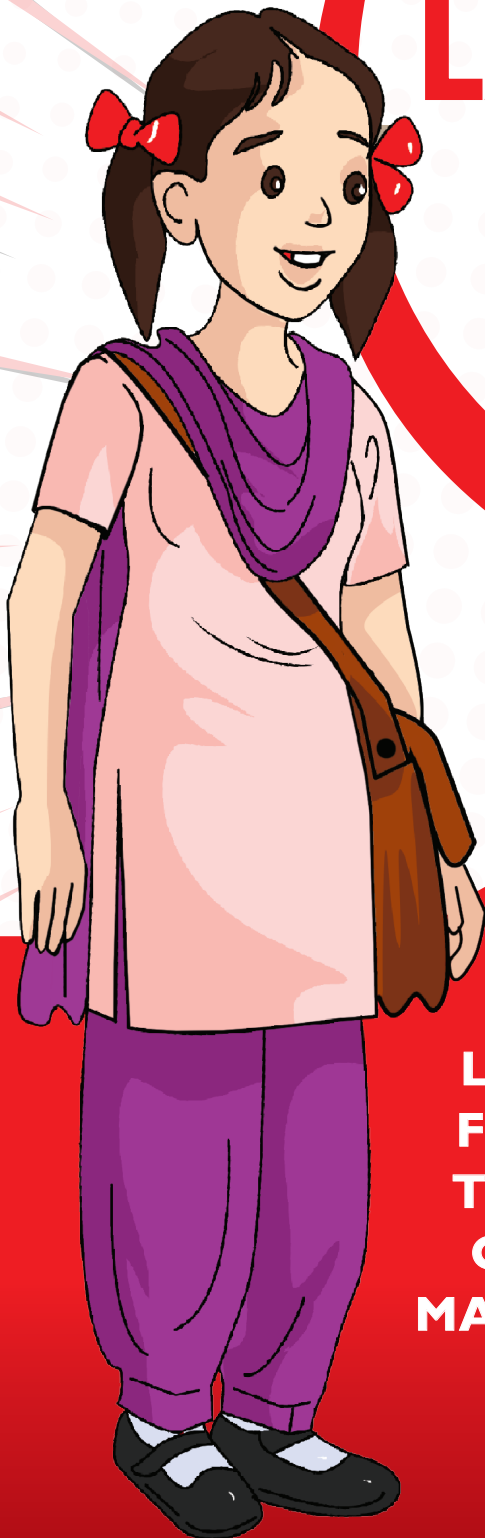




Save the Children®
100 YEARS

LALITA WINS AGAINST ALL ODDS



**LALITA
FIGHTS
TO END
CHILD
MARRIAGE**

**LALITA
BREAKS
STIGMA
AROUND
MENSTRUATION**

**LALITA
GIFTS
PUJA
A NEW
LIFE**

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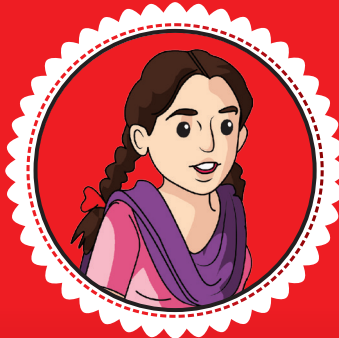
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LALITA FIGHTS TO END CHILD MARRIAGE

Come! Join us to celebrate
the efforts of two best friends Rani and Lalita.
These young champions not only fought the
evils of child marriage and postponed one; they
also educated the villagers about
the legal aspects and consequences
of child marriage.



LALITA
is a
15-year-old
ADG leader and
studying in class X



RANI
is a
15-year-old
studying in
class X



RASHMI
is Rani's
mother



POONAM
is the Child
Protection
Committee member
of the village

1

Rani's mother informs her about the guests visiting them tomorrow

Some important guests are coming tomorrow, so stay at home to help me. Also, wear the saree that we bought for you last month.

I can't miss my school Maa... I have a test tomorrow.

2

Next day... When the guests arrive

I don't want to get married Maa... I want to study.

This is the right time for you to get married. We cannot delay it.

3

Rani was not allowed to go to school for the entire week. Noticing her absence, Lalita visits her to see if she was doing fine

Why are you not coming to school? Why do you look so upset?

My parents fixed my marriage last week... I don't want to get married but they won't listen to me.

4

Help me Lalita didi. Suggest what can we do?

Don't worry, as a discussion leader and member of the Child Protection Committee. I will call a meeting to discuss this.

5

Dear Parents, I thank you all for coming at such a short notice. Today, we will be discussing about child marriage as it leaves serious mental and physical effects on children especially girls.

Lalita speaks to the Child Protection Committee members and they call for a common meeting on child marriage

Child Protection Committee



6

Child Protection Committee

Today, i will explain five important points that you all must know before you plan to get your children married before the legal age.

1

Marriage before 18 years for girls and 21 years for boys is legally prohibited, One can be punished for this.

2

Anyone can dial 1098/100 or reach out to the Child Protection Committee for help concerning children.

3

Beyond family, whoever performs, conducts, directs child marriage shall be punished under the various provisions of law.

4

Early girl child marriage increases the risk of adolescent age pregnancy or motherhood.

5

Most importantly, we should marry our children when they want to marry. Their choice is our happiness.

After attending the meeting, Rani's mother realises the problem she faced during her marriage. Therefore, she tries to convince her husband to not get Rani married so early

We are not getting Rani married now. We can go to jail.

I have already borrowed money from the moneylender. I have also given a word to the boy's family.

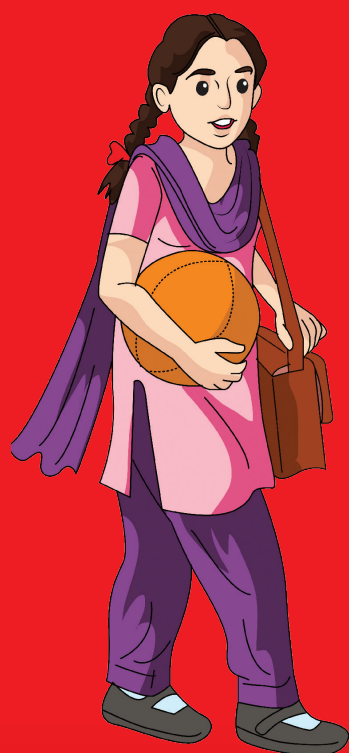
Please understand, this is the time for Rani's education, enjoyment and she being herself. I have suffered the cons of early marriage all my life. I do not want my daughter to go through the same struggles and trauma.

Ok, I will return the money and inform the boy's family about it.

7

8

Rani goes back to school as her parents decide to postpone her marriage

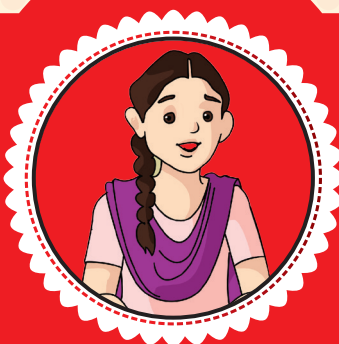


LALITA BREAKS STIGMA AROUND MENSTRUATION

A story of two best friends
Deepika and Lalita who advocate for
breaking gender stereotypes and taboos.
These adolescent champions not only fought
for the idea of practicing menstrual hygiene;
they also educated girls and women on
possible health problems one can face when
not practicing good hygiene.



LALITA
is a
15-year-old
ADG leader
and studying
in class X



DEEPIKA
is a
14-year-old
studying in
class IX



RESHMA
is
Deepika's
mother



SUMAN
is the
ASHA
didi of the
village



1

Why do you look so hassled Deepika?

I am menstruating now. My mother has asked me to change the cotton cloth once in a day and it feels uncomfortable.



2

These girls talk inside the washroom

Are you also on your periods, Lalita didi?

Yes.



Do you always use sanitary napkins? I only use homemade cotton cloth.

It's ok to either use sanitary napkin or cotton cloth given that you follow proper menstrual hygiene that involves changing your napkin/cloth at regular intervals; washing the used cloth with soap and drying it under the sun for at least 6 hours.

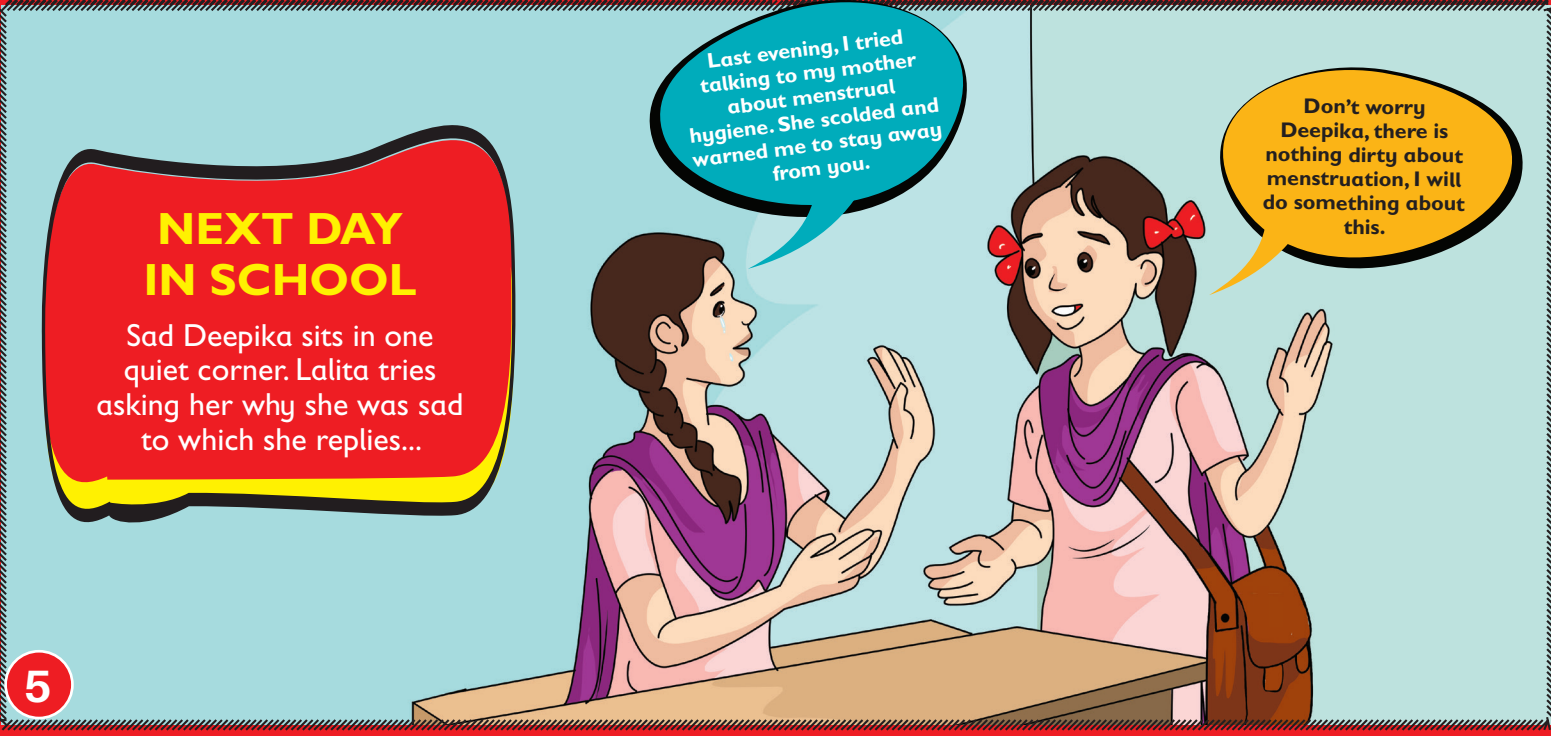
3



Maa... today Lalita didi was telling me what must be done to maintain proper menstrual hygiene.

Stop it! We are not supposed to talk about such dirty things. Stay away from Lalita. She is spoiling you.

4



NEXT DAY IN SCHOOL
Sad Deepika sits in one quiet corner. Lalita tries asking her why she was sad to which she replies...

Last evening, I tried talking to my mother about menstrual hygiene. She scolded and warned me to stay away from you.

Don't worry Deepika, there is nothing dirty about menstruation, I will do something about this.

5

Being the Adolescent Group Discussion Leader, Lalita informs about the issue to ASHA didi. ASHA didi along with ANM didi organize a mother's meeting in the Anganwadi Centre on Village Health Nutrition Day

Anganwadi Centre

Village Health Nutrition Day

Dear mothers, thank you all for coming. Today, we will be discussing about menstrual hygiene, its importance in our lives and the health threats it poses if we do not follow it. The following points must be followed during menstruation.



1

Menstruation is not dirty or shameful. It is a natural cycle for every adolescent girl and woman.

2

If you are using cotton cloth, wash it with soap and let it dry under the sun for at least 6 hours.

3

If you are using sanitary pads, ensure to "dispose-of" safely after the use.

4

Wash your hands with soap after changing sanitary pad/cotton cloth, take daily bath and clean private parts properly.

5

Change your cotton cloth or sanitary pad twice a day or more based on the discharge quantity.

However, if you miss these, there is a high chance of infections. Sometimes these infections get worse and may lead to Reproductive Tract Infections, thus affecting the health of the woman.

Next month...

Did you change the cotton cloth on time?

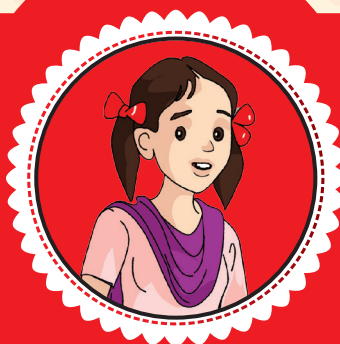
Yes maa... I did. In fact I have washed the cotton cloth and have left it to dry under the sun for at least 6 hours.

Feel free to talk about menstruation in case you have any questions.

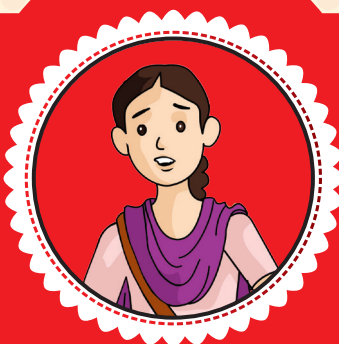


LALITA GIFTS PUJA A NEW LIFE

Come! Let's listen to the inspiring story of adolescent girl champions and best friends, Puja and Lalita. These adolescent champions not only fought the evils of gender inequality but also educated the villagers on the same.



LALITA
is a
15-year-old
ADG leader
and studying
in class X



PUJA
is a
13-year-old
studying in
class VIII



RESHMA
is Puja's
mother



MANOJ
is Puja's
husband



1

Puja ... go and make rotis for everyone and you two go and play while your sister is making food for you.

Ok Maa...



2

There is a good marriage proposal from a respected family in the nearby village. They are not asking for much dowry and we only have a week's time.

But... I don't want to get married now.

We will make it happen. If we delay it, nobody will marry her later.



3

Puja meets Lalita in the school next day

Why do you look so hassled Puja?

I will tell you after the class gets over.

While walking towards home Puja informs Lalita that this was her last day in school and in a week's time she will be married to a man from the nearby village



4

Puja gets married to a man much older than her

Lalita visits Puja on hearing that she has come to the village for a few days



5

It has been a long time. I want to visit my family.



6

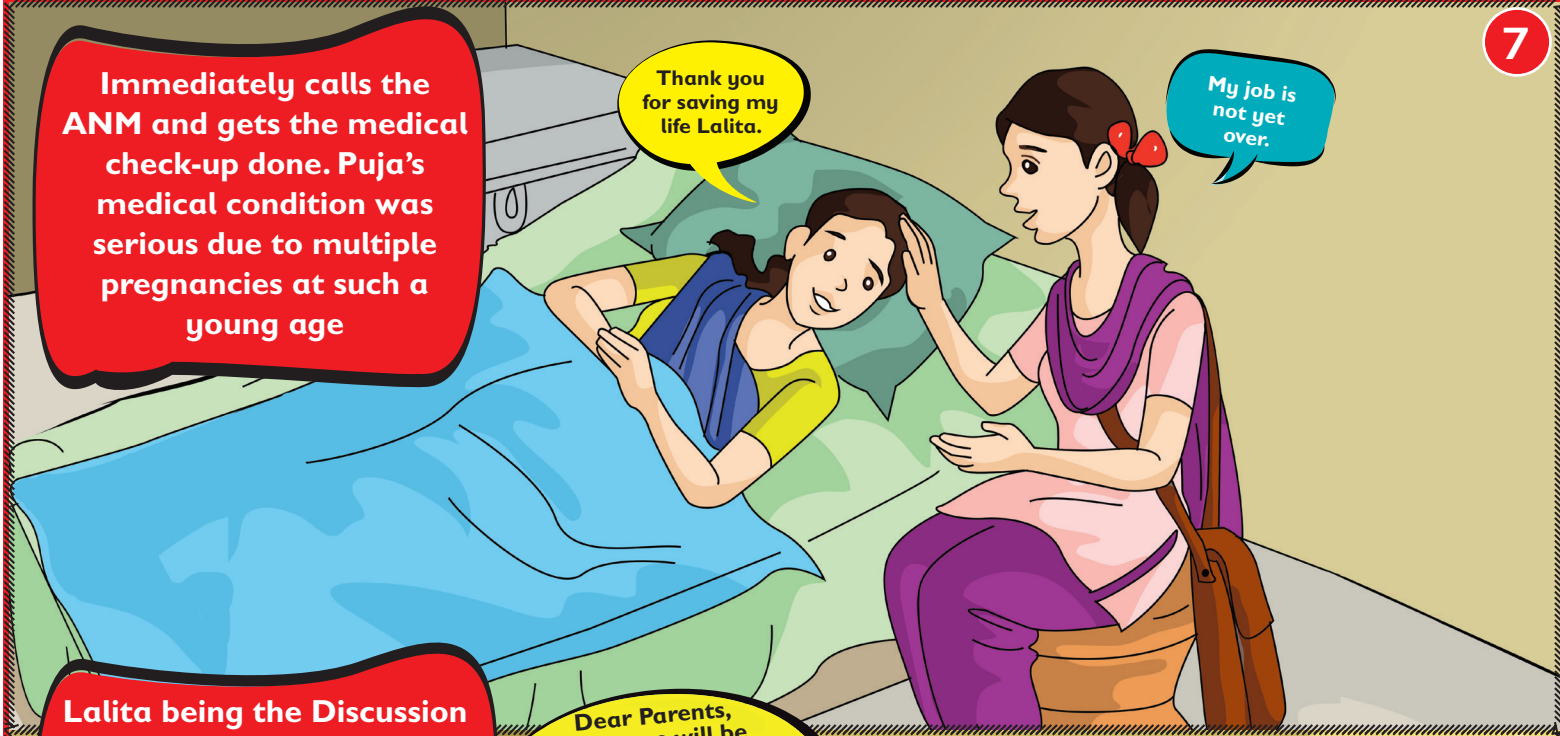
She looks so pale and frail in a few years' time. We must take her for a medical checkup immediately.

Yes. Maybe, because of this pregnancy and the pressure of young children or any other reason.

Immediately calls the ANM and gets the medical check-up done. Puja's medical condition was serious due to multiple pregnancies at such a young age

Thank you for saving my life Lalita.

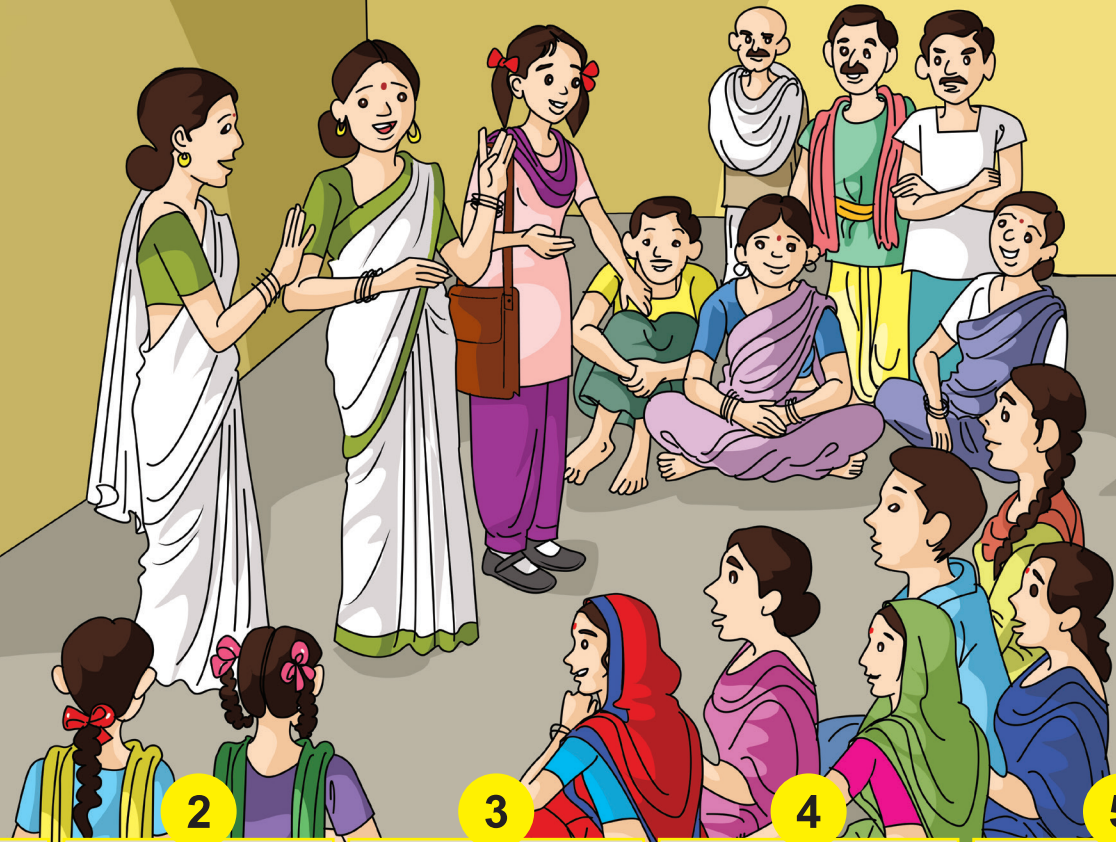
My job is not yet over.



Lalita being the Discussion leader and a member of the VHSNC calls for an immediate meeting at the Anganwadi Centre with the ANM,ASHA and AWW

Dear Parents, Today we will be discussing about child marriage, early pregnancy and its implication on adolescent girls.

Anganwadi Centre Village Health Nutrition Day



1

2

3

4

5

Marriage before 18 years for girls and 21 years for boys is legally prohibited, One can be punished for this.

An adolescent body is not physically mature for pregnancy and responsibilities of motherhood.

Babies delivered at a young age are susceptible to weakness or mortality.

Adolescents girls are not prepared to bear the responsibility of intimate relationships or meet in-laws' expectations.

They lose the opportunity of being educated and lack of exposure to learning new things.

After a few weeks...

Puja has a second chance to life now.



I am sorry for marrying you early against your wishes. We have realized that one wrong decision left a bad impact on your health and life.

After puja recovers, she commits to Lalita that she will form an adolescent group in her own village and ensure that nobody goes through the same pain as she did.

“ Bal Vivah ko Mitana Hai, Bacchon ka Bhavishya Bachana Hai ”



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100 YEARS

Save the Children

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