

# ADVIKA

EVERY GIRL IS UNIQUE



# KISHORI

## ALENDAR

|          |  |  |           |  |   |
|----------|--|--|-----------|--|---|
| January  | <b>Nutrition and Anaemia</b>                       | <ol style="list-style-type: none"> <li>1. Nutrition and Balanced Diet</li> <li>2. Locally Available Nutritious Food</li> <li>3. Knowing Anaemia &amp; its Prevention</li> </ol>    | July      | <b>Relationship and Marriage</b>                                     | <ol style="list-style-type: none"> <li>16. Relationship, Friendship and Marriage</li> <li>17. Early / Child Marriage and its Implications</li> <li>18. Prohibition of Child Marriage Act 2006 and Support Mechanism</li> <li>19. Teenage Pregnancy, Prevention and Safe Abortion</li> </ol>                  |
| February | <b>Life Skills and Psycho-social Wellbeing</b>     | <ol style="list-style-type: none"> <li>4. Critical Thinking, Effective Communication, Social Skills, Negotiation Skills and Informed Decision making</li> <li>5. Self-esteem, Stress and Depression Management</li> </ol>                               | August    | <b>Safety and Wellbeing</b>  | <ol style="list-style-type: none"> <li>20. Recognizing Safe and Unsafe Touch</li> <li>21. Sexual Abuse and its Prevention</li> <li>22. Protection of Children from Sexual Offences (POCSO) Act 2012</li> <li>23. Online Safety</li> </ol>    |
| March    | <b>Knowing your Rights and related Legislation</b> | <ol style="list-style-type: none"> <li>6. Child Rights (Juvenile Justice Act)</li> <li>7. Child Labour, Child Trafficking, Corporal Punishment and Abuse</li> </ol>    | September | <b>Personal Hygiene and Communicable Diseases including COVID-19</b> | <ol style="list-style-type: none"> <li>24. Personal Hygiene and its Importance</li> <li>25. Common Communicable Diseases (Dengue, Malaria and Diarrhoea) and its Prevention</li> <li>26. Basics of COVID-19 - Symptoms and Prevention</li> <li>27. Stigma and Discrimination related to COVID-19</li> </ol>  |
| April    | <b>Gender, Gender Discrimination</b>               | <ol style="list-style-type: none"> <li>8. Gender Based Discrimination and Demanding Equality</li> </ol>    | October   | <b>RTI/STI and HIV AIDS</b>  | <ol style="list-style-type: none"> <li>28. Knowing RTI/STI and its Prevention</li> <li>29. HIV AIDS, Transmission, Prevention and Stigma</li> </ol>    |
| May      | <b>Gender Based Violence</b>                       | <ol style="list-style-type: none"> <li>9. Violence against Girls and Women</li> <li>10. Protection of Women from Domestic Violence Act, 2005</li> <li>11. Dowry and Dowry Prohibition Act 1961</li> </ol>   | November  | <b>Substance Abuse and Managing Peer Pressure</b>                    | <ol style="list-style-type: none"> <li>30. Understanding Peer Relationship and Peer Pressure</li> <li>31. Saying NO to Peer Pressure</li> <li>32. Substance Misuse</li> </ol>    |
| June     | <b>Adolescent Reproductive and Sexual Health</b>   | <ol style="list-style-type: none"> <li>12. Physical Changes during Adolescence</li> <li>13. Emotional Changes and Social Behaviour</li> <li>14. Menstruation and Menstrual Hygiene</li> <li>15. Myths and Misconception around growing up</li> </ol>  | December  | <b>Financial Literacy, Education and Skill Development</b>           | <ol style="list-style-type: none"> <li>33. Importance of Schooling and Education</li> <li>34. Financial Literacy</li> <li>35. Opportunity for Skill Development</li> </ol>   |