

**MOST IMMEDIATE**

**F.No.9-13/2011-IGMSY**  
Government of India  
Ministry of Women and Child Development

...  
**Shastri Bhawan, New Delhi**  
**Dated: 28.04.2011**

To

The Principal Secretaries/Secretaries/Administrators dealing with ICDS, *Sabla*  
(Women and Child Development Department) (all States/UTs)

**Subject: Information Pamphlet of Rajiv Gandhi Scheme for Empowerment of  
Adolescent Girls (RGSEAG)- *Sabla*.**

Sir/Madam,

As you are aware "**Rajiv Gandhi Scheme for Empowerment of Adolescent  
Girls (RGSEAG)- *Sabla***" is being implemented as a pilot in 200 districts across the  
Country.

2. In order to spread awareness about the Scheme among intended beneficiaries,  
services providers and the community, we have developed a one-page A-4 size (three  
fold) information pamphlet in English. The pamphlet is enclosed herewith. The  
pamphlet is also available on the website of this Ministry ([www.wcd.nic.in](http://www.wcd.nic.in)).
3. It may be translated in local language(s) and widely circulated among intended  
beneficiaries and service providers.

Yours faithfully,

*Vivek Joshi*  
**(Vivek Joshi)**

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Enclosure: Information Pamphlet (1 page)

☺ **Why are these services being provided:**

→ **Nutrition provision:**

- To improve your health and nutritional status: this nutrition is in addition to what you eat at home.



→ **Iron Folic Acid (IFA) tablets:**

- These are a must for you to improve:
  - iron content in blood
  - memory
  - physical energy level
  - dark circles under eyes
- Best time to have the IFA tablet is at night with dinner to avoid feelings of nausea, etc. which is experienced at times.

**Conclusion:** Don't give up consuming these tablets even if you have nausea for a while or excrete black stools as it is essential for the body.

→ **Learning to access public services provided by:**

- Post Office, Police Station, Bank:  
This will make you feel confident in using them at any point in the future.
- Government under different Schemes / Programmes / Facilities will empower the Adolescent Girls.



*If you are below 14 years,  
you should be rightfully admitted  
to a nearby school under  
Right to Education.*

**Rajiv Gandhi Scheme  
For Empowerment of Adolescent Girls**

# Sabla

*Enroll yourself for benefits under  
Sabla at the Anganwadi Centre of the  
village / mohalla if you are between  
11 - 18 years.*



**Ministry of Women & Child Development  
Government of India**

## ☺ Under Sabla you will:

- Get nutrition either as Take Home Ration or Hot Cooked Meal for 300 days in a year, if:
  - You are 11 – 14 years and out of school
  - or
  - You are 14 -18 years irrespective of whether you are in school or not.
- Get iron and folic acid tablets on regular basis.
- Have your health check-up done, height, weight, BMI measured.
- Receive knowledge about nutrition & health, family welfare, reproductive health, child care practices, etc.
- Learn to face life situations, to communicate and manage stress, develop self esteem and leadership skills, make healthy and safe choices in life.
- Visit public service facilities like Post Office, Police Station, Bank, etc. and learn about their working for accessing them at any point of time in life.
- Be enrolled in vocational training under National Skill Development Programme if you are between 16 to 18 years.

States / UTs may add message

## ☺ You will be a part of **Kishori Samooh** if you are out of school:

- Wherein a group of 15 to 25 Adolescent Girls in the village / area of the AWC will be formed.
- 3 Peer Leaders - 1 Sakhi and 2 Sahelis will be selected yearly from amongst you.
- The Sakhi and Saheli will be trained as peer leaders and will be link between Service Providers and the Adolescent Girls.



## ☺ There will be a **Kit** for your use at the Anganwadi Centre:

- Which will have games, charts, flashcards, etc.
- Which will assist in understanding various health, nutrition, social and legal issues.

## ☺ **Kishori Diwas**, the special health day will be held **once** in three months at AWC in which:

- AWW, Medical Officer ANM and ASHA will be present.
- Following activities will be performed:
  - General health check-up of all Adolescent Girls.
  - Filling up of Kishori Card.
  - Health and Nutrition Education.
  - Any other relevant activity.

You can ask questions about growing up, health, personal hygiene, etc.

