



Fax No. : 23381495

Fax No. : 23381800

Fax No. : 23381654

D.O.No.6-11/2010-RGSEAG Programs : WOMEN CHILD

Archana S. Awasthi
Director

Tele/Fax: 23074215

भारत सरकार
महिला एवं बाल विकास मंत्रालय

GOVERNMENT OF INDIA
MINISTRY OF WOMEN & CHILD DEVELOPMENT

शास्त्री भवन, नई दिल्ली-110 001, दिनांक

Shastri Bhawan, New Delhi-110 001, Dated

8.3.2011

Dear,

This is in continuation to this Ministry's letter dated 14.12.2010 vide which the guidelines for implementation of the *Sabla* Scheme were communicated.

Annexure 3 and 7 of the guidelines which were left out i.e. the formats for the **Kishori Card**, the **Sabla Register** and **Monthly Progress Report** are enclosed herewith. States/UTs may get these translated in regional languages as required and print accordingly. (A printed prototype of the Kishori Card will also be shared with you at an early date).

Annexure 6, i.e. the Statement of Expenditure, Utilization Certificate and Quarterly and Annual Physical and Financial Reporting formats would be shared with you shortly.

With warm regards,

Yours sincerely,


(Archana S. Awasthi)

To Secretaries (dealing with ICDS/Sabla)
States/UTs



KISHORI CARD

Section A & B - For both School going & Out of School Girls Age 11-18 years
Section C - Only Out of School Adolescent Girls
Section D - 11 – 14 years : **Only** Out of School Girls & 14 – 18 years: All Girls

This card is to be filled by the Kishori with help of Sakhi / Saheli. Section C will be filled by the Health worker.

Particulars of the Anganwadi Centre			
ID No. of AWC		Village	
Name of AWC		District	
A. Identification Particulars of Adolescent Girl (AG)			
Sl. No.* <small>(*Sl. No. of part B of SABLA Register)</small>	Aadhar No. if available		
First Name, Middle Name, Last Name			
Date of Birth	d d m m y y	Age (Completed years)	
Father's Name			
Mother's Name			
School Status	(Tick one) In school Out of School	Class : _____ Last class studied: _____	
Address			



D. Nutrition Type: (Tick one) Hot Cooked Meal (HCM) OR Take Home Ration (THR)

Months→ Days ↓	Year 2											
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
14												
15												
16												
17												
18												
19												
20												
21												
22												
23												
24												
25												
26												
27												
28												
29		-										
30		-										
31		-	-									
Total												

IMPORTANT MILESTONES with Dates like joining school, dropping out, passing class, marriage, child birth, onset of puberty, etc.

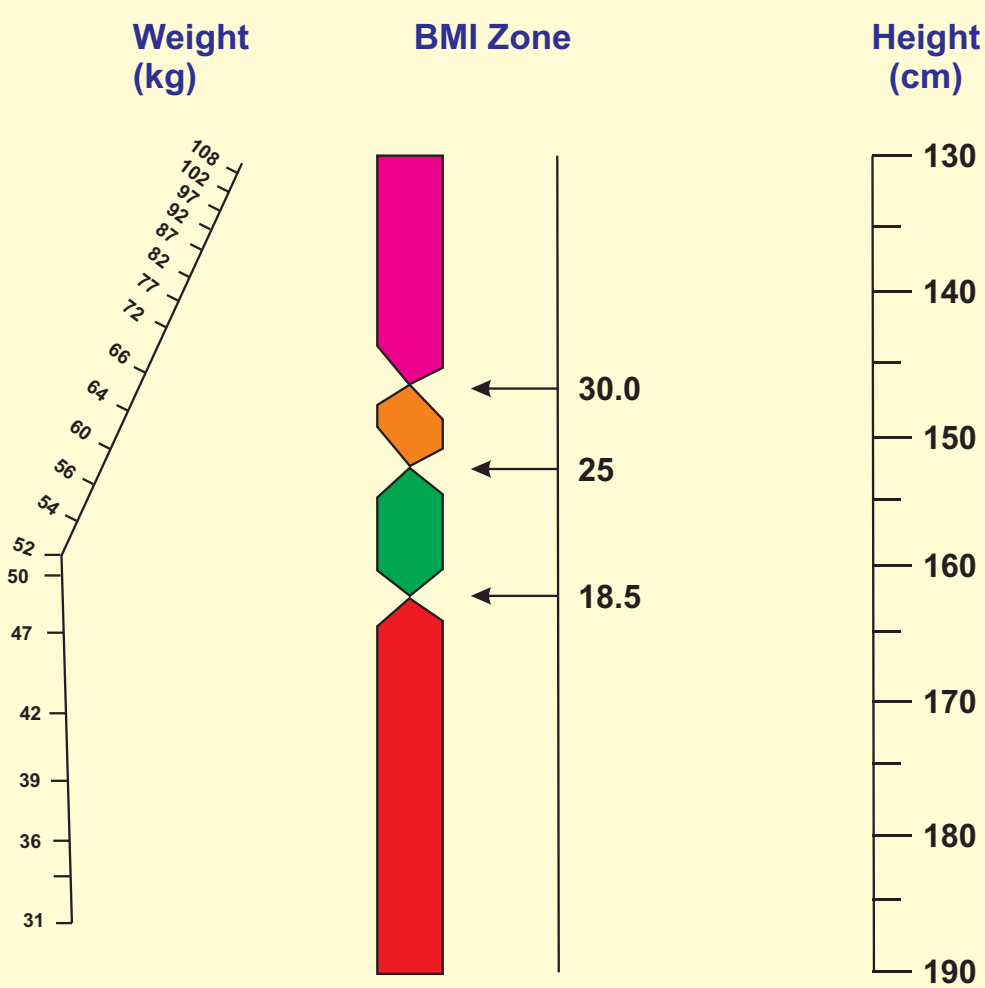
1. _____

2. _____

2. _____

Calculation of BMI

Match your weight against your height and join the two points together to identify BMI



Correlation between BMI Zone and Nutritional Status

- Red : Less than 18.5 : Malnourished
- Green : 18.5-25 : Normal
- Orange : 25-30 : Mildly Overweight
- Pink : 30 or more : Overweight

How to use the BMI chart:

- Put a dot on the weight of the AG.
- Put a dot on the height of the AG.
- Connect the two dots with a straight line.

The zone where the line cuts the BMI zone will indicate the BMI status of the AG.

Reference : Dietary Guidelines for Indians, National Institute of Nutrition, Hyderabad, 1999, Pg. No. 45

Get your BMI assessed every quarter to know your nutritional status.

B. Guidance / Counselling Sessions (No. of Sessions attended)**

Topic ↓	Quarters →	Year 1			
		1 st (Apr-June)	2 nd (Jul-Sept)	3 rd (Oct – Dec.)	4 th (Jan-Mar.)
		Write date			
Nutrition & Health Education sessions (minimum 2 in a quarter)					
Family Welfare, ARSH & child care practices sessions (minimum 3 in a quarter)					
Life Skill Education sessions (minimum 2 in a quarter)					
Exposure visit (attach details) -post offices, bank,/ police station, etc (minimum 2 to each of them in one year)					
Topic ↓	Quarters →	Year 2			
		1 st (Apr-June)	2 nd (Jul-Sept)	3 rd (Oct – Dec.)	4 th (Jan-Mar.)
		Write date			
Nutrition & Health Education sessions (minimum 2 in a quarter)					
Family Welfare, ARSH & child care practices sessions (minimum 3 in a quarter)					
Life Skill Education sessions (minimum 2 in a quarter)					
Exposure visit (attach details) -post offices, bank/police station, etc. (minimum 2 to each of them in one year)					

** For each Guidance/ Counselling session attended, put date in the relevant column against the relevant topic.

MESSAGES



C. Health Services

Quarters →	Year 1			
	1 st (Apr-June)	2 nd (Jul-Sept)	3 rd (Oct – Dec.)	4 th (Jan-Mar.)
Date of Health Check-up				
Height (in cms.)				
Weight (in Kgs.)				
BMI ***				
Status: N – Normal M – Malnourished				
No. of IFA Tablets	Provided			
	Consumed			
Referral Services received	(Write whichever is correct) Yes			
	No			
Quarters →	Year 2			
	1 st (Apr-June)	2 nd (Jul-Sept)	3 rd (Oct – Dec.)	4 th (Jan-Mar.)
Date of Health Check-up				
Height (in cms.)				
Weight (in Kgs.)				
BMI***				
Status N – Normal M - Malnourished				
No. of IFA Tablets	Provided			
	Consumed			
Referral Services received	(Write whichever is correct) Yes			
	No			

*** **Formula** : BMI (in kg/m²) = Weight (in kg) ÷ (Height in m)²
(BMI below 18.5 is underweight and BMI between 18.5 & 23.5 is normal – see chart on leaf 6)

D. Nutrition Type: (Tick one) Hot Cooked Meal (HCM) OR Take Home Ration (THR)

Months→ Days ↓	Year 1											
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
14												
15												
16												
17												
18												
19												
20												
21												
22												
23												
24												
25												
26												
27												
28												
29												
30												
31		--		--		--			--		--	
Total												

IMPORTANT MILESTONES with Dates like joining school, dropping out, passing class, marriage, child birth, onset of puberty, etc.
 1. _____
 2. _____
 3. _____

Cover page

RAJIV GANDHI SCHEME FOR EMPOWERMENT OF ADOLESCENT GIRLS - *Sabla*

REGISTER

**Department of Women and Child Development
[Name of State/UT]**

Financial Year :

Date of Opening of Register:

AWC No.:

Name of Village/Mohalla /Locality:

Address of AWC:

Name of Sector:

Name of Project:

Name of AWW:

Name of District/City:

Name of AWH:



Towards a new dawn

Ministry of Women & Child Development

PART A: RGSEAG - Sabla REGISTER
BASELINE DATA

BASELINE SURVEY SHEETS : Part 1										Page No :	
Name of the AWC			AWC No.		Anganwadi address (Street / Tola / Mohalla/Block) :					Date of start of survey:	
Name of Block/Project					Name of Anganwadi Worker/ surveyor :					Date of end of survey:	
										Date of last update: (may be filled in pencil)	

1	2		3	4	5			6	7	8				9	10
S. No.	Name of AG		Name of the father/ guardian (First, Middle, Surname)	Name of the mother (First, Middle, Surname)	Category			Date of Birth of the AG (if available) dd/mm/yyyy	Age as on 01/01/2011	8 (a) Adolescent category 11 – 14 years		8 (b) Adolescent category 14 – 18 years		Education status (Completed Class)	Enrolled under Sabla Y / N
	Name	Surname			SC	ST	Others			SG	OOS	SG	OOS		
1															
2															
3															
4															
5															
6															

LEGEND

AG	Adolescent Girl
SG	School going
OOS	Out of School

PART B: RGSEAG - Sabla REGISTER

MONTH: _____

Table 1

S. No.	Identification Particulars of Adolescent Girl						No. of Guidance/Counseling Sessions attended during the month (from individual record)	No. of days Nutrition was received by AG during the month (from individual record)	Health Services provided during the month				Vocational Training (VT) for AGs above 16 years		Reason for exit from scheme 1. Completion of 18 years. 2. Out migration 3. Death
	First Name, Last Name	Age (in completed years)	Entry status (Tick one)		School Status (Tick one)				Attended Health Check-up Yes: Y No: N	Malnourished (as per Body Zone chart in Kishori card) Yes: Y No: N	No. of IFA Tablets		Name of Trade Enrolled For ('N' if not enrolled)	No. of VT Sessions attended in the month ('N' if not applicable)	
			From previous month	New entry	In school	Out of school					Provided	Consumed			
1	2	3	4 a	4 b	5		6	7	8	9	10	11	12	13	14
Adolescent Girls: 11 – 14 years															
1															
2															
3															
Total:															
Adolescent Girls: 14 – 18 years															
1															
2															
3															
Total:															

Note:

In school 11 – 14 years	Fill information till column 6 only
In school 14 – 18 years	Fill information till column 7 only
Out of school 11 – 18 years	Fill information till column 11 only
Out of school AG > 16 years	Fill columns 12 & 13 also.
Column 14 will be filled for any AG exiting the Scheme.	

Table 2: Monthly Summary: Number of Adolescent Girls

Total in the Anganwadi area (Total of listed in column 2 of Part A) 1	Enrolled from previous month (Total of AGs in column 4 a) 2	New Entries (Total of AGs in column 4 b) 3	AGs exited from Sabla (Total of AGs in column 14) 4	Total beneficiaries = Column 4 a + Column 4 b – Column 14 5

D. Nutrition (Tick one) Hot Cooked Meal (HCM) OR Take Home Ration (THR)	Months →	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
	Days ↓												
	1												
	2												
	3												
	4												
	5												
	6												
	7												
	8												
	9												
	10												
	11												
	12												
	13												
	14												
	15												
	16												
	17												
	18												
	19												
	20												
	21												
	22												
	23												
	24												
	25												
	26												
	27												
	28												
	29		--										
	30		--										
	31		--		--		--		--		--		
[Total number of days SNP received by AGs]													

IMPORTANT MILESTONES with Dates like joining school, dropping out, passing class, marriage, child birth, onset of puberty, etc.

1. _____
2. _____
3. _____
4. _____

INSTRUCTIONS FOR FILLING UP THE RGSEAG - *Sabla* REGISTER

A. What is the purpose of the RGSEAG - *Sabla* register: The RGSEAG - *Sabla* register is meant to identify and keep a record of all Adolescent Girl (AG) beneficiaries under the Scheme. Every financial year a new register is to be opened.

B. How is the register organized? There is a cover page and Parts 'A', 'B' and 'C' of the RGSEAG - *Sabla* register:

- i. Part A includes the summary record of the Adolescent Girls (AGs) who have been mapped as part of the baseline survey conducted for the Scheme in the AWC area and whether they are enrolled under the *Sabla* Scheme.
- ii. Part B is the monthly record of *Sabla* beneficiaries (ie. those enrolled under the *Sabla* Scheme) in the AWC area. This part has to be filled for every month as a separate sheet in the register.
- iii. Part C is the individual record of each AG beneficiary availing the benefits of the RGSEAG - *Sabla* scheme in the AWC area.

C. How is the register to be used?

- i. The Anganwadi worker will fill in the cover page and the leafs for the baseline data conducted before the commencement of the Scheme. Column 10 of Part A will be marked if the AG is an actual beneficiary of the Scheme.
- ii. When an AG comes to the AWC to enroll herself under RGSEAG – *Sabla*, first the AWW will need to see if the name and details of the AG are a part of the baseline data ie. Part A of the register. If the AG is eligible, the AG becomes a beneficiary under the Scheme and her details will be added in Part B of the register. If she is a new entrant, her entry will be made in Part A, B and C of the register.

D. How to fill the register?

- i. **Cover page:** There are 11 items which need to be filled on cover page.
 - Write the name of State/UT.
 - Write the Financial Year and then date of opening of the register in that financial year. For 2010-2011 the date of opening of register will be the date of start of RGSEAG - *Sabla* baseline survey in dd/mm/yy format. For eg. 16.11.10
 - Write the AWC number, the name of village/ mohalla / locality and the address of the AWC.
 - Write the name of the ICDS sector and project as well as the district / city under which the AWC falls.

- Name of the AWW and AWH will be written here.
- ii. **Part A** of RGSEAG – Sabla register: It is the summary record of all the AGs in the AWC area.
- This will start with the baseline survey data in Part A.
 - In column 10 of this sheet, if the AGs are actually availing benefits under the *Sabla* Scheme, then a 'Y' has to be put against their name and if they are not availing benefits of the *Sabla* Scheme, 'N' has to be put against their name.
 - **The data in this sheet needs to be updated every 6 months for new entries and updation on school status.**
 - The date of last update also has been added in this sheet, which may be filled in pencil as this date will need to be changed often.
- iii. **Part B** of the RGSEAG - *Sabla* register: It is the monthly record of beneficiaries to be filled in the month for which the entries are being recorded for the AGs.

Table 1:

- Details of AGs in the 11 – 14 years age group and 14 – 18 years age group will be listed under correct category.
- For in school AGs 11 – 14 years, information till column 6 only will need to be filled since these girls may avail non-nutrition services a month.
- For in school AGs 14 – 18 years, information till column 7 only will be filled as they are eligible for the nutrition component.
- For out of school AGs 11 – 18 years, information till column 11 will be filled.
- For out of school AGs above 16 years, information in columns 12 and 13 about Vocational Training will also be filled.
- Column 14 will be filled in case of an AG going out of the Scheme. There are codes for the 3 reasons as to why this may happen. The correct code should be filled against the AGs name. The name will then not be carried over to the next month's record.
 1. Completion of 18 years.
 2. Out migration
 3. Death
- **Column 1 – 5 will be filled up at the beginning of the month.**
 - ✓ **Column 1:** the serial number of the entry has to be put in this column.
 - ✓ **Column 2:** the name for every AG who is a beneficiary of the Sabla Scheme has to be written. The name will be in the 'First', 'Middle' and 'Last' name format as she wants it to be written.
 - ✓ **Column 3:** the age of the AG in completed years has to be filled, eg. if she is 12 years 4 months, 12 will be filled. .
 - ✓ **Column 4:** The column will indicate whether the AG has joined the Scheme in the current month (either because she has become 11 years or shifted to

the AWC area or decides to avail the services) **OR** the entry is carried over from the last month. Relevant column 4 a or 4 b will be ticked.

- ✓ **Column 5:** The school status for the AG has to be filled. If the AG is in school, a tick has to be put against her name under that column and if she is out of school, then a tick has to be put likewise under that column against her name.
- **Columns 6 – 14 will be filled at the end of the month.** These are the summary of the details of benefits availed by all the AG beneficiaries, **which are to be taken from the individual record of the AG beneficiaries** ie. Part C of the Sabla register.
 - ✓ **Column 6:** The number of Guidance / Counseling sessions attended during the month by the AG has to be filled in this column.
 - ✓ **Column 7:** The number of days Nutrition was received by AG during the month has to be filled in this column.
 - ✓ **Column 8:** In this column, whether the AG attended Health Check-up or not has to be filled. 'Y' is written if she has attended and 'N' for No, ie she has not attended.
 - ✓ **Column 9:** The nutritional status of AG needs to be put in this column to see if she is malnourished as per Body Zone chart on the last page of the Kishori card. If she is malnourished, then a 'M' has to be put and 'N' is she is normal nutrition status.
 - ✓ **Column 10:** The number of IFA tablets provided in the month to every AG will be put under this column.
 - ✓ **Column 11:** The number of IFA Tablets consumed in the month by every AG will be put under this column. This will be self reported by the AGs or by the Sakhi / Saheli.
 - ✓ **Column 12:** For an AG above 16 years of age, if she is receiving Vocational any Training (VT), the name of the trade has to be filled. If she is not receiving vocational training, then 'N' has to be written.
 - ✓ **Column 13:** For an AG above 16 years of age receiving Vocational Training (VT), the number of sessions she has attended in the month has to be filled. If not, then 'N' has to be written as it is not applicable.
 - ✓ **Column 14:** Reason for exit from scheme has to be put down in this column as relevant for any girl leaving the Scheme. The reasons are coded as under:
 1. Completion of 18 years.
 2. Out migration
 3. Death

Table 2: This is the monthly summary to be filled at month end.

Column 1: The total number of AGs in the AWC area will need to be filled. This will be the total of AGs listed in Part A of the register.

Column 2: The number of AGs who have been enrolled from the previous month has to be filled. This will be the total ticks (✓) in Column 4(a).

Column 3: The number of AGs who are new entries in the month has to be filled. This will be the total ticks (✓) in Column 4(b).

Column 4: The number of AGs who have exited from the Sabla Scheme in the month has to be filled. This will come from Column 14.

Column 5: The total number of AGs who are beneficiaries of the Sabla Scheme for the month has to be filled. This calculation has to be done by adding column 2 and 3 and subtracting column 4 from this.

iv. **PART C: Individual Record Of Beneficiaries**

- This part will be filled only for AGs actually availing the services under *Sabla*. The sheet will be for the full year.
 - **Section A & B:** is to be filled for both School going & Out of School Adolescent Girls Age 11-18 years
 - **Section C:** is to be filled for all Out of School Adolescent Girls only
 - **Section D:** is to be filled for all Out of School Adolescent Girls : 11 – 18 years & School going Adolescent Girls : 14-18 years since this is for the nutrition component.
- **Section A** are the Identification Particulars of the AG which includes the following fields:
- Serial number of the entry. This will be starting from 1 and will be continuously marked. If an AG leaves the Scheme, the number will not be re-allotted.
 - Her first name, middle name and last name. One alphabet has to be filled in each block.
 - Her father's name
 - Her mother's name
 - Her date of birth in dd/mm/yy format
 - Her age in completed years (as in Column 3 of Part B)
 - Her school status. If she is in school, then tick (✓) the same and put the class she is studying in. If the AG is out of school or a dropout, then tick (✓) against out of school, and the last class she has studied till. If she has never gone to school, then '0' has to be written.
 - The date of school entry or re-entry in dd/mm/yy format in case of an out of school AG.

- Month of dropping out of school in case of a school going AG.
 - Address of the AGs residence
- **Section B** includes the record of the number 'Guidance / Counselling Sessions' attended by the AG in each quarter (the number has to be written under each quarter) which includes the following fields:
- Nutrition & Health Education sessions, for which a minimum of 2 sessions must be attended in every quarter. For the 2 sessions, date entry is made in the Kishori Card. For more than 2 sessions, a (✓) may be put under the relevant quarter for each additional session.
 - Family Welfare, ARSH & child care practices sessions, for which a minimum of 3 sessions must be attended in every quarter. Above instruction may be seen.
 - Life Skill Education sessions, for which a minimum of 2 sessions must be attended by each AG in every quarter. Above instructions may be seen.
 - Exposure visit to post offices, bank, police station, etc., for which a minimum of 2 visits to each facility must be made by every AG in one year. The name of the places visited may also be mentioned.
- **Section C** includes the record of the 'Health Services' received by the AG in each quarter. There are the following fields:
- The date of health check up has to be mentioned under every quarter. Usually, this will be on the Kishori Diwas.
 - The height of the AG in centimeters as taken on the day of the health check up has to be mentioned under every quarter. Usually, this will also be on the Kishori Diwas.
 - The weight of the AG in kilograms as taken on the day of the health check up has to be mentioned under every quarter. Usually, this will also be on the Kishori Diwas.
 - The Body Mass Index (BMI) of the AG, to be calculated in kilograms per metre square (kg / m^2). For this, the weight of the AG in kilograms has to be divided by her height in metre square.
 - The nutrition status of the AG, wherein -
 - If BMI between 18 and 23.5 – normal status: 'N' is to be written.
 - If BMI less than 18.5 - malnourished status: 'M' is to be written.
 - Number of IFA tablets has to be recorded for every quarter with details about number of IFA tablets provided to the AG and the number of IFA tablets consumed by her. Consumption will be self reported or by Sakhi / Saheli.

- The referral status has to be entered. If the AG has received referral, then 'Yes' has to be put for her in the relevant quarter and 'No' if she has not been referred for availing medical services at a health facility. The reason for referral can also be put here.
- **Section D:** includes the record of the 'Nutrition' received by the AG on a daily basis for every month in the year. Here first the mode of nutrition needs to be ticked, ie. whether hot cooked meal is being provided or take home ration. After this, a tick (✓) has to be put under next to every date row in each month for which the nutrition has been provided. A total has to be done at the end of the table, which will give the number of days nutrition has been provided to the AG in the month. For eg. If THR is given fortnightly, then 12 (✓) can be put against those 2 weeks (leaving the Sundays).
- There is space for marking some important milestones in the life of the AGs. The events shown are indicative. Any significant / relevant milestone can be recorded here.

12) Three key problems you are facing with regard to SABLA Scheme

- i. _____
- ii. _____
- iii. _____

Name of AWW: _____ Signature of AWW: _____ Date: _____

Monthly Progress Report of RGSEAG - SABLA by Supervisor

- 1) Reporting Month and Year: _____/_____/____
- 2) a. Name of Sector, Project and District: _____/_____/_____
- b. Number of AWCs in the Sector: _____
- 3) Number of AWCs for which MPR is being submitted: _____

4) Beneficiary Coverage:

4(A). Nutrition Component:

Category	No. of Beneficiaries	
	Take Home Ration (THR)	Hot Cooked Meal (HCM)
(a) 11– 14 years: Out of School		
(b) 14 – 18 years: All		
•In-School		
•Out of School		

- (i) Average Nutrition Days the month _____
- (ii) Nutritional Status*: Number of Girls with Nutritional Grades
 Normal (N) _____
 Malnourished (M) _____

* Formula: BMI (in kg/m²) = Weight (in kg) ÷ (Height in m)²

(BMI below 18.5 is underweight and BMI between 18.5 & 23.5 is normal)

4(B). Non-Nutrition Component:

Subject	No. of girls
(a) Received IFA tablets	
(b) Received Health check-up	
(c) Attended 2 Nutrition & Health Education Counseling	
(d) Attended 3 Family Welfare, ARSH & Child Care Practices counseling	
(e) Attended 2 Life Skill Education counseling	
(f) Exposure visit to at least 1 public service (attach details)	
(g) Vocational Training received (16-18 years) (Attach details)	

- 5) Total number of Guidance / Counseling Sessions conducted during the month _____
- 6) New entrants and Exit into the Scheme:

New Entrants		Exit	
Reason	No.	Reasons	No.
Dropped out of school		Entry / re-entry into school	
Turned 11 years		Completed 18 years	
Any other		Any other	

7) Kishori Samooh:

a) No. of Kishori Samooh formed (cumulative)	
b) No. of Sakhi / Sahelis trained in the month	
c) No. of AWCs where Sabla Kits available	
d) Non-nutrition services provided at:	
	Place
	AWC
	School
	Panchayat Bhawan
	Other

- 8) Number of AWCs visited this month for RGSEAG - SABLA monitoring: _____
- 9) Number of AWCs where Kishori Diwas was celebrated this month: _____

10) Number of villages where meeting of Monitoring and Supervision Committee held during the month _____

11) Number of AWCs where RGSEAG - SABLA issues were discussed at Village Health and Sanitation Committee meeting: _____

12) Give three key problems with regard to RGSEAG - SABLA Scheme and action taken by you

a) Problems: _____

b) Action Taken: _____

Name of Supervisor: _____ Signature _____ Date: _____

Monthly Progress Report of RGSEAG - SABLA by CDPO

1. Reporting Month and Year: _____/_____/_____
2. a. Name of Project and District: _____/_____
- b. No. of Sectors in the Project: _____
- c. No. of AWCs in the Project: _____
3. No of AWCs for which the MPR is being submitted: _____
4. Beneficiary Coverage:

4(A). Nutrition Component

Category	No. of Beneficiaries	
	Take Home Ration (THR)	Hot Cooked Meal (HCM)
a. 11– 14 years: Out of School		
b. 14 – 18 years: All		
(i) In-School		
(ii) Out of School		

- (i) Average Nutrition Days in the month _____
- (ii) Nutritional Status*: Number of Girls with Nutritional Grades
 Normal (N) _____
 Malnourished (M) _____

* Formula: BMI (in kg/m²) = Weight (in kg) ÷ (Height in m)²

(BMI below 18.5 is underweight and BMI between 18.5 & 23.5 is normal)

4(B). Non-Nutrition Component:

Subject	No. of girls
a) Received IFA tablets	
b) Received Health check-up	
c) Attended 2 Nutrition & Health Education Counseling	
d) Attended 2 Family Welfare, ARSH & Child Care Practices counseling	
e) Attended 3 Life Skill Education counseling	
f) Exposure visit to at least 1 public service (attach details)	
g) Vocational Training received (16-18 years) (Attach details)	

5. Total number of Guidance / Counseling Sessions conducted during the month _____
6. New entrants and Exit into the Scheme:

New Entrants		Exit	
Reason	Number	Reasons	Number
Dropped out of school		Entry / re-entry into school	
Turned 11 years		Completed 18 years	
Any other		Any other	

7. Kishori Samooh:

a) No. of Kishori Samooh formed (cumulative)	
b) No. of Sakhi / Sahelis trained in the month	
c) No. of AWCs where Sabla Kits available	
d) Non-nutrition services provided at:	Place
	AWC
	School
	Panchayat Bhawan
	No.

8. Number of AWCs visited by CDPO this month for RGSEAG - SABLA monitoring: _____
9. Number of AWCs where Kishori Diwas was celebrated this month: _____

10. Number of villages where meeting of Monitoring and Supervision Committee held during the month _____

11. Number of AWCs where RGSEAG - SABLA issues were discussed at Village Health and Sanitation Committee meeting: _____

12. Meeting of Monitoring & Supervision Committee held: Yes / No

13. Give three key problems with regard to RGSEAG - SABLA Scheme and action taken by you

a) Problems: _____

b) Action Taken: _____

Name of CDPO: _____ Signature _____ Date: _____

Monthly Progress Report of RGSEAG - SABLA by District Programme Officer

- 1) Reporting Month and Year: _____ / _____
- 2) Name of District: _____ / _____
- 3) a. No. of Sectors/Projects in RGSEAG - SABLA District: _____ / _____
- b. No. of AWCs in RGSEAG - SABLA District: _____
- c. No of AWCs for which the MPR is being submitted: _____
- 4) Beneficiary Coverage:
- 4(A). Nutrition Component

Category	No. of Beneficiaries		Rate per AG
	Take Home Ration (THR)	Hot Cooked Meal (HCM)	
a. 11– 14 years: Out of School			
b. 14 – 18 years: All			
(i) In-School			
(ii) Out of School			

- (i) Average Nutrition Days in the month _____
- (ii) Nutritional Status*: Number of Girls with Nutritional Grades
- Normal (N) _____
- Malnourished (M) _____

* Formula: $BMI \text{ (in kg/m}^2\text{)} = \text{Weight (in kg)} \div (\text{Height in m})^2$

(BMI below 18.5 is underweight and BMI between 18.5 & 23.5 is normal)

4(B). Non-Nutrition Component:

Subject	No. of girls
a) Received IFA tablets	
b) Received Health check-up	
c) Attended 2 Nutrition & Health Education Counseling	
d) Attended 3 Family Welfare, ARSH & Child Care Practices counseling	
e) Attended 2 Life Skill Education counseling	
f) Exposure visit to at least 1 public service (attach details)	
g) Vocational Training received (16-18 years) (Attach details)	

- 5) Total number of Guidance / Counseling Sessions conducted during the month _____
- 6) New entrants and Exit into the Scheme:

New Entrants		Exit	
Reason	Number	Reasons	Number
Dropped out of school		Entry / re-entry into school	
Turned 11 years		Completed 18 years	
Any other		Any other	

7) Kishori Samooh:

a) No. of Kishori Samooh formed (cumulative)	
b) No. of Sakhi / Sahelis trained in the month	
c) No. of AWCs where Sabla Kits available	
d) Non-nutrition services provided at:	Place
	AWC
	School
	Panchayat Bhawan
	Number

8) a. Number of AWCs visited by ICDS Supervisors this month for RGSEAG - SABLA monitoring: _____

b. Number of AWCs visited by ICDS CDPOs this month for RGSEAG - SABLA monitoring: _____

c. Number of AWCs visited by DPO this month for RGSEAG - SABLA monitoring: _____

9) Number of AWCs where Kishori Diwas was celebrated this month: _____

10) Number of villages where meeting of Monitoring and Supervision Committee held during the month _____

11) Number of AWCs where RGSEAG - SABLA issues were discussed at Village Health and Sanitation Committee meeting: _____

12) District-level RGSEAG - SABLA Monitoring and Supervision Committee meeting held this month?
Yes/No

13) Give three key problems with regard to Scheme and action taken by you

a) Problems: _____

b) Action Taken:

Name of DPO: _____ Signature _____ Date: _____