

Sabla (India)

The Rajiv Gandhi Scheme for Empowerment of Adolescent Girls (RGSEAG) Sabla is a centrally sponsored program of Government of India initiated on April 1, 2011 under Ministry of Women and Child Development.[1]

Objective

The objectives of the program are:

Enable the Adolescent girls for self-development and empowerment

Improve their nutrition and health status.

Promote awareness about health, hygiene, nutrition, adolescent reproductive and sexual health (ARSH) and family and child care.

Upgrade home-based skills, life skills and integrate with the National Skill Development Program (NSDP) for vocational skills.

Mainstream out of school adolescent girls into formal/non formal education.

Provide information/guidance about existing public services such as PHC, CHC, Post Office, Bank, Police Station, etc.

Content

An integrated package of services is to be provided to adolescent girls as follows:

Nutrition provision

Iron and Folic Acid (IFA) supplementation

Health check-up and Referral services

Nutrition & Health Education (NHE)

Counseling/Guidance on family welfare, ARSH, child care practices and home management

Life Skill Education and accessing public services

Vocational training for girls aged 16 and above under NSDP

Eligibility criteria

The program would cover adolescent girls (only covered out of school girls) 11–18 years old under all Integrated Child Development Services projects in selected 200 districts in all states/UTs in the country. The target group would be subdivided into 11-15 and 15–18 years.[