



Padala Charitable Trust (PCT)

News Letter

Quarter 3, (Oct – Dec 2021)

FOUNDER'S DESK

In spite of the hurdles we experienced due to the current covid situation in the state, we have been very much successful in reaching out to the children and were able to interact with them through our SSS awareness sessions.

Thanks to the support we received from state level officers and school administration in each district.

Adolescent Health Education for Boys is something we are extremely proud of for taking it forward. We will be more than happy to train other NGOs and interested individuals in this subject.

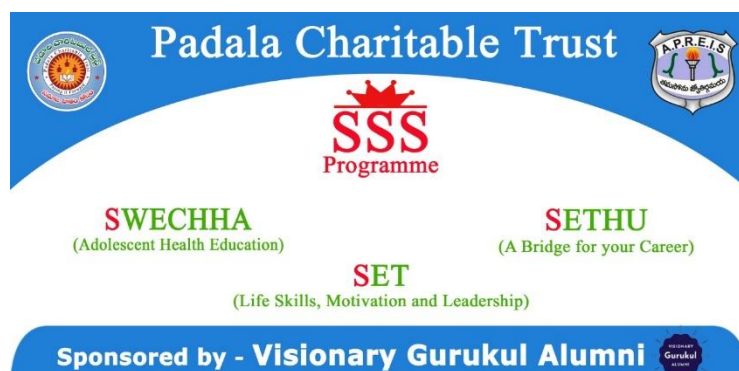
Happy Reading...!

- Surya Prasad
Founder & CEO



State wide collaboration with AP Government & VGA

This quarter, we have entered into an MoU with Andhra Pradesh Residential Education Institutions Society (APREIS) & Visionary Gurukul Alumni (VGA). APREIS is one of the premier organisations to start a well-planned residential school education in the country. Schools and Colleges run under APREIS have been producing some of the country's most successful people for many decades. VGA is an association of the alumni of these reputed gurukuls formed for the further development of these schools and colleges. Identifying certain gaps in the current system and with an aim to bridge those gaps, PCT has been providing key awareness in the areas of life skills, career planning and adolescent health through a flagship programme called SSS. PCT wanted to work with APREIS and VGA to reach nearly 25,000 children studying in these school. As a part of that plan, we implemented our flagship SSS project as a pilot for the year 2021-22. The pilot was successfully completed on 7th January 2022. We have visited 7 residential high schools and 1 residential Junior college run under APREIS. Through this pilot project, we have successfully provided crucial awareness related to life skills, employability skills, career planning and adolescent health, to more than 1200 students. We have personally met each and everyone of them in their schools and spent 2 days at each school. We have had a lot of personal interaction with the students and were able to give new energy to their lives. The pilot has happened for over 3 months from Nov 2021 to January 2022. Adolescent health education used to majorly happen for girls while boys were kept afar from basic awareness. Through this project, PCT became one of the pioneer organisations to start adolescent health education and gender sensitization classes to teenage boys in Telugu states. Please read on to know more about this programme in the next section.



Adolescent Health Education for boys

It has been only a couple of decades since NGOs and individuals started actively involving in creating awareness about reproductive health. Majority of these programmes are targeted at women and adolescent girls, as there is a dire need for action in that aspect. However, educating boys regarding their own physical and emotional changes during adolescence and about the same changes in their female counterparts has been neglected. As of now, very few organisations are working on educating boys and girls equally. PCT took it as a challenge to educate adolescent boys of ages 14 to 18 about reproductive health - hygiene, gender sensitization, bullying, attraction during teenage, sexually transmitted diseases, and substance abuse.

Watch about this new project in this short video clip here.

<https://youtu.be/mRkMFwWwPAw>



Swechha

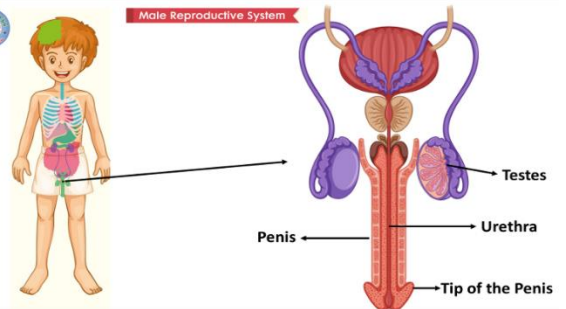


Adolescent health education for boys

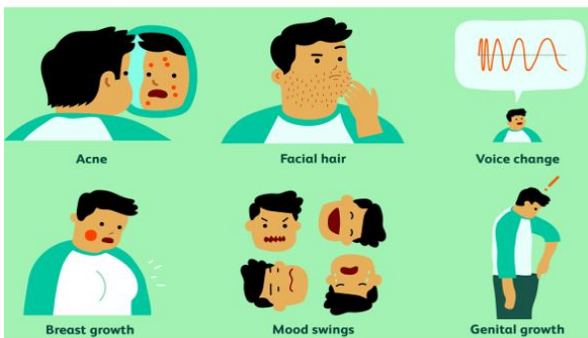
కౌమార దశ బాలురు - లైంగిక విద్య



Male Reproductive System



Adolescence - కౌమార దశ



Hygiene
పరిశుభ్రత



Another state level collaboration for reaching 20,000 girls

Andhra Pradesh Social Welfare Residential Education Institutions Society, shortly called as APSWREIS has been a long-term associate of PCT. Since 2019, we have been training the students and the teaching staff in 3 main aspects viz., Life Skills, Adolescent Health and Career guidance offered in the name of SSS program. Recently we have conducted the phase 2 of Adolescent Girl Health Awareness programme (Swechha) for around 1000 girl students studying in four different schools in Srikakulam district. All these schools are under the canopy of APSWREIS and BC Welfare department of Andhra Pradesh. The joint collectors of the district personally saw the impact we could make through our sessions. As a result, PCT signed up an MoU with the district administration to reach 10,000 girl students in Srikakulam district. We are also in the process of reaching another 10,000 girls in Visakhapatnam district.



Vaaradhi Phase 2 Distribution

Vaaradhi is the single largest project of PCT, that has benefited 1,254 orphan/ semi orphan children till now. Currently there are around 600 children under this project in 3 districts & 20 Mandals of Andhra Pradesh state. Every year, children enrolled in this project will receive stationery required for their schooling, Sanitary pads for matured girl students, nutritious snacks, regular health, medical check-ups, counselling and emotional support to both children and the care takers. This whole material distribution and counselling will be done in 3 phases. During the months of July and August 2021, we have conducted the first phase of distribution, gave Nutritious snacks, and got the children screened for basic health problems. During November and December, we have conducted the second phase of distribution. This time, along with the nutritious snacks, we have given a pair of underwear to each student and a pair of newly stitched



CLAY Empowering session to Undergraduates

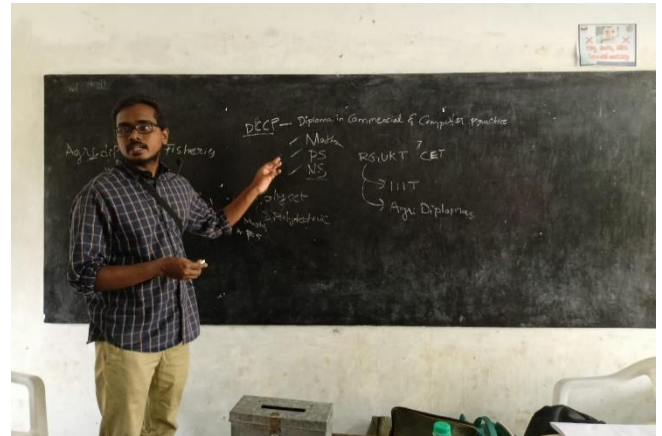
CLAY - Career guidance and Life skills Assistance to Youth is a year long programme designed to equip the under-graduation students with the required skills and knowledge to face the competitive world in a better way. CLAY programme has been successfully going on in SCHVPM Govt Degree college, Ganapavaram for the past 2 years. The first Session of CLAY, has happened on 23rd November, 2021. During the session, the students participated in a detailed discussion about 2 important life skills. Problem solving and Decision making. These skills help them ace life as they move on from late teenage to early twenties. As they begin to attain more responsibility towards their own life and family, problem solving and decision-making skills will help them become leaders for their own lives.

Later an overview about different opportunities available to them after degree and how to start preparing early for life was given. The importance of book clubs and volunteer work was discussed.



Self- Sustainability - Career Guidance

Self sustainability has become a necessity for even Non-profits that run on donations. During the conditions that raised during the pandemic, many NGOs and NPOs faced financial crisis due to lack of funds. PCT took this as a challenge and aimed to become self-sustainable through its own projects. As a part of that, we have conducted a one-day Career Guidance program to the 10th class students of ZPHS, Nagulapalli, East Godavari district. One of the alumni of this school has sponsored this programme. A Career planner booklet to each student has been given.



Thanks to Our
Supporters



Padala Charitable Trust

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For More Info

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