



**Government of West Bengal**  
**Department of Women & Child Development and Social Welfare.**  
**Bikash Bhaban, North Block, 10<sup>th</sup> Floor, Salt Lake, Kol-91.**

No. 5438 -WCD-16099/1/2020

Dated:28.09.2022

From: Principal Secretary to the Government of West Bengal

To: (1) Director, Social Welfare, DWCD&SW, Government of West Bengal  
(2-23) District Magistrates, Coochbehar / Jalpaiguri / Alipurduar / Malda /  
Uttar Dinajpur / Dakshin Dinajpur / Murshidabad / Nadia / Purulia / Bankura / Birbhum / Purba  
Bardhaman / Paschim Bardhaman / Jhargram / Paschim Medinipur / Purba Medinipur /  
Howrah / Hooghly / North 24 Pgs / South 24 Pgs/  
(24) SDO, Siliguri

**Sub: Distribution of “Kishori Kit” to Kanyashree Clubs**

Sir / Madam,

You are aware that all secondary and higher secondary schools providing the “Kanyashree” benefit to their students are to have functioning Kanyashree Clubs. This Department has published and distributed Kanyashree Club Guidelines and Activity Calendars to all districts; it is expected that these are in use in the schools.

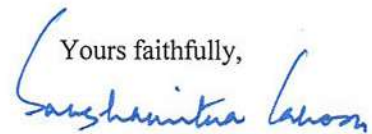
Now, the Department has developed a “Kishori Kit”, comprising attractive IEC in the form of booklets, games and other infotainment material for adolescent girls’ group. The “Kishori Kit” was launched by Dr. Shashi Panja, Hon’ble Minister-In-Charge, WCD & SW Department on Kanyashree Day 2022. The Kits are being despatched to CDPOs in each ICDS project for further distribution to Kanyashree Clubs.

SDOs and BDOs must use the opportunity of interacting with nodal teachers and Kanyashree Club leaders in their jurisdiction while distributing the “Kishori Kit”. During the interactions, it is critical to assess whether the Kanyashree Clubs are functional, and to provide encouragement to the Clubs to fully adopt the activities as provided in the Kanyashree Club Guidelines.

Functional Kanyashree Clubs are intrinsic to building the confidence and status of girls in their schools and communities. Each district may therefore strategize the distribution of “Kishori Kit” in a manner that encourages the growth of active Kanyashree Clubs in their jurisdiction.

Enclosed with this letter is a detailed description of a “Kishori Kit”, its purpose and its intended use. Also attached is a short video which describes the Kit and its use. These materials should be used when orienting Kanyashree Nodal Teachers and Club members on the “Kishori Kit”.

Encl: As stated (2 sheets) and 1 video file

Yours faithfully,  
  
Principal Secretary

**No. 5438 -WCD-16099/1/2020**

**Dated:28.09.2022**

Copy forwarded for kind information to:

1. Director, ICDS, GoWB.
2. PS to HMIC, WCD & SW Department, GoWB.



**Special Secretary**

## **Annexure 1: About the 'Kishori Kit'**

### **What is the 'Kishori Kit'?**

The Kishori Kit comprises a range of infotainment material designed specifically for adolescent girls' groups.

The materials in the kit have been developed through a consultative process with various stakeholders, including adolescent girls in West Bengal, and aims to address all the important aspects of the Adolescent Girls' health, nutrition, life-skills and vocational skills in an interesting manner.

### **How should Kanyashree Club members use the Kit?**

The Kit has several types of learning materials. Some are game based (Such as Snakes and Ladders, and Playing Cards) which needs a group of girls to come together to interact. Some are flyers and booklets, which girls may read alone, or in a group.

If an older Kanyashree girl or a teacher observes and facilitates the process, learning outcomes will be better. However, the group should feel free to explore the Kits contents and use them as and when they wish.

### **What does the 'Kishori Kit' contain?**

All the IEC are provided in an attractive back-pack which contains:

1. A guidebook on how to use Kishori kit materials
2. A set of 39 Nutrition food cards: There are 39 cards of foods commonly available in the community which are low cost but rich in nutrients.
3. Recipe Book (Healthy eating habits) -: This booklet has given 12 attractive and healthy recipes of common foods which will directly help in improving adolescent girls' nutritional needs.
4. One Booklet on Anaemia Control – Raktalpata O tar Protirodh: This booklet is a communication material on Adolescent Anaemia with a mirror in front to assess the status of anaemia by checking the lip and tongue.
5. Game on lifestyle of the Girls – Snake & Ladder Ludo Game – This indoor game is very common across the country among the girls and they know how to play Ludo. There are the messages in each box of the Ludo on health, education, nutrition, life-skills etc.
6. Playing cards on lifestyles of the girls- This card game is very interesting and designed in such a way that the girls will learn to take decisions on certain aspects of their own lives by exploring the messages being disseminated through these cards.
7. Flip Book on real life story for life-skills- The Flip book contains nine different stories from real life of the girls. The stories are presented in two parts, first part is the story of a situation/event and the next part is the value and skill based questions on the moral and learning from the story.
8. Flyer on Menstrual health, hygiene and management



9. Demo Pack of 1 piece of Sanitary Napkin– This pack of Sanitary Napkin has been included in the Kit for the purpose of demonstration to the girls which will be used during discussions on menstrual health, hygiene and management.
10. Handbooks on child rights, protection and early marriage prohibition and Child Trafficking – This is a set of 5 booklets on Child Rights, Protection, Prevention of Early Marriage, Right to different child related entitlements, different laws for children and Trafficking.
11. A set of 7 placards on Social values and rights – There are seven placards on different right based messages on social issues.
12. Flip books on Land Rights, Land Literacy & Land based livelihood –This flipbook has been designed to facilitate a set of knowledge and skills among the girls on land literacy, land rights and land-based livelihood issues.
13. A booklet on different Govt. Schemes for Adolescent Girls – This book will be appropriate for the girls and their families to know about all the Govt. Schemes/ Programmes being implemented in the state of West Bengal which may directly or indirectly help the adolescent girls in their development and benefit.
14. Flash Cards for conducting exposure visit to the public service institutions – a set of 7 flash cards on 7 different public service institutions have been developed to facilitate the exposure visit.
15. Flash Cards on Eminent Indian/ international women of fame– 11 flash cards Indian/ international women who may be considered role models in various fields.
16. Pencil pouch – One Pouch bag has been included in the Kit. The Pouch bag is containing pencils, eraser, marker pen, ball pens, Dice and tokens for Ludo game etc.
17. Girls' Group Meeting Register –The Meeting Register is give in the Kit for recording the proceedings of the meeting/any event whenever they meet.
18. 1 set Skipping rope – One Skipping Rope has been included in the Kit.
19. 1 metal Measuring Tape (for calculating BMI on regular course) – Measuring the Body Mass Index (BMI) of the Girls on regular basis provides an important indicator of their health.

