PLAN INIDA
INTERNATIONAL DAY
OF THE GIRL 2020
JOINING FORCES FOR
GIRLS’ RIGHTS
SOCIAL MEDIA TAKEOVER
11 October has been a key global moment to celebrate the power of girls and highlight the barriers they face since the United Nations adopted it as the International Day of the Girl in December 2011. While there has long been an International Women’s Day and an International Day of the Child, neither of these days recognise the unique position of girls who are discriminated against simply for being young and female.

Plan led the global effort to build a coalition of support behind the Day of the Girl, securing backing from the Canadian government which took our call to the United Nations.

Over the years, we have worked with girls and multi-sectoral partners alike to launch global actions on girls’ rights. What’s more, each October, girls from Plan-supported communities take over leadership roles in political, economic and social spaces, stepping into the shoes of influential leaders and experts, fulfilling their responsibilities, and demonstrating their power and potential to lead the way into the future.

Since 2016, the year that heralded the first-ever Girls’ Takeovers, thousands of girls all over the world have taken over positions of power including those of Presidents, Ambassadors, CEOs and Chief Editors as part of a global movement in support of gender equality. With girls at the helm, we are bringing national and global focus to the need for girls’ representation in the global development agenda.
On International Day of the Girl (IDG) 2020, Plan India had the privilege of joining forces with more than 20 Girl Changemakers who participated in the social media takeovers of 18 Diplomatic Missions, 1 Corporate, and an Online Media Platform. The Girls’ Takeovers are testament to the power and potential of girls, and an emphatic challenge to perceptions around what is possible for girls and young women as decision makers, leaders and change makers. The social media takeovers focussed on the theme of #EqualUnlock calling to ensure that in a post-COVID world girls’ rights and equality should be prioritised.

Hailing from 9 Indian states—Andhra Pradesh, Bihar, Delhi, Jharkhand, Odisha, Rajasthan, Telangana, Uttarakhand and Uttar Pradesh—Girl Changemakers interacted with the Diplomatic Missions, Corporates, and Media online, curated content for the social media on issues that matter to them and brought their keen insight and perspectives to the table. With their counterparts – Ambassadors/High Commissioners/Deputy Chiefs of Mission, and CEOs – they engaged in discussions digitally on gender and power and reflected on the need for greater representation of girls and young women in the global development agenda.

The Social Media Takeovers included platforms of Delegation of the European Union to India, Embassy of Argentina, Australian High Commission, Embassy of the Kingdom of Belgium, High Commission of Canada in India, Embassy of the Czech Republic, Royal Danish Embassy, Embassy of Finland, Embassy of France, Embassy of Israel, Embassy of Ireland, Embassy of Latvia, Embassy of Lithuania, Embassy of Mexico, Embassy of Netherland, Embassy of the Republic of Slovenia, Embassy of Sweden and the Embassy of Switzerland; the content platform The Better India – English; and the corporate H&M (Hennes & Mauritz Retail Private Limited). Harnessing the power of digital and focussing on positive exchange of experiences, Plan India engaged three well-known sports influencers – Tashi and Nungshi Malik (the twin sisters who have triumphed Seven Summits and awarded the Nari Shakti Puraskar by Government of India), Tania Sachdev (chess player, who holds the FIDE titles of International Master and Woman Grandmaster) and Ria Rajeshwari Kumari (Trap shooting champion). The influencers interacted with the girl changemakers sharing their stories and how they overcame the odds to make it to the top and posted their inspiring conversations on Instagram.

14 IDG champions who previously have been Ambassadors and High Commissioner for a day honed their skills on social media through a Capacity Building Workshop supported by the High Commission of Canada in India and Social Media Matters.

Twitter India also joined us to support girls’ rights and held an informal interaction with the girl changemakers listening to their experiences on using the platform to inform their work. The conversations on #EqualUnlock across platforms reached out to 9M accounts generating 6.1K engagement and 629 conversations.

The major focus of Media and PR initiative was to bring in wider visibility for the young Girl changemakers who took over the social media handles and lead to 89 media articles with reach of 12 million.

The Girl Changemakers leading the Social Media Takeovers are well known in their home states for their determination, strength, leadership and passion. As highly effective influencers and mobilisers, they have not only overcome difficult circumstances in their own lives but also brought about development in their communities. A number of them have been recognised by the government and media for their immense contributions. Starting at an early age in Plan India’s programmes, the girls have progressed through Children’s Clubs, Adolescent Girls’ Groups, thematic working groups and technical and governance committees, to be part of State and National Youth Advisory Panels and Children’s Assemblies among others. As experienced and long-serving community leaders, they inform our programmatic decision making, implementation, monitoring and advocacy at every level. Girl Changemakers were selected from across 9 Plan intervention states through a comprehensive screening and selection process characterised by fair and transparent nominations assessed at the State and National levels.

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14 IDG champions who have previously held positions of leadership like Ambassadors and High Commissioners for a day, honed their social media skills through a capacity building workshop supported by the High Commission of Canada and Social Media Matters. In the 5-day workshop, the girls learnt all about storytelling and using social media platforms like Facebook, Twitter and Instagram for powering the movement of the girl’s rights.

CAPACITY BUILDING OF THE GIRL CHANGEMAKERS

Makiran’s undeniable enthusiasm has made her a leader at the age of 21. She has been associated with Plan India as a Peer Educator since 2017 and is currently a member of the Youth Fellow. She gained experience in public speaking owing to her active participation in various activities which later helped her become the Champion of the youth program called ‘Youth Debateathon’ in her district Khunti in Jharkhand.

An avid speaker and an inspiration for many other girls in her village, she has been raising voice against gender inequality at the Gram Panchayat (local village body). Her efforts have brought shifts in the patriarchal mindset of the Panchayat and have ensured that children and adolescents, especially girls, are allowed to put forth their opinion in the decision-making process.

Makiran is now part of the village-level Child Protection Committee of the Gram Panchayat and sensitises children of her community on their rights.

“Girls should be given fair treatment, opportunities and encouragement to pursue their dreams.”

MAKIRAN
Jharkhand

EMBASSY OF ARGENTINA

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22-year old Santosh is a champion of creating safer places for girls in her community. She has mobilized girls for the cause of safer cities and communities and conducted social audits to identify unsafe places and interacted with stakeholders to make them safe. As an active member of the Youth Advisory Panel for the past three years, she has trained many girls as Champions of Change and imparted self-defense training to them.

In her achievements and awards, she counts the confidence, knowledge, support and exposure she has received while being associated with Plan India that has turned her into a responsible and aware person. She feels that a country can only be successful if all its people get equal opportunities to work, participate and be safe, irrespective of their gender. Santosh is currently learning stenography and wants to work on herself to become an empowered, confident and knowledgeable person so that she can give back to the society.

"A safe and inclusive community is an important step towards gender equality."

19-year old Shweta is an active advocate of girls’ rights and equality. Hailing from a family where the son is given preference, Shweta believes that girls should be aware of their rights to have equal access to opportunities.

Shweta feels that access to education is one of the major challenges that is pulling the girls back. She feels if girls have proper education they will be duly recognized and appreciated in the community.

To further the cause of education, Shweta has been supporting Plan India’s efforts as a volunteer for the past two years and encouraging girls to continue their education.

Shweta enjoys public speaking and has been using her skills to make people aware about issues like gender discrimination and violence, quality education, and child marriage.

"Every girl child in India faces gender discrimination at home and I am no exception. But I choose to fight!"
A young advocate for girls' equality, Prajitha has been associated with Plan India’s flagship Girls Advocacy Alliance project for the past two years. She has used the platform to raise awareness in her community on the issues of child marriages, child trafficking, girl education and job-oriented vocational training.

21-year old Prajitha has been recognized with the ‘Young Revolution’ award by her college for leading a campaign against gender inequality and female feticide. She has widely participated in debates and group discussions on women empowerment which has enhanced her confidence to raise voice against social issues.

To her, gender equality is a fundamental human right and human fight too. She believes it is a necessary foundation for a peaceful, prosperous and a sustainable world. Prajitha feels a gender-equal society will only be achieved when all people have equal rights, opportunities and responsibilities.

“Gender equality is a human right and human fight too.”

For 20-year-old Kanchan, the biggest hurdle for achieving gender equality is the attitude and mindset of the communities which does not believe in the potential of girls’. Due to this, she feels, girls are unable to lead a dignified life and are often forced to drop out of school and get married at a young age which often results in poor sexual and reproductive health.

Kanchan has been associated with Plan India for the last five years now and has participated in street plays to emphasise the impact of child marriage on girls’ health. She has also used the platform to sensitise fellow peers and girls on Menstrual Health Management and the importance of nutrition.

Realising the impact of Covid-19 on children’s education, especially girls from vulnerable communities, she started taking online tutorials for children of 6th to 8th standard. She believes that a family should work as a cohesive unit and constructively engage in the development of the children, especially girls.

“Girls should get respect, education and equal opportunities.”
19-year old Rashmita is an active voice against child marriages in her community. She has been closely associated with Plan India since 2013. She was the President of the Children’s Club and a member of the Adolescent Girls’ Group set up by Plan India.

Along with other girls from her community, she has been raising awareness of child marriage and was able to prevent four child marriages in the past three years. She wants that no girl should be married before the age of 18 years and their decisions should be respected by the society.

Realising that girls’ education, health and rights are the most neglected ones, she took the lead role in educating girls’ in her community and supported five tribal girls who had dropped out of school to re-enrol.

She supports adolescent girls on good Menstrual Hygiene Management and life skill education. Rashmita wants to be a teacher when she grows up and use it to drive gender reforms in the society.

RASHMITA
Odisha

“There is a need to reform the traditional customs and negative mindset towards girls.”

19-year old Mercy has been a strong voice against child marriages in her community. An active member of the Youth Advisory Panel, set up by Plan India, she has led anti-child marriage campaigns in her community.

She has not only motivated her peers to not marry before the legal age of 18 but also sensitised their parents on the issue. Thanks to her consistent efforts, people in her community are now aware of the marriageable age for girls. They also understand the physical and health related impact of child marriage on girls as well as the legal consequences.

Mercy considers herself fortunate to have a supportive family and this motivates her to work for the rights of girls who do not have this support. She strongly believes that if equal opportunities are provided to girls, they can learn, lead, decide and thrive. Mercy wants to pursue a career in the social development sector working for the rights of children and women.

MERCY
Delhi

“A girl can effectively contribute to ending gender discrimination and evil social practices if she stands for herself and for others too.”
21-year old Kajal believes that access to quality education is the best chance for girls to get equal opportunities. Being a girl and a teacher, she realises the importance of education for everyone, especially girls.

Kajal has been associated with Plan India for the past seven years and is an active member of the Youth Advisory Panel. She actively participates in the outreach activities to identify and address issues related to child protection and girls' rights. She believes that engaging with the community is a step towards ensuring the safety and well-being of girls and women.

Kajal considers gender inequality as a challenge for society. She feels that often girls are not seen at par with the boys which impacts their confidence and makes them more vulnerable to abuse, exploitation and violence. She wants to pursue social work and contribute to the building of a society where there is no discrimination.

"It's time for girls to wake up and stand for their rights!"

KAJAL
Delhi

EMBASSY OF FINLAND

Having gained extensive knowledge about the rights of children and girls during her association with Plan India, 20-year old Deeksha has been leading from the front as an advocate for gender equality in her village.

She has sensitised girls and women on the issues of child marriage and dowry and also prevented a child marriage in her village. For Deeksha, access to sanitation and hygiene for girls matters. She has worked extensively on menstrual and personal hygiene management for girls and young women in her community.

She has not only facilitated Menstrual Hygiene Management sessions for adolescent girls but also initiated measures to improve the availability of low-cost sanitary pads in her remote village. She believes that a progressive world is a world where there is no gender discrimination and women and girls get equal opportunities. She feels that society needs to treat girls and boys as equals.

"An empowered girl can change the world."

DEEKSHA
Uttarakhand
22-year old Uma feels that equality begins at home. Family is the first place where children learn about gender norms, values and stereotypes.

She feels that boys are perceived as more valuable than girls and this needs to be changed to help Girls Get Equal. Uma has been working as a Youth Advocate with Plan India and has raised awareness on how early marriage, violence, school dropouts and trafficking impacts girls.

She feels that when a girl is married at an early age, it not only impacts her physical but mental health as well. Uma is an all-round performer and has excelled in extra-curricular activities like sports, dance, and drama.

She was also elected as the representative of the Sports and Girls Welfare Society in her school where she took initiatives to raise awareness on girl education.

“So I want to see a world where girls and boys are not forced to fit into gender roles.”

20-year old Vasundhra has been working to ensure access to menstrual hygiene for girls in her community. Having received training on Menstrual Hygiene Management as a Peer Educator, Vasundhra has held numerous awareness sessions since then for girls in her village.

This has resulted in not only girls being more aware of the issue but also, families becoming sensitive towards girls’ needs during the menstrual cycle.

She has been associated with Plan India for more than a decade now and has participated in various meetings, training and workshops on the issues of child rights like child marriage, child labour and protection.

During Covid-19, she volunteered with Plan India to lead the children’s learning groups in her village. She believes that every girl can accomplish her dreams. All she needs is an equal treatment and opportunities.

“So I want a world for girls and women where they can fulfil their dreams and take advantage of every opportunity.”
A self-defence champion, 19-year old Pratiksha has been associated with Plan India for more than seven years. As the President of the Children’s Group and Adolescent Girls Group, she has actively engaged in anti-child marriage and child protection campaigns.

Coming from a rural background, she has experienced gender discrimination and how it impacts women and their situation. She wants to contribute to building an equal society where both boys and girls have equal rights. She believes that girls and women should have equal opportunities to learn, grow and be financially independent. This would enable them to take decisions for themselves.

She is currently part of Plan India’s National Youth Advisory Panel and is facilitating community reading corners to support children’s learning and education. Pratiksha is currently pursuing her under graduation and wants to join the National Cadet Corps (NCC) and Police Services.

19-year old Shweta has a passion for teaching and is providing academic support to the vulnerable and marginalised children as a peer educator with Plan India.

With the support of school teachers, she has worked to ensure that there are no school dropout in her community. During the lockdown, Shweta supported 50 vulnerable children by taking their online classes. Shweta feels that prejudice and social discrimination often hampers girls’ education and limits her potential.

For her, education is the key to solving issues of the society but its access is often unfortunately limited to boys in many communities.

To further the cause of girls’ education, Shweta spreads awareness in the community by organising meetings and providing educational support to the girls of her village. She has also prevented child marriages in her community with the support of the Village Child Protection Committee.

“Lack of education propels girls backward.”

“Girls and women need more opportunities to learn and thrive.”
21-year old Pooja is an active supporter of education for girls. She believes that when girls drop out of school, they become vulnerable. With the support of her teachers, Pooja has ensured that no girl drops out of school in her village. As an active member of the Youth Forum, she has sensitised parents and children alike and successfully brought three girls back to school, who are now happily continuing their education. She is an inspiration for other girls in her village and her efforts to promote girl-child education have brought her accolades from the School Management Committee.

Pooja feels that the potential of girls in the country is still untapped and girls need to be encouraged and given opportunities to grow in life.

"Lack of education makes girls vulnerable to marriage, violence, and abuse. We must ensure girls stay in schools."

21-year old Gayatree feels that youth need to use their capabilities not only for their own development but also for the development of the community. She believes that the patriarchal attitude of the society restricts girls from coming out and taking decisions for themselves and it needs to be changed. People need to treat all gender equally, irrespective of their status, education or economic situation. As an active member of the community-level Adolescent Group and Youth Advisory Panel, Gayatree sensitises people on the issues of girls’ rights and equality. She played an active role to uplift the status of girls in her community. She is currently pursuing her graduation and wants to work for the development of her community by providing them with livelihood opportunities.

"Youth have the power to create a gender-equal world."

Gayatree
Odisha

Pooja
Rajasthan
20-year-old Priyanka feels that girls want a world where they are treated with dignity and respect. Yet a vast majority of girls do not get any encouragement as they live in families and communities where harmful gender norms and practices hold them back.

Priyanka believes that girls need access to equal opportunities as it has the potential to transform the lives of the entire communities. Volunteering with Plan, Priyanka has been part of many programmes on issues like sanitation and hygiene for girls and life skills.

She believes that we need to pay more attention to the specific rights and needs of girls. Priyanka wants to be a police officer and while serving the nation she wants to raise awareness on gender equality.

"There is nothing that a girl cannot do, they just need opportunities to prove their worth."

20-year-old Shikha believes that if girls and young women are empowered with the right skills, they can thrive and excel in every sphere of life. They can support themselves, their families and the communities.

But it is unfortunate that girls hardly get equal opportunities. There are still many jobs where boys are given preference and paid higher wages.

An aspiring young girl from Rajasthan, Shikha has undergone training in Retail under Plan India’s Saksham programme and is committed to making a successful career for herself.

She believes it is time to break down the preconceptions of what girls can do, and support them to become financially independent. Shikha has organised plays in her school and college days to raise awareness on gender equality and female feticide.

"Careers have no gender."
24-year-old Vikashini believes that change begins with you. A member of Plan India's Youth Advisory Panel, she has been actively participating in campaigns to end discrimination and bring gender equality.

She believes that education for girls is critical as it empowers them to lead from the front and earn. She has been working in her community to bring girls back to school who drop out of education because of the lack of information in their families and communities.

Along with her peers, she motivates youth, particularly, boys to respect girls and women. Vikashini wants to be a social worker in future and work for child rights, especially for girls and young women.

“Don’t just wait for change to happen, be a changemaker yourself.”

DEEPSHIKHA
Uttar Pradesh

“When girls and women are empowered, the world would be a fairer, happier and more prosperous place to live in.”

21-year old Deepshikha feels strongly about gender equality and has been working to create an environment equal for girls. She is passionate about theatre and uses the medium to spread awareness on child marriage, child labour, girl’s education and drug abuse among the youth.

As an active member of the Youth Advisory Panel, she has been raising awareness on the issue of child rights and equality for girls’ at block and district-level events. During Covid-19, she worked to ensure access to good personal hygiene among girls.

Deepshikha believes that gender inequality is a hindrance to the progress of any community and country. Therefore, it is important that girls are encouraged by the society and provided opportunities to pursue higher education and take their own decisions. After her graduation, Deepshikha wants to pursue higher studies and return to her village to help girls get their equal place.

“When girls and women are empowered, the world would be a fairer, happier and more prosperous place to live in.”
For 23-year old Aishwarya, gender equality means equal opportunities irrespective of gender.

As an ardent supporter of girls’ rights and equality, she is determined to bring a positive change in the society by promoting education, women empowerment and self-defence programme for girls.

Aishwarya is an alumnus of Plan India’s Saksham project, which is empowering young women to access employment and fight gender norms.

She believes that girls should get a chance to complete their higher education so that they can attain financial stability.

They also need to be treated equally at workplaces and not be underestimated because of their gender.

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Hailing from a remote village in Uttarakhand, where girls are not even allowed to step out of the home, Kajal has been leading the fight for gender equality in her community. She feels that girls are often denied their basic rights of education, protection and development. As a member of the State Bal Vidhan Sabha (Children’s Parliament) set up by Plan India, she has worked to further the cause of children and girl education.

She led “Beti Bachao - Bati Padhao” campaign in her community and raised awareness on the rights of girls and was awarded for her work by the National Social Service, under the Ministry of Youth and Sports, Government of India.

Kajal wants to work for gender equality at family and societal level and ensure that girls and boys are treated equally. Kajal also pens poem and has penned few in support of girls’ rights and equality.

“Girls should be given opportunities to attain financial stability and independence before marriage.”

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They also need to be treated equally at workplaces and not be underestimated because of their gender.
20-year old Radha believes that every girl should have access to education and freedom to achieve her dreams. She has been associated with Plan India for the past four years and has taken part in organising rallies and raising awareness against child marriages in her village. Radha was initially shy and hesitant to participate in the discussions and activities but with the help of the trainings provided by Plan India, she built her confidence. She is now one of the most active members of her village-level youth group.

Radha, along with her peers, runs a handicraft shop in her village and supports other girls to be empowered. She has also motivated many girls in her village to enrol in the vocational training programmes run by Plan India.

“Child marriage is a social evil and must be stopped at any cost.”

RADHA
Rajasthan

THE BETTER INDIA

20-year old Priti has always been an enthusiast and an active learner during her association with Plan India. She has demonstrated the role of a leader in bringing other girls together from her community. She is now a member of the Youth Advisory Panel.

Priti belongs to a remote and educationally backward region in Alwar, Rajasthan. She has set an example for other girls in her village by becoming the first girl to pursue Polytechnic in her area. She feels her greatest achievement was to bring back her friends to school who had dropped out due to child labour.

She strongly believes that education and job opportunities must be equal for both boys and girls. Upon the completion of her studies, she aspires to become an engineer and secure a good job for herself so that she can support her family. Priti feels thankful to her parents and Plan India for providing her learning opportunities and showing trust in her abilities.

“Child marriage blocks the development of a girl and society.”

PRITI
Rajasthan

#EQUALUNLOCK CONVERSATIONS WITH RAJESHWARI PATIALA AND PLAN INDIA GIRL CHANGemaker

Conversations with Rajeshwari Patiala and Plan India Girl Changemaker
21-year old Smita joined Plan India 11 years ago as a member of the Children’s Group and has since grown into an ardent supporter of children and girls’ rights. She is now a member of the Youth Advisory Panel in Uttarakhand. She was elected as the Women and Child Development Minister of State Bal Vidhansabha (Children’s Parliament set up by Plan India) in 2016 and worked actively to advocate for rights of children.

Her advocacy efforts led the Gram Panchayat (local village body) to construct a road to her school which was located far from the village making it difficult for the children to commute. She also raised the issue of no separate restroom for girls’ in her school which forced them to remain absent during their menstruation cycle. Her intervention led to the construction of a separate sanitation block for girls in the school.

Smita is a role model for other girls in her community. She believes that girls are equal to boys if they are provided with equal opportunities. She dreams of a world where every girl gets a chance to fulfil her desires.

#EQUALUNLOCK

CONVERSATIONS WITH TANIA SACHDEV AND PLAN INDIA GIRL CHANGMAKER

“Girls are not weak, they need to be empowered!”

SMITA

Uttarakhand

18-year old Neha has been associated with Plan India since 2012 as a member of the Adolescent Group. She has created awareness on various social issues like girl education, child marriage, child labour and Menstrual Hygiene Management by organizing rallies, plays and debate competitions. She led a campaign on girls’ education last year to draw people’s attention towards early marriages and girls’ dropout from schools. As part of the campaign, she was able to mobilise a large number of people who took a pledge to bring girls back to school.

Neha feels strongly that gender inequality results in unequal opportunities for girls. She thinks due to child marriage, girls are not able to lead a dignified life and often have to drop out of the education system and face violence in the form of sexual, physical and mental abuse.

Neha dreams of a world where there is no gender discrimination and wants all girls to take the lead role in every sphere of life.

#EQUALUNLOCK

CONVERSATIONS WITH TASHI, NUNGSHI MALIK AND PLAN INDIA GIRL CHANGMAKER

“Gender inequality results in unequal opportunities.”

NEHA

Bihar

“Girls are not weak, they need to be empowered!”
Plan India is a nationally registered not for profit organisation striving to advance children’s rights and equality for girls, thus creating a lasting impact in the lives of vulnerable and excluded children and their communities.

Since 1979, Plan India and its partners have improved the lives of millions of children and young people by enabling them access to protection, quality education and healthcare services, a healthy environment, livelihood opportunities and participation in decisions which affect their lives.

Plan India is a member of the Plan International Federation, an independent development and humanitarian organisation that advances children’s rights and equality for girls. Plan International is active in more than 70 countries.