

Lok Swasthya Sewa Trust (LSST)

Registered as: Trust | **Founded:** 2005

Head Office Location: Ahmedabad, Gujarat

Region of Impact: Gujarat

Annual Budget (2012-13): INR 113 Lakhs (\$188,333)

Adolescent Girls Budget (2012-13): INR 35 Lakhs (\$58,333)

Staff Strength: 30 full time, 115 part-time



Overview

Lok Swasthya Sewa Trust (LSST) is a part of the SEWA family; SEWA is a national trade union with over 19 lakh poor, self-employed women as members, and carries out its health programs under LSST. While LSST was registered in 2005, its experienced SEWA team has been implementing women and child health interventions in Gujarat for over 25 years. LSST's programs and resources are shared with its sister SEWA organizations working on other issues, since they address the same women. LSST serves over 14,000 SEWA members in Gujarat, all women workers engaged in the informal economy.

Adolescent Girls Program

LSST's work with adolescent girls began in 2008, to improve the health security and well-being of SEWA members' daughters. Its *Yuva Swasthya* program seeks to empower girls through a health-plus-plus approach, which includes:

- Comprehensive health education, including reproductive and sexual health, body literacy, nutrition, preventative health measures and hygiene, occupational health issues, and socio-cultural issues impacting health
- Capacity building of adolescents through life skills and leadership training
- Facilitating access to health services, livelihoods options and financial services for youth

LSST's belief is that local leaders having direct contact with beneficiaries on a regular basis is key to making an impact.

Model

LSST uses a training-of-trainers model to deliver its program through a network of community health workers:

- It has *Arogya Saathis* (part-time frontline workers) in each village, who conduct home visits and lead monthly meetings with groups (mandals) of 20-25 girls to provide health awareness and build a local support system
- It has full-time *Sevikas*, each covering 5 villages, who train and monitor *Saathis*, and provide individual counseling to vulnerable girls identified by *Saathis*
- Its master trainers conduct in-depth 1-4 day health trainings with girls using touch-screens and other tools
- LSST also conducts large scale melas and events, provides health check-ups in partnership with local health providers, organizes exposure visits for girls

Saathis are the backbone of the program, as they build relationships with the community and mobilize attendance and participation in program activities.



Milestones

- 2008: Began working with adolescent girls
- 2010: Received funding for Yuva Swasthya program
- 2012: Conducted a large scale impact assessment study for all its programs

Impact to Date

- Over 9000 girls reached till date
- In FY 2012-13, over 2000 girls attended in-depth health trainings, life skills workshops and regular group meetings; over 4000 girls attended its events and health camps
- 30 girls were inducted into NRHM's village health sanitation committees

Theory of Change

When women workers are organized for collective, constructive action, they obtain work security and social security like health care, and ultimately attain self-reliance. If adolescent girls are organized into collectives and empowered through health awareness and access to services and entitlements, then a strong cadre of future leaders and members of SEWA will be created, to continue promoting SEWA's goals of self-reliance.

Growth Plans

The first phase of the *Yuva Swasthya* program was completed in January 2014. LSST is now planning to scale the program to go beyond reaching only adolescent girls from SEWA members' families:

- It plans to expand its reach from 42 rural villages and 9 city wards (175 chalis) to 150 villages and 11 city wards (290 chalis)
- It will adapt its program to include adolescent boys by forming boy-mandals, increase its focus on youth leadership and community-based monitoring, and form more linkages with government services and schemes
- Over the next three years (2014-2017), it plans to reach 20,000 girls and 12,000 boys, and will need to nearly double its program staff for this purpose

In the long run, it plans to get youth mandals registered so that they function as autonomous, sustainable SHGs.

	2012-13 (a)	2013-14 (e)	2014-15 (e)	2015-16 (e)
Total Org Budget (INR Lakhs)	113	166	180	200
Total Adolescent Girls Budget	35	35	144	157
No. of Adolescent Girls	4,022	2,745	5,000	15,000

The Yuva Swasthya program budget increases significantly in the first year of the scaling plan as LSST builds its capacity to reach adolescent boys and form boys' mandals over the next 3 years, in addition to increasing the number of girls reached; despite the increase, the cost/beneficiary declines considerably

Leadership & Management

LSST has 30 full-time staff and is largely supported by experienced SEWA staff that are involved in program planning, monitoring and fundraising for several SEWA organizations. Mirai Chatterjee, Director of SEWA Social Security (which oversees LSST) and Managing Trustee of LSST, has been with SEWA since 1984 and holds prominent positions in government bodies like the Advisory Group of NRHM and the National Advisory Council.

Partnerships

LSST works closely with the government, as its programs seek to strengthen government schemes, provide greater outreach through SEWA's large member base and help form linkages between the government, private health providers and civil society entities. It builds partnerships with local ASHAs and medical officers, and meets regularly with block and district level health officers to share learnings.

Funders

LSST has a diverse donor base which includes international agencies and foundations like UNDP and Packard Foundation, as well as local government bodies like Ahmedabad Municipal Corporation. Some of its programs are funded indirectly through LSST's sister organizations in the SEWA family; for example, *Yuva Swasthya* was previously funded by MacArthur Foundation through Mahila Sewa Trust.