

Parivar Sahyog Kendra (Family Support Centre), Udaipur, Rajasthan

By Foster Care Society,
Udaipur, Rajasthan



Parivar Sahyog Kendra (PSK), located within a densely populated slum area of Udaipur, Rajasthan, is a community-based initiative dedicated to preventing family separation and nurturing strong, resilient households. Its core philosophy is rooted in the belief that every child thrives best in a supportive family environment, and that empowering families with knowledge, services, and skills is essential for long-term well-being. By acting as a bridge between vulnerable communities and essential government welfare systems, PSK plays a pivotal role in promoting family unity, social protection, and community development.

A Community-Centred Approach to Family Strengthening

Established to serve some of Udaipur's most marginalized neighbourhoods, Parivar Sahyog Kendra operates at the grassroots level, engaging directly with children, adolescents, women, and elderly individuals. The centre functions as a safe and accessible hub where families can seek support, information, counselling, and linkages to various welfare schemes. This holistic approach ensures that families receive not only immediate relief, but also long-term guidance, empowerment opportunities, and psychosocial support.

PSK's work is driven by a clear and comprehensive set of objectives that collectively contribute to the larger goal of preventing family breakdown and promoting sustainable well-being.

Key Objectives and Interventions

1. Awareness Generation

One of the centre's primary goals is to enhance awareness among community members about the numerous government schemes and programs available for their benefit. Lack of information is often a significant barrier preventing vulnerable families from accessing health, nutrition, education, and social security entitlements.

Through regular outreach visits, group meetings, door-to-door campaigns, and community events, PSK educates residents about schemes such as health insurance programs, nutritional entitlements, scholarships, disability pensions, and support for single-parent households. This proactive awareness-building enables community members to make informed decisions and avail opportunities that can improve their quality of life.

2. Linkage and Support to Welfare Schemes

A major function of the centre is to facilitate linkages to essential government schemes that can provide both financial and developmental support. PSK helps families navigate the documentation process, liaise with officials, and complete application procedures for programs covering health, nutrition, education, pensions, and skill development.

Special focus is placed on vulnerable groups such as children, adolescent girls, elderly individuals, and single

mothers. Initiatives like sponsorship support and Rajasthan's Palanhar Yojana allow eligible children to receive financial assistance for education, nutrition, and other basic needs. PSK also guides adolescents and youth towards vocational training programs, life-skills workshops, and opportunities that enhance future employability.

By ensuring sustained follow-up and monitoring, the centre helps families derive consistent benefits from the schemes they are entitled to.

3. Health and Recreational Community Camps

Creating vibrant and healthy communities requires accessible services at the local level. PSK achieves this by organizing periodic health camps that cater to all age groups, especially those with limited mobility or financial constraints. These camps offer medical check-ups, nutritional assessments, immunization drives, and guidance on hygiene and preventive care.

For children, the centre conducts summer and winter camps that blend learning with recreation. Activities such as reading sessions, art and craft, sports, competitions, and life-skills workshops provide children with a constructive environment during school vacations. These camps promote childhood development, social interaction, and confidence-building while also offering parents support in managing childcare during busy periods.

4. Adolescent Girls' Empowerment

Recognizing the pivotal role of adolescent girls in shaping community well-being, PSK places strong

emphasis on enhancing their education, health, and self-reliance. Many girls in marginalized communities face challenges such as early marriage, school dropout, poor nutrition, and limited access to skill development.

Through targeted interventions such as menstrual hygiene sessions, nutrition awareness, health check-ups, career guidance, and vocational training referrals, the centre equips girls with knowledge and tools to safeguard their futures. Life-skills sessions further build their communication abilities, decision-making capacity, and self-confidence. By fostering empowered adolescent girls, PSK contributes to creating empowered future women and healthier families.

5. Psychosocial Counselling and Emotional Support

Family crises, conflict, poverty, and social pressures often lead to emotional stress within households. PSK addresses this by offering counselling and psychosocial support to individuals and families. Whether dealing with marital disputes, children's behavioural issues, grief, anxiety, or

other challenges, the centre provides a safe space for expression and healing.

Counsellors use empathetic listening, problem-solving techniques, and family-based interventions to help members strengthen relationships and develop resilience. This mental and emotional support is crucial in preventing family breakdown, improving communication, and fostering healthier coping strategies.

A Bridge Between Community and Welfare Systems

Parivar Sahyog Kendra stands as a model of community-centric service delivery. By connecting residents with government programs, providing continuous follow-up, and combining welfare linkages with psychosocial support, the centre ensures a holistic approach to family well-being.

Its work contributes to:

- **Reducing vulnerability and strengthening family systems**
- **Promoting children's right to family-based care**

- **Improving access to public health, education, and social security schemes**
- **Empowering women and adolescents**
- **Fostering long-term resilience within marginalized communities**

Conclusion

Parivar Sahyog Kendra, Udaipur, plays a transformative role in ensuring that families remain united, informed, and empowered. By addressing immediate needs while promoting long-term development and psychosocial wellness, the centre exemplifies an effective grassroots model for family strengthening.

Its integrated approach—combining awareness, welfare linkages, health initiatives, adolescent empowerment, and counselling—demonstrates how community-based interventions can create lasting change. In vulnerable urban settlements where families often face multiple challenges, PSK stands as a beacon of support, resilience, and hope.

Strengthening Families and Preventing Child Vulnerabilities within Urban Governance framework: The Safe City Initiative, Bhopal

By UNICEF Team, Bhopal, Madhya Pradesh

Introduction

The Safe City Initiative in Bhopal showcases how coordinated efforts under an urban governance framework can create meaningful, sustainable change for vulnerable families and children. The following stories of Babita and Vedraj illustrate how timely interventions and inter-departmental convergence can transform lives.

Case Studies of Support under Safe City Initiative

Babita's Story: Rebuilding Life After Loss

When Babita (name changed) lost both her parents, her world fell apart overnight. Living with her two younger sisters in one of Bhopal's urban wards, she had already faced hardships early in life. After their mother's death, their father, who worked as an auto-rickshaw driver,

became the family's sole provider. Despite limited means, he worked tirelessly to ensure his daughters' education and well-being. Life was not easy, but it was moving forward — until tragedy struck again.

Babita's father succumbed to some illness, leaving the three sisters orphaned. The girls, all minors, were suddenly without guidance, income, or emotional support. They were shaken — *Who would take care of us? How would we survive?* Their