

DESIGN *for*
CHANGE

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I CAN

2015

**REAL SUPERHEROES
REAL STORIES
REAL CHANGE**

★ WINGS OF CHANGE

Children were enjoying a lively classroom discussion, when suddenly one of their classmates fainted and fell on the desk.



Ma'am, Sarika has fainted!



In the playground, one of the girls suddenly fell down and started crying in pain holding her tummy.



It hurts. My tummy hurts so much!



Didn't you have any lunch, Rita?

I cannot Ma'am. I am on Gauri Vrat.

In Gujarat, girls as young as 4,5 years old are forced to observe Gauri Vrat for 5 days. The myth is that this would get them good husbands.

At lunch, students observed 2 girls standing in the corner, munching on saltless wafers.



Why are they not eating with us?

I think they have observed the GauriVrat...
They look unhappy...

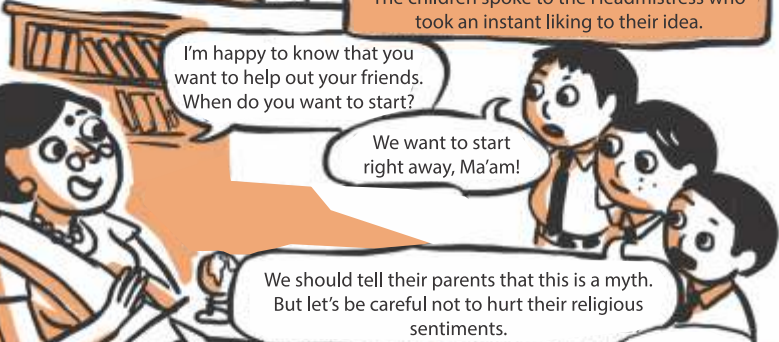
Why are only girls asked to keep this fast? Don't boys need good wives too?



Right! Can't we do something to help these girls?

Let us go talk to our headmistress today and see what we can do.

The children spoke to the Headmistress who took an instant liking to their idea.



I'm happy to know that you want to help out your friends. When do you want to start?

We want to start right away, Ma'am!

We should tell their parents that this is a myth. But let's be careful not to hurt their religious sentiments.

Absolutely!

We can ask our mothers to help us.

We could go on door-to-door campaigns.

The children visited a psychologist and a dietician to get more information.

If the girls take a salt-free diet, they will feel dizzy and suffer from convulsions.

As a long-term effect, they might suffer from hormonal imbalance.



Girls as young as six keeping such strict diets!

It's not good for their health.



And they held a meeting with their own mothers to ask them to become Ambassadors of the cause.

We want change to begin at our homes! We really need your support.

Will you help us and be the Ambassadors for our cause?



Of course!



Their campaign continued in the form of street plays, radio shows, door-to-door awareness campaign and articles in the newspapers.

Now that I know the ill effects of Gaurivarat, I will never let my daughter observe this fast again.



We're so glad that we could be the Ambassadors for such a wonderful cause!



The children managed to change the mindset of their community – including many from the older generation.

There are so many challenges in the world around us.



But just complaining does not solve the problem; we must DO something



Lets put our thoughts into action!

I believe 'I CAN' – be the change!

It's your turn now to inspire others! Come join this worldwide movement!

Design For Change is a design thinking process that continues to empower children to realise their Superpower and become the Superheroes of Change. Using the simple four step process of Feel, Imagine, Do, Share, you can put your ideas to action.



STEP 1

FEEL

Observe and connect.

Observe your surroundings, how do you feel about the things around you. Identify the elements and areas that you would like changed.



STEP 2

IMAGINE

Visualise and brainstorm.

Brainstorm and explore ideas for making the change happen.



STEP 3

DO

Plan and implement.

Make change happen by planning different steps and implementing them.



STEP 4

SHARE

Inspire others.

Share your story with the world and help them say I CAN.



To join the movement, log on to designforchangeindia.com
For more information regarding participation, call us on **9599916181**.

We all grow up listening to stories of great valour and courage shown by Superheroes with magical powers. These stories inspire us and act as building blocks of our character.

Today, DESIGN FOR CHANGE has unleashed a new generation of Superheroes. These young Superheroes are children from different schools and different parts of the country. They realised their superpower, stepped up and are changing the world. The two powerful words, "I CAN" is their Superpower.

The various stories in this book are real stories featuring real life Superheroes.

This book is an invitation to all children and adults around the world to join the movement of these new age superheroes. Come, be the Change. For all you know, you may be in these pages next year.



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