



5 Things That Change When Girls Are Educated



Hamsa was very cautious not to make any noise. She whispered to her mother while she boiled the rice for lunch, saying “Amma! Donga (Robber).” She wondered which robber would want to rob them since they don’t have anything expensive. A voice reminded her of what was taught in her school in Telangana, why should anyone rob in the first place? This small lesson changed her vision and mission of life.

A mid-day meal beneficiary, 14-year-old Hamsa from Telangana wants to be a Police Officer.

Oprah Winfrey said, “When you educate a girl, you begin to change the face of the nation.” And this saying has meaning to it because when you educate a woman, she becomes able and independent thereby raising self-reliant citizens. Provide **food for education** of a girl child, she will feed herself, her family, her community and the entire country.

5 things that change when you educate a girl child

1. **Educated girls make informed decisions about marriage**

Researchers from the International Centre for Research on Women and the World Bank found a strong relationship with educating a girl and her marriage. This means that when a girl receives constant education, she will make a conscious decision of when she wants to marry and that usually avoids child marriage.

The study also shows that educated girls tend to have lesser children and choose to bear children at a later stage of life.

2. Educated girls bring economic stability to their family

Generally, a working woman knows how to run her house and how much is needed to do so. When you educate a girl at a young age, she becomes aware of the importance of saving money. When she learns to save as a young woman, she learns how to allocate her budget and manage expenses for the long term.

3. Educated girls support the education of others

When you educate a girl child, she becomes aware of the benefits of education as she grows up into an adult. She in turn takes a stand to educate her children equally, irrespective of their gender.

4. Education improves a girl's health and her family's health

Education that involves basic education along with sexual education makes them aware of sexually transmitted diseases and adolescent pregnancies. Education helps them with critical thinking, decision-making skills, responsibilities and also reinforces gender equality. These children also seek healthcare for themselves and their families.

5. Education gives wings to a girl's dreams

When a girl is educated, she becomes aware that her dreams can also come true. Education is the medium that catapults them to a brighter future. An educated girl becomes an empowered woman who has the capacity to steer her life, her community and the world too.

Role of NGOs in empowering girls

There are thousands of non-profit organisations that work towards educating girl children and making their lives better. The [role of NGOs](#) includes a wide range of opportunities that help empower them with food and education. Some NGOs help girl children by:

- Freely living their life with a sense of self-worth, respect and dignity.
- Having equal rights to participate in religious, social and public activities,
- Having equal social status in the society as men
- Having equal rights for economic and social justice
- Determining financial choices
- Getting equal opportunity for education and employment without any gender bias
- Getting a safe and comfortable working environment

[Akshaya Patra – an NGO in India that cares for girl children](#)

[The Akshaya Patra Foundation](#) is an **NGO in India** that is recognised for running the world's largest NGO-run school meal programme. By providing nutritious mid-day meals to support [food for education](#) for both boys and girls, it brings gender equality in the minds of young children. Locally palatable meals are served to them so that there is no wastage of food. During the times of the pandemic and when schools remain closed in some states, the Foundation also provides Happiness Kits to them. Every girl child receives immunity boosters that support her health, hygiene essentials like sanitary pads and soap along with activity books that will keep them occupied and not lose touch with studies.

Let's support girl children as they also deserve to dream and achieve as they grow up from being educated girls to empowered women.

Make an **online donation** to support an organisation to help them expand their operations to reach out to more girl children because **an empowered girl means an empowered nation**.

If more information is needed on tax benefits of donating under section 80g of income tax act click [here](#)