



**Children Welfare Centre
Clara's College of Education,
Affiliated to Mumbai University
Versova, Yari Road Andheri (W) ,
Mumbai-400061**

Distinctive Best Practice- 2022-2023

“Development of Girls Self awareness for the Growth of Self Esteem”



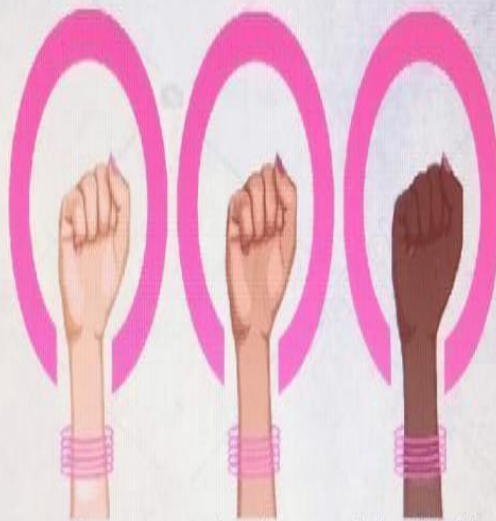


CHILDREN WELFARE CENTRE

CLARA'S COLLEGE OF EDUCATION,

Affiliated to the University of Mumbai

Versova, Yari road, Andheri (w) Mumbai - 61



In association with BJS (NGO) organizes

SMART GIRL PROGRAM-

To be Happy! To be Strong!



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BJS
Bharatiya Jain Sanghatana



Smart Girl program a unique endeavor of BJS that seeks to catalyze sustainable empowerment of girls through effective capacity building (Life Skills Education)

It addresses issues and concerns related to emotional development of adolescent girls and young women

Directly attempts to achieve the Goal 5 of the Sustainable Development Goals, of Achieving Gender Equality and Empowering Women and Girls

For their emotional empowerment, to prepare them to face the social challenges and to lead happy and healthy life

Facilitating the transition from childhood to adulthood

Developing understanding about self, family friends, society, technology & future relationships

Two day workshop for adolescent girls and young women

Six Life-changing sessions
One additional session for the Parents

Program Objectives:

- ★ Enhance self-awareness & self-respect
- ★ Build mindset for nurturing relations
- ★ Generate ability for balancing choices against risky temptations
- ★ Increase awareness about important life decisions



In this time of worsening social challenges when girls are all ready to explore their potential through ample educational & career opportunities, this program aims:

- ★ To create faith in girls' own sense about their capacity and capability
- ★ To help them accept the reality around and to not feel constrained because of real and perceived threats
- ★ To create confidence in girls to take their own life decisions rationally
- ★ To facilitate having positive belief in family, friends, relatives and the surroundings without losing faith because of certain instances
- ★ To increase awareness about health and hygiene during menstruation

Program Topics:



Self Awareness

communication and Relationships



Self Esteem and Self defense



Choices and Decisions



Friendship and Temptations



Dialogue with parents



How can you proceed:

- ★ Smart Girl program is for adolescent girls and young women from 8th std. to undergraduates
- ★ BJS offers 3- day training program to your teachers
- ★ For every 100 girls in your premises, you can nominate one teacher for BJS training
- ★ These teachers will conduct Smart Girl Program through 6 topics for girls and 1 topic for their parents
- ★ Every eligible girl in your institute will get this program through your own trained teachers
- ★ Every year new girls enrolled will continue to get this program
- ★ BJS will share the program material, training manuals, and re-fresher training as required to your teachers at no cost

Girls get to

- ★ Understand oneself as a unique individual
- ★ Learn ways to maintain self-esteem
- ★ Appreciate the role of family as a primary support system
- ★ Know Scientific information about menstruation cycle and care to be taken during menstruation
- ★ Think before taking any decision
- ★ Achieve emotional strength through rational thinking
- ★ Use media & technology judiciously
- ★ Know about personal safety & learn self-defense techniques
- ★ Ensure a thoughtful approach for choosing a right higher education, career and life partner
- ★ Set balanced expectations for happy life

Parents get to

- ★ Understand the young generation
- ★ Develop right perspective on children's need views & attitude
- ★ Identify their daughter's needs
- ★ Understand the vulnerabilities of their daughters as 'teenagers' & 'young adults'
- ★ Be sensitive to the delicate & conflicting issues of their daughters
- ★ Realize the positive impact of developing special bond with their daughters
- ★ Create a trusted family environment

Educational Institutions can offer Smart Girl program :

- ★ Adding value to the mainstream curriculum
- ★ Contributing to comprehensive educational goals
- ★ Comprising easy-to-rol-out modules that can be integrated into annual calendar & course time tables
- ★ With a certification for girls that can be offered as additional unit in the educational program

BJS
Bharatiya Jain Sanghatana

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The Bharatiya Jain Sanghatana (BJS) in collaboration with The Clara's college of Education organized an online workshop named SMARTGIRLPROGRAM(SGP). The workshop focused on six educational modules namely **Self-Awareness, Self-esteem and Self Defense, Communication and Relationships, Friendships and Temptations, Choices and Decisions, and Dialogue with Parents** which aimed towards empowerment of girls. The workshop lasted six days, with each module explained for two hours each day.

About Bharatiya Jain Sanghatana (BJS):

Established in the year 1985, Bharatiya Jain Sanghatana (BJS) has been at the forefront of addressing national concerns in the areas of Disaster Response, Social Development, and Educational Initiatives. BJS has a nationwide network of volunteers actively carrying out BJS responsibilities with relentless commitment.

About Smart Girl Program (SGP) by BJS:

BJS' Smart Girl Program, formerly known as EOG (Empowerment of Girl) is a unique endeavor that seeks to address issues and concerns related to the emotional development of adolescent girls in the age group of 13-21 years.

The Smart Girl Program is run by BJS through its vast network of volunteers spread across the country who work relentlessly in their communities to encourage maximum participation of girls in this program. The program is well supported by BJS' 4 Master Trainers and 533 Trainers who voluntarily come forward to conduct new workshops for girls in their respective areas. To date, BJS network has conducted over 1700 workshops empowering more than 89,000 adolescent girls across the country.

Smart Girl is a simple initiative that was rolled out initially on a pilot basis to evolve the design for the benefit of the girls through community network but it has now grown and expanded its scope and reach to cover all school-going girls in 8th-12th std. Over a period of time, the program has been renamed as Smart Girl program from EOG (Empowerment of Girls) to reflect the change in the outlook of girls who are modern and liberal in thought.

The underlying assumption to this program is that girls between the age of 13-21 years are emotionally vulnerable and denied equal opportunities for development as compared to boys in a similar age group. Addressing this gender gap will lead to overall development in girls thereby increasing the capacities to make decisions and control over their own lives. The prevailing social environment and increasing reports of violence (physical and verbal) against girls also necessitates the implementation of the Smart Girls program as widely as possible.

Smart Girl program directly attempts to achieve Goal 5 of Sustainable Development Goals, of Achieving Gender Equality and Empowering Women and Girls. Since 2008, more than 7 lakh girls have been empowered through the Smart Girl program.

Smart Girl: Program Modules

The program has six educational modules aimed towards empowerment of girls:

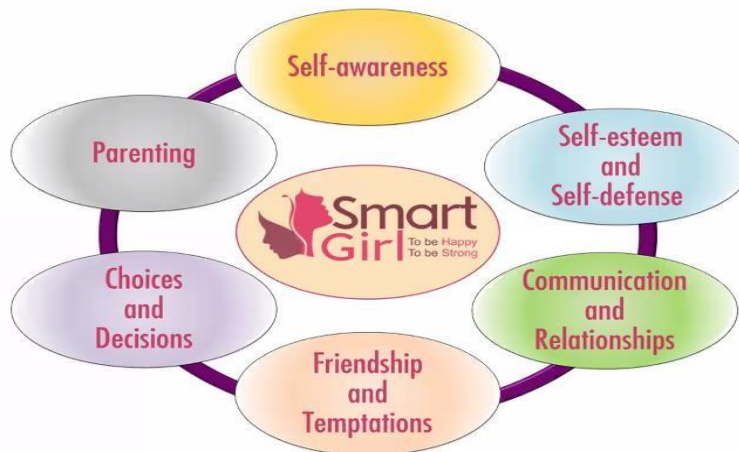
1. **Self-Awareness**: This module focuses on exercises that make the girls realise their strengths and weaknesses. It then helps them improve the strengths and control or reduce the weaknesses. This also guides them on how to bring about a positive change in their personality by self-questioning the social, physical and emotional aspects and critical observation of their roles, experiences and events in their daily life.
2. **Self esteem and Self Defense**: It focuses on discovering the varied and unique qualities each girl possesses and how to value them and create self-respect for oneself. The environment around us subjects the girls to adverse incidences and events which may make them lose confidence in themselves. This session helps them to protect their self-esteem. The session on Self Defense teaches the basics of self-defense – both mental and physical.
3. **Communication and Relationships**: This module guides the girls on good communication skills and maintaining healthy relationships. Through activities, the girls get to understand the causes of differences in opinion and their value in arriving at well-balanced decisions.
4. **Friendships and Temptations**: This informs them of the importance of friends in one's life and how to choose friends particularly close friends. There is no need to hide good friendships from parents. It educates the girls on the temptations arising from friendship with boys, risks involved in internet surfing, Face book uploads and social media interaction and alerts them on the best practices. Important aspects like differences between a good touch and bad touch, etc. are also covered.
5. **Choices and Decisions**: This module develops their ability to make the right choices among the various options. The girls develop an understanding that with the freedom to make a choice comes great responsibility and equips them to conduct themselves responsibly. Elements like time management, career planning, social media and technology and their impact on our lives is a part of this session.
6. **Dialogue with Parents**: This module focused on interaction with parents. Its main purpose was to assist parents realise how children's lives have changed in today's world, as well as to illuminate the Seven Key Areas that parents should prioritize when parenting their children. It clearly enables parents to improve their roles as parents and change their attitudes and behaviors in

order to attain a favorable outcome for their children.

Key Features of Smart Girl Program for Self Awareness

Interactive Sessions Activity-based learning Aligned with curriculum Online Workshops

Topics of Smart Girl Workshop



Smart Girl Program Objectives

1. To significantly enhance self-awareness in girls that directly and indirectly improve their social status
2. To increase knowledge about maintaining self-esteem in girls and young women
3. To instill confidence to face adversities and to know the practical tips for self-defence
4. To generate ability in girls for balancing choices and making life decisions rationally
5. To facilitate positive beliefs in girls about right friendship and handling temptations
6. To sensitize parents for their adolescent children's developmental and emotional needs
7. To sensitize parents for their adolescent children's developmental and emotional needs
8. To enhance systems and institutional capabilities for sustained improvement in the development of girls

Day-1

Day and date: Tuesday, 17th May 2022

Time: 11:00–13:00, Indian Standard Time (UTC+5:30)

Mode of workshop: Online Platform (Zoom Meeting)

Speaker: Mrs. Rajashree Choudhary

Smart Girl: Module 1- Self-Awareness

Day 1 of the workshop started with a Prayer to God followed by Virtual Lamp Lighting. The beginning was graced by a beautiful song “Main Betu Hu”. Our batch mates welcomed our beloved principal madam; Dr. Ratnaprabha Rajmane. Our Principal warmly welcomed the Chief Guest of the workshop; Mr. Rakesh Jain Sir who is the V.P. of the BJS Mumbai Team and the Host Mr. Madan Sundesha Sir.

The Speaker for the first module was Mrs. Rajashree Choudhary. She spoke about the importance of Self Awareness in our life. Self-awareness represents the capacity of becoming the object of one's own attention. In this state, one actively identifies, processes, and stores information about the self. To understand our personality, we need to understand the nature of our mind. Self-awareness is the most important aspect of personal development. It determines nearly everything else, including

whether you're able to stay motivated and achieve your goals. With self-awareness, one can change deeply held beliefs if they don't serve you well. The journey of self-discovery is never-ending and filled with surprises and adventures in your inner landscape. When we become self-aware, we know our strengths, weaknesses, and personality type. But it's more than this. Fully knowing our self includes being aware of our thoughts and watching them objectively as an observer, without emotion or attachment.

The only person we can change is our own self. When we choose to transform our self, we'll notice changes in your environment, including in the people who surround you. The world is our mirror and both the negative and the positive situations you encounter are created by us. When we find our self getting irritated by someone, examine own self to see whether we harbor the same negative

trait that they're manifesting. This requires delving deep. Usually, we'll find the answer is yes. We are likely to possess the same trait in some form or another. Of course, **in order to make decisions, we'll also make judgments.** They're a necessary part of life.

To develop Self Awareness, it is very important to consider our strengths. Making a list of your strengths and think of how they're contributing to your happiness and that of others. Some examples may include creativity, initiative, determination, self-reliance and empathy. If we find it impossible to list our good qualities, ask a friend or family member to write down what they like about us. Make a list of our accomplishments in multiple areas of your life is another way. For example, we might list some social achievements, work successes, and achievements in the realm of personal growth.

Sticking to your routine is a great way to beat stress or take the edge off having to make difficult decisions that take us into uncharted territory. Being aware of four patterns and letting go of those that aren't constructive, but we should not hesitate to cultivate those that benefit you.

Developing Self Awareness - Look at yourself objectively, Keep a journal, Write down your goals, plans, and priorities, Perform daily self-reflection, Practice meditation and other mindfulness habits, Take personality and psychometric tests, Ask trusted friends to describe you.

When we are self-aware, we learn from your mistakes as well as the mistakes of others. Here are other ways to develop self-awareness: **Adhering to good values.** If you have humility, you'll be able to see your mistakes and faults and correct them. You'll also be able to accept criticism. With honesty, you can be open about yourself. Courage enables you to look within without fear and carry on when faced with difficult circumstances. **Reading self-help books.** Read all you can on the subject and put what you learn into practice. **Join a community of like-minded seekers.** This is an effective and enjoyable way to develop self-awareness. It's easier to polish yourself into a diamond among a community of like-minded people than to go it alone. You may find self-help communities you enjoy online or at your church.

Our self-awareness will create the life of your dreams. There are many popular methods and techniques that help to achieve self-knowledge and that people spend lots of money on. Some of them are meditation and yoga techniques, group methods, altered consciousness procedures, assorted massages, aromatherapy, biofeedback, and physical exercise regimens. After learning this, I decided to try yoga, meditation, and aromatherapy practices in order to develop myself-awareness.

स्व जागरूकता का याद कर
Recap of Self-Awareness

1. क्या अपने आप 'को जानना' महत्वपूर्ण है?
Is it important to 'know' our self?
2. क्या हम अपनी क्षमता बढ़ा सकते हैं और अपनी कमजोरियों को कम कर सकते हैं? कैसे?
Can we enhance our strengths and minimize our weaknesses? How?
3. क्या हमारे स्वयं पर सवाल उठाने की आदत हमें अपनी आत्म-जागरूकता बढ़ाने में मदद कर सकती है? और क्या कर सकते हैं?
Can habit of questioning our self help us increase our self-awareness? What else?
4. Self-awareness is much needed for making right decisions.
सही निर्णय लेने के लिए स्व जागरूकता बहुत महत्वपूर्ण है।

स्वयं को जानें – सक्षम बनें
Know yourself - Empower yourself!

The bottom section shows a grid of 25 participants in the Zoom meeting, including names like bhavna bhute, Neha Khatri, and others.

DAY- 2

Day and date: Thursday, 19th May 2022

Time: 11:00–13:00, Indian Standard Time (UTC+5:30)

Mode of workshop: Online Platform (Zoom Meeting)

Speaker: Mrs. Rekha Sethia

Smart Girl: Module2- Self-Esteem and Self-Defense

This module focused on discovering each girl's diverse and unique qualities, as well as how to value them and develop self-esteem. Negative incidents and events in their surroundings may cause the girls to lose confidence in themselves. This session helps them maintain their self-esteem. The Self Defense session teaches the fundamentals of both mental and physical self-defense.

Every girl is stunning in her own unique way. We should appreciate nature's one-of-a-kind gift of being a woman. We should be proud of ourselves because we have the Power of Creation. Empathy, Gentleness, Kindness, Compassion, A caring nature, Nurturing and maternal, Tolerance, Submissive, Respectful, Expressiveness, Supportiveness, Sensitivity, Devotion, and many other feminine traits are born with us. We should value these qualities because they distinguish us as women, make us stronger, and complete us. It contributes to our happiness as well as the happiness of those around us. We must work on developing our self-esteem in order to strengthen these natural god's gifts in us.

Self-Esteem is composed of the thoughts, feelings, and beliefs we hold about ourselves. Since our thoughts, feelings, and beliefs change all the time, our self-esteem is also constantly evolving. Having low self-esteem can have a negative effect on your mental health, relationships, and school or career life. However, there are a number of ways to feel better about yourself and boost your self-esteem. A high, stable self-esteem, on the other hand, contributes to problem-solving abilities and the assertiveness needed to achieve what psychologist Abraham Maslow called "self-actualization" - a continuous desire to fulfill potentials and be all that you can be. A strong self-esteem actually creates a type of self-fulfilling prophecy. The more you like yourself, the more you begin to act in likable ways; the more you believe you are able to achieve something, the more likely it is that you will.

Everyone has regular ups and downs, but there are some instances in life that can have a profound impact on one's sense of self-worth. Whether real or imagined, these situations can break a person's confidence. Some of these issues can be fixed through actions while others can only be repaired from introspection. There are several major factors that affect self-esteem. These factors include appearance, employment, financial difficulties, possessions, age, relationships, education and family. There are other external factors that may influence self-esteem, but these are the most important.

Don't measure yourself against others, Determine your strengths and are as for improvement, Having faith in oneself Be adaptable, realistic, and open to new experiences, Surround yourself with a cheerleading squad, Maintain a positive attitude and avoid negative labels, Stay away from those

whoembarrassus,Dowhatyouenjoy,Stayinthemoment,Shareyouremotions,Beingdeliberate with our thoughts and beliefs, setting goals and expectations, and reflecting on your life and accomplishments are all ways to boost and maintain self-esteem.

Self-defense, especially for women, is of utmost importance in the kind of the world we live in today. Women, usually referred as the weaker sex, are considered easier targets. In a country like India where the cases of gender violence are on rise, out of which many go unreported, self-defense for women has become a necessity more than ever. The women in India are also vulnerable to acid attacks and eve-teasing. The mind-set of the people, including the victim and the spectator, is to ignore and just let it go. But, what we, as the responsible citizens of an independent country, fail to realize is that these instances of harassment can flare up into other bigger heinous crimes against women. And that is when the importance of learning self-defense techniques for women is felt.

Women should be aware of the strategies to be used in various adverse situations. When confronted with a difficult situation, we must decide whether to fight or flee .Choosing to flee the situation is for self-protection and can be considered self-defense. If we cannot escape the situation, we must trust ourselves and face it. While practicing self-defense, we should be acutely aware of our surroundings and our current state. The most important thing to remember is that we are not responsible for changing the person in front of us.

It is critical that we take charge of our own self-defense. Some of the most important things to remember are having confidence and putting up a brave front, trusting our mental and physical strengths not getting into arguments with anyone, acting wisely, and looking for reliable help in such situations of need.

bhaavna bhute Rishika Sethia Prerana Singh Khushbu Shah Bied Ayushi Singh Indira Sidhpurwala

आत्मरक्षा के और उपाय

More tips for self defense

- आसपास कोई पत्थर या ऐसी वस्तु उठाये जिसे आप शस्त्र के रूप में उपयोग कर सकती हैं
Pick up a stone or a suitable object as a weapon.
- यहां तक कि आपके नाखून और दांत भी हथियार के रूप में काम कर सकते हैं
Even your nails and teeth can serve as weapons.
- संवेदनशील हिस्सों को निशाना बनाएं- पुरुष शरीर के दो सबसे संवेदनशील हिस्से जांघ के बीच का हिस्सा और आँखें हैं, वहां प्रहार करें.
Target sensitive parts. Remember the two most sensitive areas on a man's body are the EYES and GROIN, attack on them.

Smart Girl Power Self Esteem and Self Defense

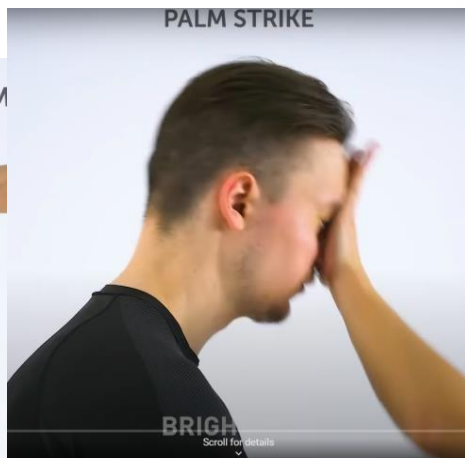
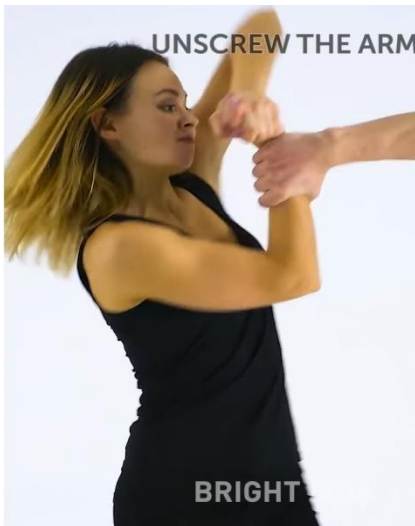
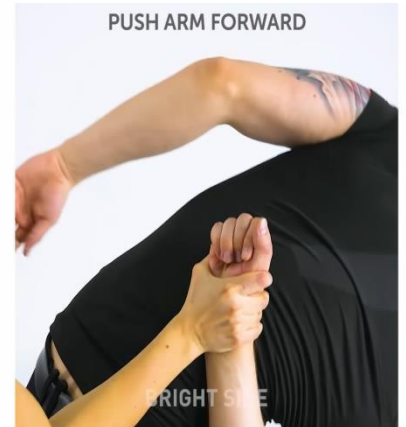
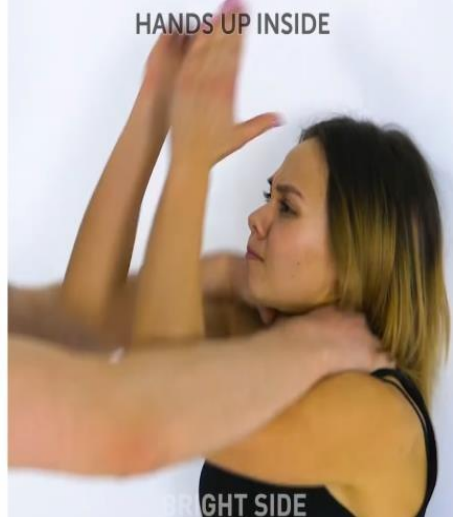
You are Unique
Be Proud
You have Power
Be Responsible

मंत्र

मेरे गुण - मेरी ताकत
My Strength - My Power

BJS

17



DAY- 3

Day and date: FRIDAY, 20th MAY 2022

Time: 11:00–13:00, Indian Standard Time (UTC+5:30)

Mode Of Workshop: Online Platform (Zoom Meeting)

Speaker: Mrs. Rekha Sethia

Smart Girl: Module3–Communication and Relationships

This module taught us how to communicate effectively and how to maintain healthy relationships. Through activities, we learnt about the causes of disagreements and the importance of making well-informed decisions.

Communication is the act of expressing (or transmitting) ideas, information, knowledge, thoughts, and feelings, as well as understanding what is expressed by others. The communication process involves both sending and receiving messages and can take many forms. Humans communicate by imagining the information they want to share, encoding it, and transmitting it directly to a receiver via verbal, nonverbal, or written mediums. Eye contact, sign language, pictures, writing, and sound are all forms of communication.

Good communication is an essential component of any healthy partnership and is an important component of all relationships. Every relationship has ups and downs, but a healthy communication style can help you deal with conflict and build a stronger, healthier partnership.

We frequently hear how important communication is, but not what it is or how we can use it in our relationships. **Communication in relationships** allows you to explain to someone else what you are going through and what your needs are. The act of communicating not only assists in meeting our needs, but it also assists in keeping us connected in your relationship.

Listening is a very important part of effective communication. A good listener can encourage their partner to talk openly and honestly. We can improve our communication by building companionship – sharing experiences, interests and concerns, and showing empathy and appreciation, having a positive outlook towards the relation, respecting the differences.

Emotions can make a powerful or hollow connection between two people. Although a person's emotions can define their relationship with someone else, emotions can also separate the two

people. Relationships can be more meaningful when the people involved are on the same page.

Positive emotional connections create stability in relationships.

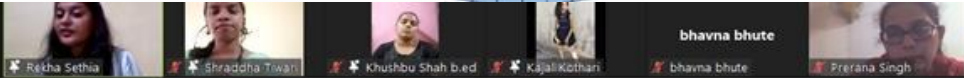
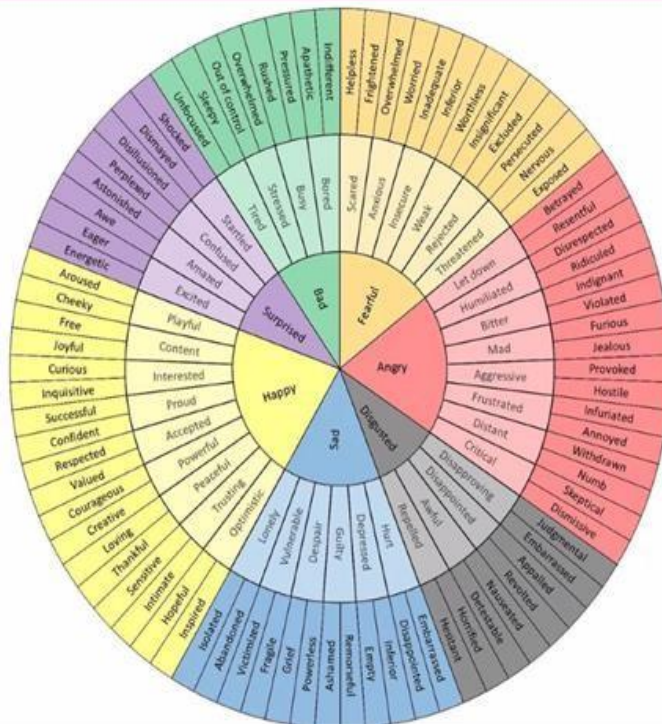
रिश्तो को समजना
Understanding relationship

- रिश्ता क्या है? What is relationship?
- क्या हम स्वतंत्र रूप से खुश रह सकते हैं? Can we be happy independently?
- आप स्वतंत्र होने का क्या मतलब समझते हैं? What do you understand by being independent?
- परस्पर निर्भरता क्या है? What is interdependence?
- क्या हम परस्पर निर्भरता में खुश हो सकते हैं? Can we be happy without being interdependent?
- कौन सा संबंध आदर्श है? Which relationship is ideal Which relationship is ideal?

अच्छा संवाद मजबूत, स्वस्थ संबंध बनाता है। दूसरी ओर, खराब संवाद रिश्तों को कमजोर करता है। Good communication builds strong, healthy relationships.
On the other hand, poor communication weakens relationships.

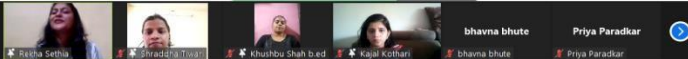
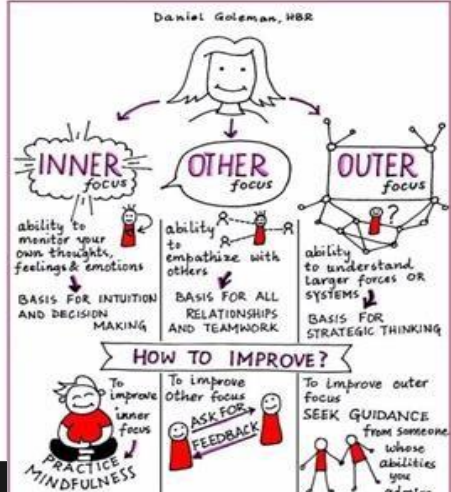


भावनाओं का चक्र ! Emotions galore!



हमारी भावनाओं को तलाशना Exploring our emotions

"WHEN YOU WELCOME YOUR EMOTIONS AS TEACHERS, EVERY EMOTION BRINGS GOOD NEWS, EVEN THE ONES THAT ARE PAINFUL."
GARY ZUKAVY



स्वस्थ संवाद – स्वस्थ रिश्ते
Healthy Communication – Healthy Relationships



DAY 4

Day and Date: SATURDAY, 21ST MAY 2022

Time: 11:00–13:00, Indian Standard Time (UTC+5:30)

Mode of Workshop: Online Platform (Zoom Meeting)

Speaker: Mrs. Rekha Sethia

Smart Girl: Module 4–Friendships and Temptations

This module teaches us the value of friends in one's life and how to select friends, particularly close friends. It is not necessary to conceal good friendships from parents. It educates us on the dangers of friendship with boys, the dangers of internet surfing, Face book uploads, and social media interaction, and informs us on the best practices.

Important aspects such as the distinction between a good and bad touch, among others, were also covered.

When we are born, we become biologically connected to our family. However, there is a relationship that we choose. That connection is a friend. Friends make our lives more enjoyable. When we are surrounded by good friends, the adventure of life becomes beautiful. We choose our own friends throughout our lives. However, it is critical to choose our friends wisely because the company we keep can mean the difference between progressing in spiritual maturity and slipping back into sin. **"Bad company ruins good morals."**

It is thus very essential to understand people and choose our friends very wisely. A good friend is someone we enjoy spending time with, who makes us smile and laugh with us, who is always available to listen in any situation, does not judge us, does not put us down in any way, does not intentionally hurt us, is kind and respectful, loyal and trustworthy.

Teens are overwhelmed daily by external pressure. The media portrays the ideal image of perfection; their friends tell them how to act; their teachers stress the importance of good grades. Everyone around them wants them to act, dress and look a certain way. There are many temptations each and every day, some positive, some negative and some much more dangerous than others.

Temptations is an urge or desire to do something, especially something one should not – a wrong or forbidden pleasure. The cause of temptation could be anything like to obtain something materialistic, to fulfill our ego, for self satisfaction. It is natural to get a feeling of temptation in teenage. We feel tempted maybe due to peer influence, hormonal changes in the body, emotional vulnerability, out of curiosity, fear of being an outcaste, inner excitement and fun, hard to resist sometimes. It is very essential to be alert when these temptations arise. We should first understand the consequences that come along while pursuing temptations. There is a possibility of getting over involved, attached or entangled,

Thoughts can get more obsessive, loss of track of objectivity and reality, we can also lose our focus on our daily activities.

When getting along with our temptations we need to first question ourselves that will these temptations make us vulnerable? Can going out alone to a lonely spot at night prove risky? Can experimenting with smoking, drinking, drugs, etc. cause irreparable harm? Are we willing to compromise our long term happiness for a short term pleasures? Our Choice and our decisions will result in negative or positive outcomes. Better Choose Wisely!

It is our own prime responsibility to protect ourselves from getting carried along temptations. We have to be careful about the bad touches, Stay away from the opposite sex if they are showing inappropriate physical proximity, Learn to Say NO with courage and determination to the things that are not right. We need to trust our own self first and keep following our morals. Someone has correctly said, **All Mistakes are not pardonable.**

मैत्री और प्रलोभनों को यद् करें
Recap of Friendship and Temptations

- जीवन में दोस्त और दोस्ती बहुत जरूरी है। क्या हम बुद्धिमानी से अच्छे दोस्त चुन सकते हैं। Friends and friendship is very important in life. Can we choose good friends wisely.
- आकर्षण स्वाभाविक है लेकिन हमें इसके मजेदार और इसके परिणामों का मूल्यांकन करने की आवश्यकता है। Attraction is natural but we need to evaluate the fun and its consequences.
- प्रलोभन से अपूरणीय क्षति हो सकती है। Temptations can lead to irreparable damage.
- सभी गलतियाँ माफ़ी के लायक नहीं होती। All mistakes are not pardonable.
- साहसपूर्वक आत्म रक्षा करें। Protect self boldly.

मित्रता में सुख मिलता है लेकिन इसके परिणामों से सावधान रहना चाहिए Pleasures in friendship but beware of its consequences

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आत्मसम्मान
व स्वसंरक्षण
Self Esteem and
Self Defense
You are Unique
Be Proud
You have Power
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मित्रता में मस्ती - स्वयं के प्रति सावधानी
Pleasures in friendship... but beware of Consequences

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Raksha Sethia
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Disha Subhash...
Disha Subhash Kavadiya
Priya Parashar
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bhavna bhute
bhavna bhute
Shradha Tiwari
Priyanka gupta
Priyanka gupta
Dolly Ghosh
Prerana Singh
Krunal Shah ped

Day- 5

Day and date: Monday, 23rd May 2022

Time: 11:00–13:00, Indian Standard Time (UTC+5:30)

Mode of Workshop: Online Platform (Zoom Meeting)

Speaker: Mrs. Rekha Sethia

Smart Girl: Module 5 –Choices and Decisions

This module improves our ability to make sound decisions when faced with a variety of options. We learnt that the freedom to choose comes with great responsibility, which prepared us to conduct ourselves responsibly. This session included elements such as time management, career planning, social media, and technology, as well as their impact on our lives.

Every day people all over the world share a several universal experiences, and the most common one of these is choices. **Life is made up of choices.** Life is just a series of decisions we make, and depending on our choice, must live with the result of that decision. The choices usually consist of a multitude of possibilities and, whether real or imagined, we must recognize that in some way the decision will change our life forever.

Responsibility is the ability to respond. Being answerable to our own actions, on own decision, being accountable is what for me responsibility is! Being Responsible increases the chances of getting more freedom. Taking responsibility creates long term resilience and a sense of purpose.

Choice of Relationships in life has to be carefully made since they have a huge impact on our lives. Attraction to opposite gender is natural; it may be infatuation therefore acting upon our temporary feelings can affect our life. We can avoid distractions. Hasty actions may cause regrets. It is always better to avoid serious relationships during the period of education.

Also, Choice of Right use of Technology is also important in life. In today's time, we all are connected by social media platforms. Every other person may he or she be of any age, have access to gadgets. Everybody uses social media platform and medium to share their thoughts, their life stories, and for many more reasons. It is very essential to monitor our own self while being so active on such platforms. Excessive freedom can create unwanted consequences. We need to be alert and safeguard our personal information and passwords on social platforms. Excessive use of Technology can adversely affect our life. Online Friendships can possibly end up falling prey to romantic liaisons, fraud, harassment, blackmail, etc.

Career choices are truly challenging as the decision you make has a great impact on all the aspects of your life. Choices are generally conditioned by many factors such as education background, personal values, social beliefs, financial aspects and geographical factors but in the end, your own set of values has the key role and the rest of these factors influence more or less this set of values. A wise career choice might be understood as a decision that has been taken upon a realistic filtering of all career options and personal competencies generally required for a particular job opening. It results in truly valuable expertise and personal satisfaction.

Choosing a Life Partner is another critical decision in everyone's life. Our life partner will have an impact on every aspect of our being. It will have an impact on our happiness, career success, health, finances, children, friends, and family, so it is not something we should take lightly. We must first determine whether it is appropriate to enter into a relationship at this time. When is the best time for us to start? What are our and our parents' expectations in this regard? When should you start the conversation at home? Prior to identifying a partner, we must be clear in our minds about the type of partner, family, and city that we and our family would prefer for the boy. We must be very clear about our expectations in this matter and act accordingly because a single decision can alter the course of our lives.

Success or failure in our life be it personal, professional or social, are the results of the actions initiated by us depending upon our decisions.



Choices and Decisions

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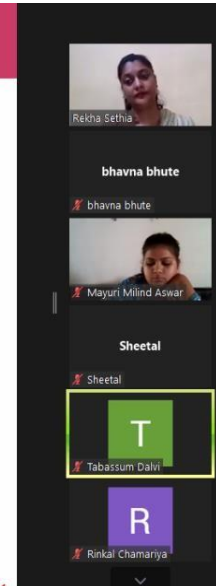
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फ्यूचर केरियर के लिए विचार

Considerations for Future Career



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Rekha Sethia

bhavna bhute

Mayuri Milind Aswar

Sheetal

Tabassum Dalvi

Rinkal Chamariya



Choices and Decisions

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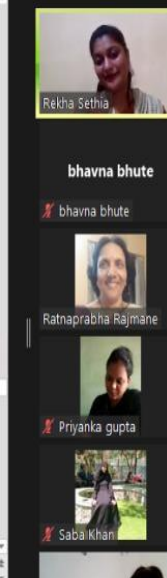
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जिम्मेदार बनेंगे – स्वतंत्रता पायेंगे

More the Freedom - More the Responsibility

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Rekha Sethia

bhavna bhute

Ratnaprabha Rajmane

Priyanka gupta

Sabai Khan

Day-6

DAY AND DATE: Tuesday, 24th May 2022

TIME: 11:00–13:00, Indian Standard Time (UTC+5:30)

MODE OF WORKSHOP: Online Platform (Zoom Meeting)

SPEAKER: Mrs. Rekha Sethia

Smart Girl: Module 6–Dialogue with Parents

This Smart Girl Program's final module focused on interaction with Parents. Its main goal was to help parents understand the changed scenario of children in today's world, as well as to shed light on the **Seven Key Areas** that parents should prioritize when raising their children. It clearly empowers parents to work toward improving their roles as parents and changing attitudes and behaviors in order to achieve a positive outcome for their children.

This session was attended by our adored parents. The speaker explained the current changed challenging scenario of this generation very well. The roles of mother and father have also evolved over time in response to the needs of successive generations. It is a need of an hour to know children inside and out, to be friends with them, to have open communication with children, and to understand their minds and emotions.

Every parent has their own distinct parenting style. Positive Parenting Style is the best one. Parents who employ positive parenting techniques use conversations with their children to explain, empathize and maintain open dialogue concerning wants, needs and behavioural expectations. They are opposed to negative consequences and thus avoid time outs, privilege removal, physical punishments and clashes of wills. Instead, they use mild power asserting tactics and strive to find compromises and take preventative actions in order to avoid confrontations. The goal of positive parenting is for the child to develop autonomy.

The quality of interactions between parents and their children plays a significant role in the effectiveness of offering alternatives and reasoning, whereas the quantity of parent-child interactions had an ergative effect. The quality of interaction signifies responsiveness between parents and their children while quantity may be interpreted as nagging behavior without the benefit of sensitivity to the child's needs.

This session concentrated on seven critical areas that parents should prioritize when raising their children. They are - Love and affection, Stress Management, Relationship skills, Autonomy, independence and interdependence, Life Skills, Behavioral Management, Health and Hygiene. It becomes a responsibility of the parent to look for an overall development of the child, the child walks on the footprint of a parent. It is true! Raising a child is a tremendous job entailing costs, ethics, and responsibility and maintains a stable home environment.

The environment during upbringing is a tremendous influence on a child's psychological state of mind and is displayed in actions as they grow up. The responsibilities of raising a child need to be considered carefully; parents need to prepare the child to survive in a society with the skills and knowledge from their upbringing.

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सात प्रमुख क्षेत्र Seven Key Areas

- 1. प्यार और लगाव: Love and affection:**
 - बच्चे को उनकी कमजोरियों और असफलताओं सहित स्वीकार करें। कभी तुलना न करें। Accept the child as is, including their weaknesses and failures. Never compare.
 - शारीरिक रूप से स्नेही बनें। Be physically affectionate
 - एक साथ गुणवत्ता समय खर्च करें। Spend quality time one-on-one time together.
- 2. तनाव प्रबंधन: Stress management:**
 - अपने और बच्चे के लिए तनाव कम करने के उपाय करें। Take steps to reduce stress for yourself and child.
 - खुद की नकारात्मक भावनाओं को दबाए रखें। Keep own negative emotions under check
 - सकारात्मक दृष्टिकोण का उपयोग करें। Use positive reinforcements
- 3. संबंध कौशल Relationship skills:**
 - बच्चे के साथ दोस्ताना व्यवहार करें। Be friendly with the child
 - जीवनसाथी और परिवार के साथ खुला, स्वस्थ संबंध बनाए रखें। Maintain an open, healthy relationship with spouse and family
 - दूसरों के साथ मॉडल प्रभावी संबंध कौशल विकसाये। Develop Model effective relationship skills with others.
- 4. स्वायत्तता, स्वतंत्रता और अन्योन्याश्रय Autonomy, independence and interdependence:**
 - अपने बच्चे के साथ सम्मान का व्यवहार करें। Treat your child with respect
 - उसे आत्मनिर्भर बनने के लिए प्रोत्साहित करें। इसमें स्वयं के नियमित कार्यों को प्रबंधित करना शामिल होना चाहिए। Encourage him or her to become self-sufficient and self-reliant. This should include managing own routine tasks.

Ayushi Singh

Bhavna Bhute

Bhavna Bhute

Alia Potia

Dollina davis

Rekha sethia

Vandita Mishra

Prerana Singh

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सात प्रमुख क्षेत्र Seven Key Areas

- 5. जीवन कौशल Life skills:**
 - बच्चे के समग्र विकास पर ध्यान दें। Focus on holistic development of the child
 - घर के कामों सहित सभी क्षेत्रों में बच्चे के स्वतंत्र होने के लिए व्यावहारिक कौशल अपनाये। Practical skills for the child to be independent in all areas including household chores
 - उन्हें धन प्रबंधन का महत्व समझाएं। Make them understand importance of money management
- 6. व्यवहार प्रबंधन: Behavior management:**
 - सकारात्मक सुदृढीकरण का व्यापक उपयोग करें। अक्सर सराहना और प्रोत्साहित करें। Make extensive use of positive reinforcement. Appreciate and encourage often.
 - सजा से बचें। Avoid punishments
 - तार्किक और तर्कसंगत तर्क प्रदान करें। Provide logical and rational reasoning
 - आपसी चर्चा के लिए खुली चर्चा स्वस्थ है। Open discussions are healthy for mutual concurrence
- 7. स्वास्थ्य और सफाई: Health and Hygiene:**
 - एक स्वस्थ जीवन शैली और अच्छी आदतें जैसे नियमित व्यायाम और उचित पोषण का मॉडल बनाएं। Model a healthy lifestyle and good habits such as regular exercise and proper nutrition.
 - स्वयं और बच्चे की भावनात्मक और मानसिक कल्याण पर ध्यान दें। Focus on own and child's emotional and mental well-being
 - अच्छी शारीरिक स्वच्छता बनाए रखने पर वैज्ञानिक रूप से चर्चा करें। Discuss scientifically on maintaining good physical hygiene

Rekha sethia

Bhavna Bhute

Bhavna Bhute

Prerana Singh

Kajal Kothari

Mayuri Milind A...

Mayuri Milind Aswar

Priya Paradiar

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संक्षिप्त में In conclusion

- वर्तमान दुनिया में बच्चों और माता-पिता के लिए बदले हुए परिदृश्य को समझें। Understand changed scenario for children and parents in the present world
- बेहतर पालन-पोषण के लिए प्रमुख क्षेत्रों को समझें। Understand key areas for better parenting
- उन विशिष्ट क्षेत्रों की पहचान करें, जिन पर हमें काम करने की आवश्यकता है। Identify specific areas that we need to work upon
- अपने स्वयं के दृष्टिकोण और व्यवहार में बदलाव लाने के लिए स्वयं पर प्रतिबद्धता। बनाएं Make a commitment to self on bringing about change in our own attitude and behavior



हमारे खुद पर काम करना हमें बेहतर माता-पिता बनाने में सक्षम करता है!
Working on our self empowers us to be better parents!

Vishal BJS HO

Bharti Chauhan

Disha Subhash...

Drishti Kavaia

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Reflection of the Students...

The Bharatiya Jain Sanghatana (BJS) Smart Girl Program (SGP), a program designed to empower girls, has truly touched every aspect of learning.

This program's modules were all very informative and interactive. I learned about various perspectives on a single situation. **Teachers are perpetual students.** Through this program, I came to believe this phrase.

We are all lifelong learners. Understanding each and every point of view in a given situation is a critical skill to have in order to overcome any obstacles in life.

I received a "MANTRA" for Life at the end of each session. The Mantra's Message was clear enough for me to understand the importance of each word in life. A single sentence can explain an entire chapter.

I learned the value of self-awareness, how to increase self-esteem, and how to defend oneself in times of need through self-defense. Communication is essential for a healthy relationship; while right friendships can lead us to the right paths in life, temptations can ruin it. Being responsible gives you the ability to choose and decide for yourself; responsibility also comes with freedom!

I would like to express my heartfelt gratitude to the entire Smart Girl Program team for developing this extremely beneficial programme for girls. I would also like to express my thanks to Clara's College of Education, our Principal Madam Dr. Ratnaprabha Rajmane, for organizing this for us and our beloved teachers, and to every participant for making this program a success!

-Bhavna Bhute Roll No – 07

F. Y. B. Ed. Semester-1

Batch 2021-2023



Prin. Dr. Ranaprabha Rajmane

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