



Devi Ahilya Vishwavidyalaya , Indore

Devi Ahilya Vishwavidyalaya in Collaboration with Bhartiya Jain
Sanghatana

Smart Girl Workshops



Bharatiya Jain Sanghatana

Bharatiya Jain Sanghatana (BJS) has been Established in the year 1985. Its head office in Pune, BJS is a non-political, non-profit, professionally managed Non-Governmental Organization (NGO) with a nationwide footprint working towards the benefit of all.

Over the years of its existence, BJS has practiced and perfected its approach and processes in the chosen areas of its work. It has rich and multi-dimensional experience of working at the grassroots as well as contributing to policy-level thought processes and decision making. BJS has worked with Central and many State governments and NGOs to implement many of its projects.

Social Development

BJS Social Development work focuses on interventions relevant to every age group. With the intention to focus on family as a unit which is a foundation of the society, BJS identifies issues and concerns of critical importance to individual life and having its spread across the nation. Concerns related to adolescent girls and children born with congenital facial deformities are two such issues which are critical and have exceptionally large pre-valence across the country.

Empowerment of Girls: While in this age potential of adolescent girls and young women has no limit to touch the sky, given the social threats that they have to face, BJS has focused since 2008 on empowering them for their emotional strengthening.

BJS believes in empowering girls to lead a positive life while being able to deal with adverse situation by them.

With this core belief, BJS embarked upon designing & delivering a unique program for empowerment of teenager and young adult women.

The program is conceived and delivered to empower girls to -

- Develop healthy mindset.
- Equip them to resiliently respond and deal with risk factors in the external environment.
- Strengthen their relationships with their families as the primary support system.

Smart Girl Program Objectives

1. To significantly enhance self- awareness in girls that directly and indirectly improves their social status.
2. To increase knowledge about maintaining self-esteem in girls.
3. To instill confidence to face adversities and to know the practical tips for self defense.
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 are developmental and emotional needs.
7. To enhance systems and institutional capabilities for sustained improvement in development of girls.

Smart Girl Workshop Framework

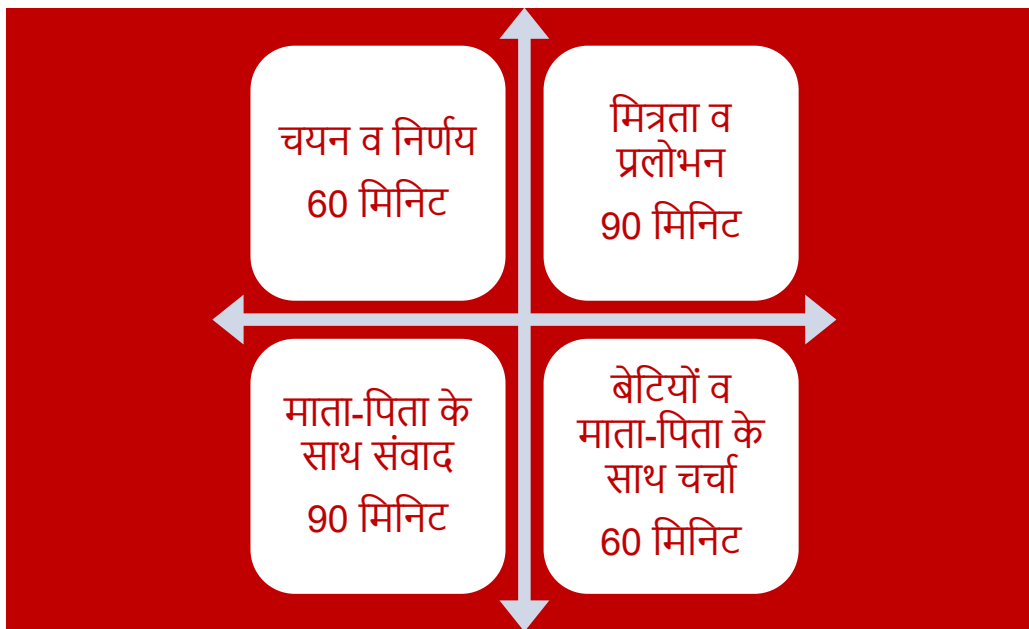
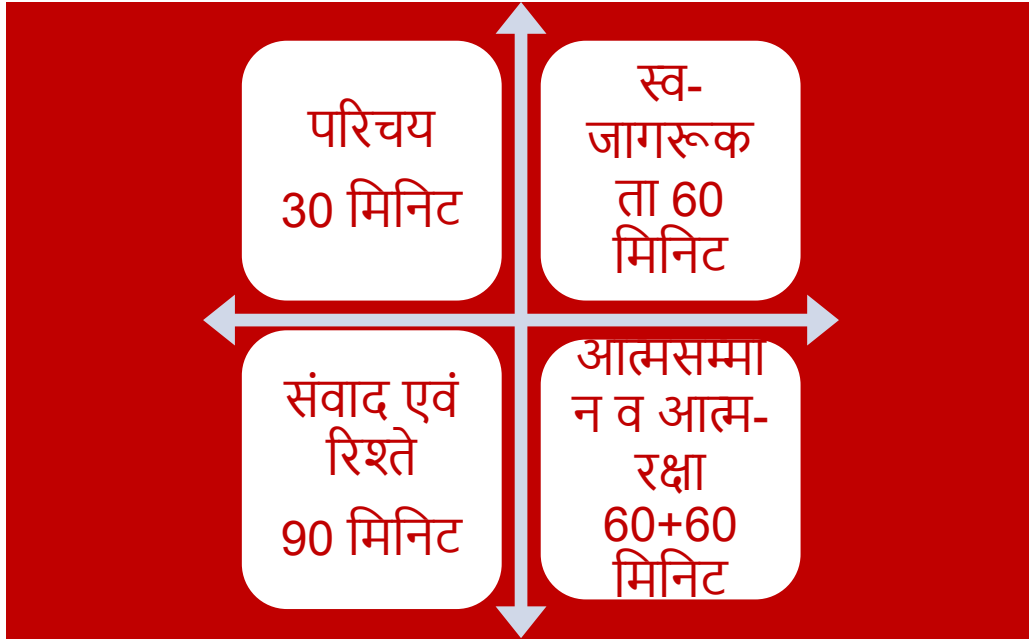
No.	Modules	Module Objectives
1.	Self -Awareness	<ul style="list-style-type: none"> • To create realization that each one of us lack self-awareness • To generate awareness about the importance of knowing one self • To learn technique of questioning oneself for increasing self-awareness
2.	Communication and Relationship	<ul style="list-style-type: none"> • To introduce basics of essential aspects of communications • To develop sense of family bonding in spite of situational differences or gaps in family • To develop acceptance for differences of opinion and to create sense of understanding
3.	Self Esteem and Self Defense	<ul style="list-style-type: none"> • To know that everyone has some or the other strength • To create self-respect through identification of strength • To know that the self-esteem matters and it can be protected • To convey the need to manage fear and / or anger • To create realization that goal of self-defence is survival not winning • To instil confidence to face adversities and know the practical tips for self defence
4.	Choices and Decisions	<ul style="list-style-type: none"> • To create sense of responsibility required to exercise choices and to take decisions • To generate understanding of correlation between freedom and responsibility • To discuss important life choices and decisions where one needs to be careful
5.	Friendship and Temptation	<ul style="list-style-type: none"> • To understand the importance of friendship in one's life • To create awareness about importance of selecting right friends • To create awareness about the need to weigh pleasure versus consequences
6.	Dialogue with Parents	<ul style="list-style-type: none"> • To sensitize parents about the needs of young children • To facilitate healthy communication between parents and children

DAVV also contribute to smart girl program from February 2018 and started to train master trainer who is imparting training to other teachers and these trained teachers further taking a workshop of girls in different colleges and schools. DAVV trained 96 Master trainers and 500 trained teachers. Total 13222 girls empowered with the help of smart girl workshop.

IMS davv also conducted this program and **four master trainers** and **four teacher's** trainer arranged the workshop in the institute.



Whole two day workshop divided into four sessions





देवी अहिल्या विश्वविद्यालय, इन्दौर

प्रेस-विज्ञापित

दे.अ.वि.वि. और भारतीय जैन संगठन मिलकर एक लाख छात्राओं को बनाएंगे स्मार्ट गर्ल

इन्दौर 18 जनवरी, 2018। बदलते समय में छात्राओं के सामने नई चुनौतियाँ आ रही हैं जिनसे निपटने हेतु सक्षम बनकर "स्मार्ट गर्ल" बनाने की जरूरत है, जिसके लिये वैज्ञानिक प्रशिक्षण भारतीय जैन संगठन के माध्यम से देश भर में पिछले 10 वर्षों से दिया जा रहा है। अब ये संगठन दे.अ.वि.वि की लगभग 1 लाख छात्राओं तक यह कार्यक्रम पहुंचाने के लिए विश्वविद्यालय के 280 कालेजों के 1000 ट्रेनर्स को प्रशिक्षण देकर इस कार्यक्रम को जन-जन तक पहुंचाने के लिए सपोर्ट दे रहा है।

सभी कालेज के शिक्षकों को इस प्रस्तावित प्रशिक्षण की संपूर्ण जानकारी देने के लिये एक कार्यक्रम देवी अहिल्या विश्वविद्यालय के खंडवा रोड आडिटोरियम पर रखा गया जिसे BJS के राष्ट्रीय अध्यक्ष श्री प्रफुल्ल पारख ने संबोधित किया। श्री प्रफुल्ल पारख ने कहा कि युवतियाँ विभिन्न चुनौतियों का सामना कर रही हैं जिसमें से प्रमुख हैं- अपने ही परिवार के साथ बेहतर तालमेल कैसे रखें, परिवार जनों से सुसंवाद कैसे रखें, सही मित्रों का चयन कैसे करें, आत्म सम्मान की रक्षा कैसे करें, मित्रों के अमान्य प्रभावों से कैसे बचें, मीडिया व तकनीकी के नकारात्मक प्रभाव से कैसे बचें। संक्षेप में सार यह है कि ऐसे में जब सारा समाज इस तरह की चुनौतियों का सामना कर रहा हो, तो फिर ये छात्राएं अपने जीवन में सुरक्षित रहकर बेहतर कैरियर की राह कैसे प्रशस्त करें, ऐसी ट्रेनिंग की उन्हें काफी जरूरत महसूस होती है जो स्मार्ट गर्ल कार्यक्रम से पूरी हो सकती है।

इस अवसर पर बोलते हुए देवी अहिल्या विश्वविद्यालय के कुलपति प्रो. नरेन्द्र कुमार धाकड़ जी ने कहा कि हम हमारी सभी छात्राओं को सक्षम बनाकर बेहतर भविष्य के लिय तैयार करने को कटिबद्ध हैं और BJS के सहयोग से हमें इस कार्य को तेजी से पूर्ण करने में सहायता मिलेगी।

BJS के राष्ट्रीय उपाध्यक्ष श्री वीरेन्द्र जैन ने शिक्षकों को बताया कि कैसे ये इस हेतु दीयसीय ट्रेनिंग लेकर स्वयं इस कार्यक्रम को अपने-अपने कालेज के माध्यम से छात्राओं तक पहुंचकर समाज में एक महत्वपूर्ण परिवर्तन के संघाहक बन सकते हैं। इस कार्यक्रम का संचालन श्रीमति रेखा जैन ने किया, स्वागत भाषण डॉ. लक्ष्मीकांत त्रिपाठी ने दिया, अंत में आभार प्रदर्शन कुलसचिव श्री अजय वर्मा ने किया।

Image Gallery

Different Departments Organised these Smart Girl Workshops. Master Trainers were trained in Trainers Workshop. Then, these masdter trainers conducted several workshops for the girl students of DAVV



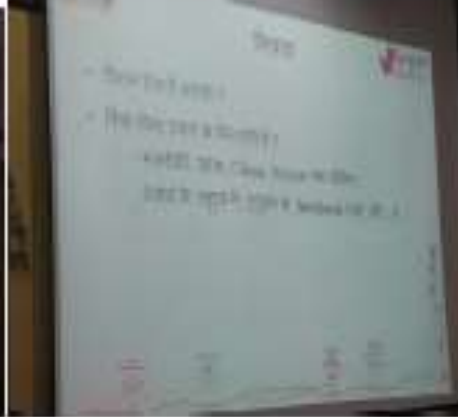








प्रथमदिन







द्वितीय दिन

