

## VISHRUTI

### **OBJECTIVES:**

- To create self – awareness among young girls.
- To adapt and understand direction and opportunities available.
- To inculcate self –confidence.
- To be able to prepare for future.
- To build and develop positive attitude.
- To help adolescent girls get connected with the changing surroundings and understand the direction and opportunities required for one’s growth.
- To acquire a sense of responsibility.
- To ensure holistic development of adolescent girls.
- To make them apt in coping with the changing times.

### **REASON (WHY):**

In the transitional stage of adolescence when children face conflict with their self and the expectation of parent, teachers and society they develop tension, anxiety, weak mental health and stress. Schools are the avenues, right beginning points for adolescent girls to be exposed to the dynamism of competitive environment and be provided with required inputs to develop into a wholesome personality.

### **EFFOLRTS:**

18 Kendriya Vidyalayas of Delhi Region i.e KV Pragati Vihar / JNU / Janakpuri / Sec 2 RK Puram (1st & 2nd Shifts) / Sec 4 RK Puram / Sec 8 RK Puram (1st Shift) / Sec 5 Dwarka (1st & 2nd Shifts) / Sec 12 Dwarka / Tughlakabad (1st & 2nd Shifts) / No.2 Delhi Cantt (1st & 2nd Shfits) / No.4 Delhi Cantt / Masjid Moth / Gole Market (1st & 2nd Shifts) were identified and girls students of class VI, VII and VIII were trained through nine training modules with the aim of inculcating self – confidence by introducing them new Information new knowledge of self growth also enabling them to map their won progress. These Modules focused on

- Career Mindset Building
- Self Awareness – Self Discovery
- Self Management – Way Of Living
- Working On Self Health, Hygiene, Food And Fitness
- Responsible Freedom
- Basics of Money And Home Economics
- Learning With Google Way – Befriending Technology
- Communicating Expression – Means of Change
- Art Appreciation And Reading Habits

Each module clearly outlined – the teaching methodology, life skills imbibed activities through which the objectives were to be achieve. Life style and contribution of great thinkers and scholars of India were incorporated.

Total No. of girls students were trained 3809.

**ACTIVITES:**

- Role play
- Exhibition – painting, artifacts, essays, projects, charts.
- Poster Making
- Expressing NAVRAS
- Slogan writing
- Performing yoga and exercise
- Making best out of waste
- Poem writing
- Wall magazines
- Clay modeling
- Action drive by students – On school cleaning and decoration.

**OUTCOME:**

- Girls were enthusiastic about the project.
- They actively participated in all the sessions and were able to express themselves more confidently.
- They had increased perception of the career options available to them after Secondary and Senior Secondary.
- They were able to speak without inhibition about their and their parents' fears & doubts on topics – personal as well as those related to their careers.
- They became more self-disciplined and confident.
- They developed a sense of responsible freedom.
- They understood the importance and ways of managing money.