

Empowerment of Girls

to face the social challenges of 21st century



Me & My Family Relationships



Friends & Their Influence

Preparing girls for modern day challenges in careers, families, and society while being able to protect themselves from inadvertently falling prey to evil forces in the social environment



Impact of Media & Technology

know yourself
being assertive
life partner
self defense
choosing friends
accepting self
re-connecting
internet & mobile
parenting skills
positive peer pressure
personal safety
re-viewing television
marriage - a commitment
life principles
respecting others
decision making
self esteem
healthy communication
choosing life partner
defense
re-viewing television



Marriage & The Preparedness

Empowering Girls: from Coping up to Taking Charge of Life



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Preparing for a happy and successful life is in one's hands while controlling external conditions responsible for unsafe and unfair situations is not in the hands of family or an un-prepared individual. Grounding itself in this practical reality, BJS believes in empowering girls themselves to lead positive life while being able to deal with all adverse situations. **Empowerment of Girls (EoG)** programme focuses on 'teenagers' or 'young adults' on account of the high vulnerability arising out of their stage of 'adolescence'.

The programme empowers girls for:

- ❖ **developing healthy mindset and strong persona**
- ❖ **equipping them to resiliently respond and deal with risk factors in the external environment**
- ❖ **strengthening their relationships with their families as a primary support system**

At this developmental stage, girls are moving from state of childhood to adulthood. They move out of their protective homes into the larger social world and while doing so, several choices unfold before them. For a girl who completes school and enters college, life is surrounded by variety of temptations and this is when she experiences more freedom than ever before. Coupled with drives typically associated with the adolescent phase of development, she may exhibit a more care-free behaviour, make new friends, build new relationships, and be emotional and moody. She experiments with her looks, hairstyles, embraces different fashion choices, participates in adventurous activities, enjoys rowdy music, wants to adopt a '*chalta hai*' (happy-go-lucky) attitude - and all this to the bewilderment of her parents. With the onslaught of social media and technological advancements, she begins to expand her social connections even with unknown people. Ignorant of the reality that it can be misused against her, she may share important private information on social network sites. Friends, peers and media seem to have greater influence on her rather than her parents. Carried away by a 'fantasy world', she may tend to distance away from her family, spend hours watching TV, being on mobile or net and be more influenced by friends.

Such a girl today is at a risk of being swayed away by emotions and passions. She is likely to make choices and act without understanding the consequences, and this may put her in a difficult and risky situation. The Programme has been developed with the aim of minimizing such vulnerabilities.



Girls enacting a role play at the EoG workshop



"Time to rejoice! We are empowered!"

Empowerment of Girls (EoG): a Certificate Programme

'Empowerment of Girls' is a certificate course that provides learning opportunities for girls -teenagers and young adults

- ❖ To be aware of self and the surrounding social environment- both impacting life
- ❖ To think critically, analyze situations and make appropriate choices and decisions
- ❖ To take responsibility of their own wellness and safety

....while dealing with the demands from self, career, and family in everyday life and facing complex social challenges for happy life.

EoG contributes in nurturing a generation of girls by using 'adolescence' as an 'opportunity' to help reduce vulnerabilities through self-responsibility, and thus empowering them to face the social challenges of the 21st century and be the generation to build better future for all

A Need of the Hour

The 21st century is an era of rapid technological changes and dramatic social changes. It has paradoxically brought with it enormous benefits but at the same time grave social challenges

- ❖ EoG is for young girls (age group 15 to 25) comprising a huge section of today's population (A vulnerable section of adolescent girls between age of 15 to 19 falls in this age group of young girls)
- ❖ According to 2011 Census, 19.16 % of India's population is a young population (231.9 millions - age group 15 to 24)
- ❖ Population of young girls (age group 15 to 24) is 110.3 millions and it constitutes 48% of total youths who are going to decide the future for themselves and others

EoG prepares girls to face complex scenarios of modern world

to venture confidently in to the world full of opportunities

Increased vulnerability leading to victimization in the form of undue stress to serious crimes against women, sexual harassment, assaults and rapes, acid attacks, murders & suicides

to strengthen family bonds, a primary support system

Ignored as a "strong fall-back option" because of conflicting values, communication gap, unhealthy relationships

to address their own vulnerabilities in newly found freedom and life exposure

Raised instances of succumbing to negative peer pressures, unhealthy friendships, addictions, unsafe sexual activity or unintended pregnancies

to judiciously use internet, mobiles and other media without risking the personal safety

Victimised because of exposing personal and financial details, sharing photos and videos thus leaving them in the hands of malevolent elements

to understand the changing perceptions of marriage and to rationalise expectations from married life

Increased marital discords, break-ups, infidelities

to deal effectively with changing lifestyles and value systems

Increased independence, economic freedom and choices for mobility, increased competition and raised expectations for all pleasures & quick results

EOG Will Help Girls to

- ❖ Understand one-self as unique individual and learn ways for maintaining healthy self esteem
- ❖ Recognize the role of family as a primary support system
- ❖ Ways of effective communication for healthy relationships with family, friends and peers
- ❖ Analyse situations before taking decisions in the interest of emotional well-being
- ❖ Precautions for personal safety and techniques of physical self-defense
- ❖ Use media and technology appropriately and judiciously
- ❖ Decide the criteria for choosing right life partner and prepare for happy married life



Take Away for Parents

- ❖ Develop rational perspective on views, attitudes and needs of young generation
- ❖ Recognize the needs of their daughters as 'teenagers' or 'young adults' and understand their vulnerabilities
- ❖ Introspect on their own parenting skills and apply effectively
- ❖ Understand the need to deal with delicate and conflicting issues of their daughters and ensure a supporting system in all stressful situations
- ❖ Understand the positive impact of involving their daughters in the family's decision making process
- ❖ Create an environment of trust within the family by open and encouraging communication

R Rich and Comprehensive Learning Experience

The EOG Course comprises of four modules for girls and one module for parents conducted through 10 sessions across the three-day workshop:

Module 1 Me & My Family Relationships

Session 1- Knowing Myself: learners verbalize their perceptions about themselves, understand that it is the personal values that direct choices and decisions in life; they also learn to appreciate "freedom with responsibility"

Session 2- Healthy Communication: learners understand aspects of communication with special emphasis on respecting differences of opinions; and techniques of positive and assertive communication



Module 2 Friends & Their Influence

Session 3- Friends & Peers: learners develop insights on healthy friendships, learn to objectively evaluate extent of support or vested interests in friendly relations, understand compulsions in peer pressure and its consequences in their lives

Session 4- Self Esteem & Self Defense: learners are encouraged to accept and respect self as 'unique' human being, understand ways of overcoming low self-esteem, reflect on chances of vulnerabilities in life, assert the right to protect one's self and know techniques of self defense

Module 3 Impact of Media & Technology

Session 5- 'Re-viewing' Television: learners discuss the powerful influence of Television and appreciate the need to reflect critically on programs

Session 6- 'Re-connecting' with Internet & Mobile: learners become aware of advantages of connectivity, risks of information theft and cyber crimes; and affirm the judicious use of technology



Module 4 Marriage & The Preparedness

Session 7- Arranged Marriage & Love Marriage: learners reflect and debate on their perceptions of marriage (arranged and love), expectations from it, and develop clarity in approach for choosing the marital partner

Session 8- Post Marriage Adjustments: learners discuss about post marriage 'adjustments', the required maturity in 'accepting' the partner whole-heartedly and the need of trust for harmony

Module 5 Parenting the Girls

Session 9- Parenting Skills (for parents): Understanding parenting as an art and a skill that needs to be adapted to changing times

Session 10- Joint Discussion with Girls and Parents: Girls and parents together draw out mutually agreeable 'Family-Rules' that they decide to follow

P Participative and Experiential Facilitation

- ❖ Batch of not more than 30 un-married girls, who are in the age group of 15 to 25 years
- ❖ Standardized course content that is delivered through three-day workshops
- ❖ Conducted only by BJS' 'trained and approved' EOG facilitators
- ❖ Participatory methodology that offers a huge peer learning
- ❖ Enriched interactive sessions with variety of activities
- ❖ Promotes thinking, reflection and introspection abilities and habits
- ❖ Parent participation enhancing the common understanding
- ❖ Feed back from girls and parents included for continuous course enrichment

EoG Online: A Boon for Remote but Complete Experience

Strength of EoG program is in being able to interact with a peer group, learn from each others' experiences and participate in increasing collective strength to face the life challenges. Participating in EoG program at nearby location in scheduled batches is something that is advised not to be missed. However, no need for girls to wait till they actually make it to such locations and find time. Wherever they are, without disturbing their regular routine, they can now participate in the online EoG programme and still get a rich experience. They can enjoy the virtual experience with the batch-mates from all around the world during the course sessions and be a change agent in making personal, professional and social life better.

- ❖ Access EoG online at <http://eogonline.org> and enroll
- ❖ Spare two hours a week (as per individual pace and convenience) for each module
- ❖ Go through 8 such modules in 8 weeks
- ❖ View and listen to master trainers and expert resources on all the topics
- ❖ Share reflections and experiences with the trainers and the batch mates of online course
- ❖ Use real-time chats or send/read offline messages for elaborate interaction
- ❖ Complete individual and group activities in online or offline mode
- ❖ Receive a certificate after completion of the course



EoG for Educational Institutions: Value-Added Course

Every higher educational institution is mandated by the University Grants Commission to provide adequate services, facilities and programmes for the safety and security of girls

- ❖ EoG is one such means that can influence mindsets of girls to take control of their safe and happy lives
- ❖ EoG is a developmental programme that adds value to the mainstream curricula for promoting comprehensive goals of education
- ❖ EoG is encapsulated into user-friendly intervention modules and designed as a course that can be easily integrated into the educational programme of the institution and can be offered as an additional unit in curricular offerings
- ❖ EoG can feature as the programme that advocates institution's genuine concern for girls' safety, well-being and positive development
- ❖ EoG offers an opportunity to earn trust by the educational institutes as it addresses the core concern of every parent

EoG For Institutional Tie-ups:

- ❖ Collaboration through a 'Memorandum of Understanding' between BJS and the educational institution
- ❖ Qualified BJS Master Trainers would train the selected EoG facilitators within the institution through a four-day workshop
- ❖ BJS would offer free of cost:
 - Tried, tested and ready-to-implement modules
 - Training and reference material, handouts, worksheets, skill inventories, audio-visual material etc. that can be reproduced/ reprinted with due acknowledgment to BJS



"My wife, Jyoti and I are very happy to get our daughters enrolled in the course. It reconnected the entire family. I feel proud and happy when my daughters call me their best friend. After the course, we started appreciating Diya and Anjali for all either big or small achievements. I spend more time with them, taking about their goals in life, friends and even marriage. We have more respect, openness, trust, patience and understanding for each other."



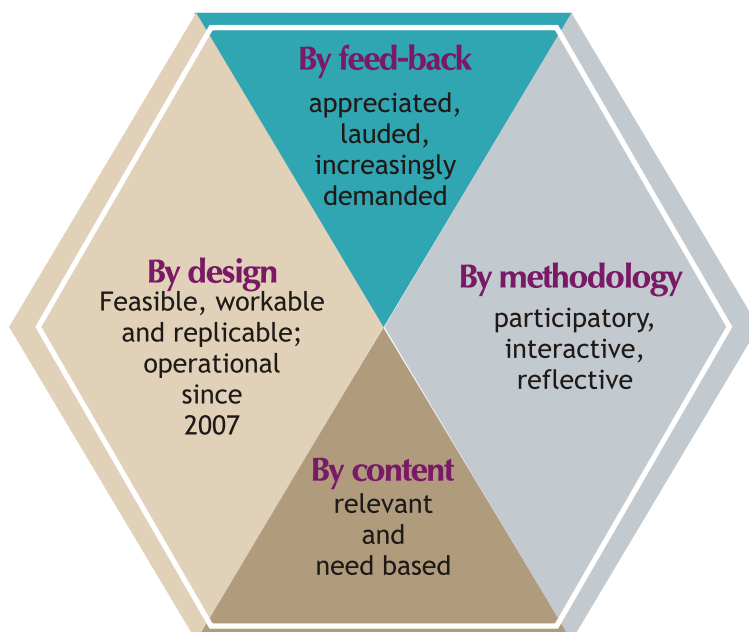
Parents Speak



"During the course time, I could communicate with my trainers and course batch mates on simple but important questions related to male friends, and marriage. I had so many questions, concerns in my mind. This platform helped me communicate, discuss and get answers. I am more confident and fearless now. I can not only communicate with friend but also family. After all, healthy communication is essential for healthy relationships."



Girl speaks



Available as: time-tested, ready-to-implement model

Let us
together
support
& facilitate
girls taking
charge of
their lives
positively
& strongly

More about BJS

Social Development



Family Matters
Pragmatic solutions
for family related issues:
successful nationwide
pilot implementation;
available as modules
that can be replicated
across communities,
regions and governments

Educational Initiatives

EDUQIP



Educational quality
improvement programs
implemented in government
and private schools

Mulyavardhan



Value education
syllabus implemented in
government schools

Accreditation



Robust yet flexible
assessment framework for
government and private
schools

Disaster Response

Relief Operations
Nationwide network
for quick response



Educational
Rehabilitation
Speedy creation of
infrastructure and support
for complete education



- ❖ 25+ years of continuous work in areas of Social Development, Educational Initiatives and Disaster Response
- ❖ State-of-the-art infrastructure and technology
- ❖ Well established processes to support entire program and project life cycle
- ❖ Committed team of professionals and subject experts



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