



TELANGANA TRIBAL WELFARE RESIDENTIAL DEGREE COLLEGE(W)

KHAMMAM Telangana State

[ttwrdcgirls.khammam@gmail.com](mailto:ttwrdcgirls.khammam@gmail.com)

Ph.no: 9491063083



### 7.1.1 Annual Gender Sensitization Action Plan

## ముగిసిన 'వాయిస్ ఫర్ గర్ల్స్'



### శిక్షణ ఇస్తున్న ప్రతినిధి

కొణిజర్ల: మండలంలోని తనికెళ్లలో తెలంగాణ గిరిజన మహిళా డిగ్రీ కళాశాలలో వారం రోజుల నుంచి నిర్వహిస్తున్న వాయిస్ ఫర్ గర్ల్స్ కార్యక్రమం శనివారంతో ముగిసింది. ఎన్జీఓ సంస్థ, ఐటీడీఎ భద్రాచలం వారు సంయుక్తంగా నిర్వహించిన ఈ కార్యక్రమంలో ఎన్జీఓ ప్రతినిధులు బాలికలకు ఆరోగ్యం, హక్కులు, స్వయం అవగాహన, భవిష్యత్లో వారు ఎంచుకునే మార్గంలో అభివృద్ధి సాధించడానికి తీసుకోవాల్సిన చర్యలు వ్యక్తి గత పరిరక్షణ తదితర విషయాలపై శిక్షణ ఇచ్చారు. ఈ కార్యక్రమంలో కళాశాల అధ్యాపకులు పాల్గొన్నారు.





YOGA



Super nova



Super student programme



Women's day celebrations



Health awareness programme



Awareness programme on Self- defense





Awareness programme on AIDS day



Awareness programme on CANCER day



Shot on Y50  
AI Quad camera



Shot on Y50  
AI Quad camera

Awareness program conducted by she team



International women's day conducted by SAKI kendram.



Defferent States culture as a part of employability skills program.



Self defence programme conducted to students.




Teacher's day celebrations



National youth day



Lakshya College



Google

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Awareness program for girl student on health and hygiene.







Open meeting with student's



Faculty interaction with students



Outreach programme (old-age home)



College council elections

# A BRIEF REPORT ON “OORJA” PROGRAMME

———— Exploring the Infinite.



## **Introduction:**

SoCh for social change is a social enterprise that aims to tap into the power of youth leadership for social transformation. It is with this mission that SoCh has been providing Technical Support to voice 4 girls to train their pool of counsellors, young women pursuing their degree/ masters/ doctoral courses. It is during their work with these young women that they realised that irrespective of socio- economic, educational, class- caste and rural- urban backgrounds, woman just lacked information about their health, safety, rights, skills and agency. It is this backdrop that set precedence for the birth of project Oorja.

## About Oorja:-



This initiative by soCh is a vehicle to empower women from disadvantaged communities to overcome systemic inequalities. Considering these young women are poised to enter professional spaces as well as mark personal milestones, project Oorja will provide young women with critical information about their health, safety, rights, future planning and self-awareness. At the same time, project Oorja will equip these women to be future ready, enabling

them to take charge of their career and lives, thus emerging as role models and change makers within their own community.

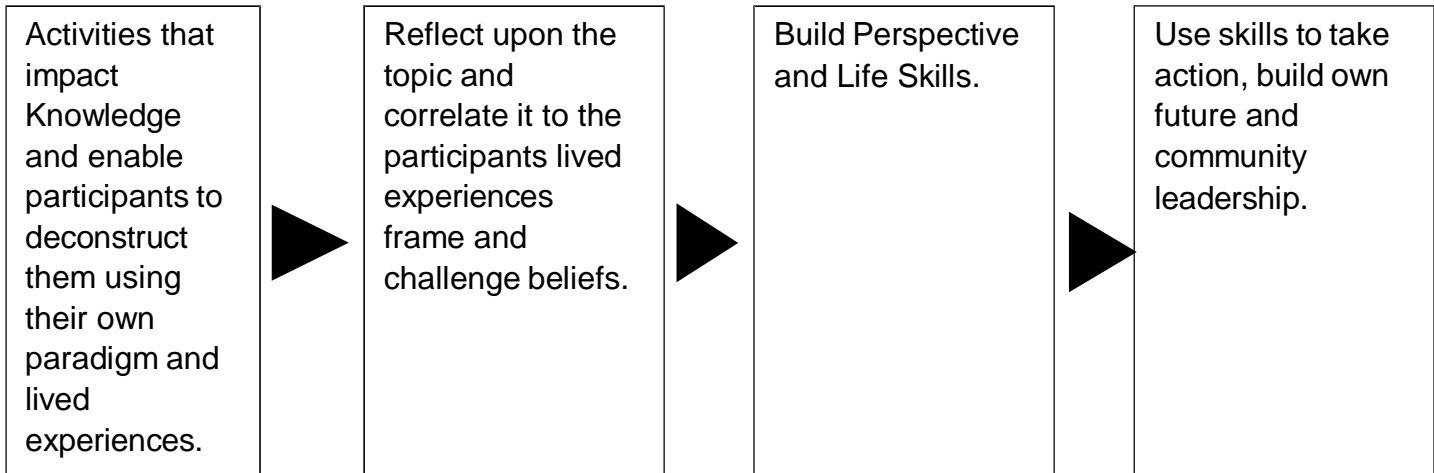
Objectives of Oorja:-

1. Understanding self :- (body, mind, external relations)
  - Understanding and being comfortable with oneself is the first step towards empowerment.
2. Future Readiness:- (communication, leadership, work world)
  - To be ready to take on the work world, acquiring communication and leadership skills become very important.
3. Taking action:- (reflection, practical, application, implementation.)
  - Participants will use the knowledge and life skills acquired in real life situations.

The Oorja Programme initiated by the Project Officer, ITDA – Bhadrachalam to the selected Gurukulam institutions in khammam region. The Regional Coordinator has taken special interest to setup this camp at TTWRDC W KHAMMAM. We are very much thankful to them for providing this wonderful Programme.

The Oorja camp conducted at TTWRDC W KHAMMAM from 24/04/ 2023 to 01/05/2023.



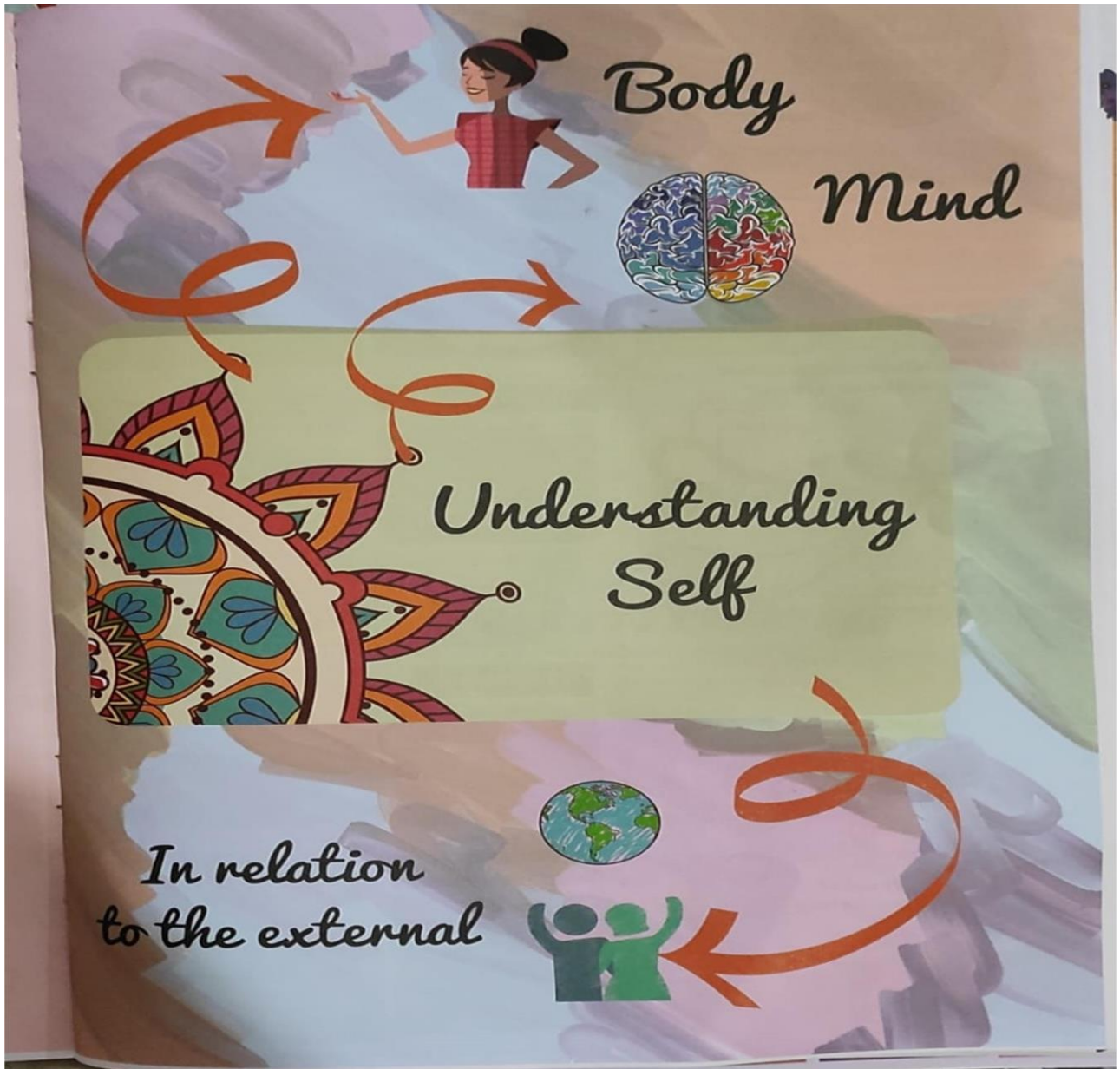


## The Day wise Proceedings:-

### **Oorja Day-1 :- (24.04.2023)**

#### ***Understanding Self- Let's talk periods***

In this session the students learnt about female reproductive system and the menstrual cycle. An in depth understanding of their menstrual cycle, personal hygiene, how to track their period and how to handle their hormones there by creating a safe space to discuss the biological conditions related to menstruation.



## **Oorja Day-2 :- (25.04.2023)**

### ***Future Readiness - Girl power***

The second of the day is more focused on importance of skill development and working towards their goals. They identified sources of power, who possesses this power and how it manifests across everyday life.



### **Oorja Day 3:- (26.04.2023)**

#### ***Understanding Self- Mind Matters***

In this session the students were introduced to the importance of feelings and emotions when maintaining good mental health. The students identified healthy and unhealthy emotions they experience, further correlating these to markers of bad mental health. This session also discussed some of the mental health issues, such as, depression, anxiety, self- harm, suicide, and substance abuse/ addiction. They learnt how they can maintain a positive mental state of mind themselves, and how they can emerge as support systems and care givers to those around them that are suffering from poor mental health.

#### **Future Readiness - Solve IT**

In this session the participants learnt how to approach different problems in life, how to deconstruct them and understand the effects they have on themselves and others. Participants identified the root causes, how to classify them based on their severity of the problem. They learnt about the importance of decision making in problem solving. Once they analyze the problem, they will be able to think critically and find multiple solutions, narrowing down on the most fitting solution. This session also re-affirmed the need for developing good communication skills to resolve conflicts effectively.



## **Oorja Day 4 (27/04/2023)**

### ***Understanding Self- My Body, My choices!***

In this session the students starts a conversation on 'sex'. They understand female and male reproductive systems, sexually Transmitted diseases and contraceptive options. They will understand the repercussions of having sex prematurely and will thus learn how to be safe and take precautions that are necessary to maintain a healthy life.

Future Readiness - Speak Up! Communicate Effectively.

In this session students focus on building and developing effective communication skills through the modules of public speaking and presentation. The participants learnt how to voice themselves and remain information in a mindful, articulate and impactful way. This session enabled participants to speak confidently in public and prepare rounded presentations. This helped them in their professional career paths as well as maintaining successful social relationships.



## **Oorja Day 5 (28/04/2023)**

### ***Understanding Self- My Identity***

In this session the students understand the difference between men and women using the biological and socio-cultural perspectives. The participants understand the difference between gender and sex. They thought about the roles played by family, community and media in developing their identity. The participants also co-related this learning with their own lives experiences to understand themselves better and recognize the inner strength they possess to be what they want to be. Lastly, they were able to identify a healthy relationship and learnt how to negotiate for one.

### **Future Readiness - Be Job Ready: Resume and Interview.**

This session focused on making the participants job ready through the tasks of resume building and learning how to give a good interview. The participants learnt how to develop a crisp and informative yet impactful resume, then moving onto prepping for job interviews. They worked on their body language and speech abilities, like learning how to market themselves in interviews and how to articulate their views and answer questions posed by the employer. The conditions of an ideal interview have been simulated where the participants use the tips and tricks learnt across the session into practice





## **Oorja Day 6 (29/04/2023)**

### ***Understanding Self- My Future family***

In this session the students dive into the questions most kind of women in India grapple with at a young age; the question of marriage, marital relationships and family planning. This session build on the idea that a marriage should have an equal power balance between the spouses coupled with a well- planned household and family with equitable distribution of role and responsibilities. The participants realized the importance of family planning as a pre-requisite to a happy and secure future

## Future Readiness - Investing in you

This session introduced the participants to the concept of financial planning, highlighting the importance of budgeting household expenses, investing income in education/ work and planning for their future. The participants learnt how to plan their financial goals and how to create a budget for the same. They also learnt how career choices, education skills and economic conditions affect income and also introduced to different saving methods and the risks and returns involved. By the end of this session participants were able to create and maintain a personal budget that supports their financial goals and were able to make decisions related to finances and investments not only for themselves but also for their families and community.



## **Oorja Day 7 (30/04/2023)**

### ***Understanding Self- Say 'NO' to VIOLENCE***

Every human being has the right to feel safe, respected and cared for. Unfortunately, these rights are not always respected by others. Due to lack of information, gender inequality and skewed messages propagated by the media, young adults are at a great risk of facing violence. Unfortunately violence against women and girls in India is common. At some point in her life a women is likely to experience some form of violence whether it is abuse at home or sexual harassment on the streets. Women are often taught to fear for their safety instead of being given the tools to fight for it. Thus, it is important for the participants to understand this potential danger and equip themselves with the life skills to respond to it. The participants will learn about the types of violence, the places it is meted out, and the strategies and mechanisms they can use to cope with/ prevent this abuse.

#### **Future Readiness - I will lead!**

In this session, participants discussed leadership, attempting to define and characterize it for themselves. They will think about the qualities, skills, and actions that make a leader. Participants also learnt how a leader serves as a link between people and a goal. This session also highlighted the different types of leadership styles that are context and task specific. Finally, participants used all the information acquired in this session to bring out the leader in them.



## Oorja Day 8 (01/05/2023)

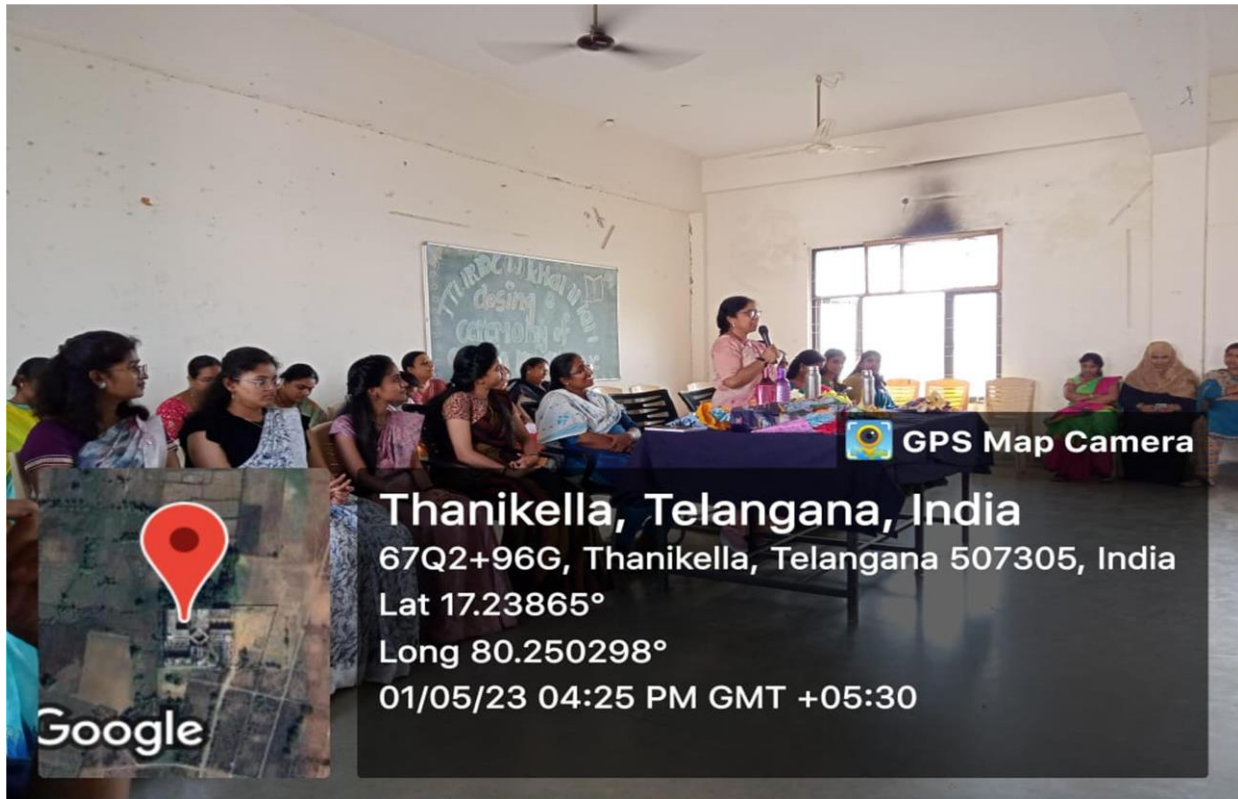
### *GOODBYE OORJA!*

This was the last day of the camp Oorja! This final Session of OORJA allowed participants to reflect back in their Oorja journey, summarize their learnings, recall their favorite moments from camp and discussed the way forward. Participants were reviewed their expectations and goals and learnt about the "Taking Action" aspect of Oorja where they implement their classroom learning within their community. They will also learnt about internship opportunities at VOICE 4 girls. The participants were leaved camp with the confidence that they have enough inner strength, knowledge and skills to take charge of their lives and futures.

### Oorja Closing Ceremony (01.05.2023)



One of the most inspiring woman Maya Angelou Angelou - a firebrand activist, poet and singer, once said “if you are always trying to be normal you will never know how amazing you can be” as women are taught to be normal invisible and not create a ripple. But each of them has immense energy and given the right skills knowledge and opportunity woman can reach for the stars.



This above quote captures the essence of Oorja, a project of SoCh for social change, a social enterprise that develops practical collaborative skills and a forum in which they encourage young people to explore their challenges and aspirations.





Principal, all the faculty, students of TTWRDC W Khammam along with trainers of OORJA Programme had attended the closing ceremony. The participants expressed their reflections on the camp, Principal Madam felt happy about their performance and she addressed about the importance and relevance of the Oorja Programme. The facilitators at Oorja camp are fierce women who have battled and risen from challenges thrown at them. We have learnt from them discussed with them and listened their stories of strength.

Finally, the trainers wished all the participants good luck and they hoped to see that they will use the knowledge and life skills acquired in real life situations.

Thus, the camp ended with the

commandments of

OORJA. Thank

you.