

**Workshop on Building
Confidence
at Government Balika Grah,
Jaipur**

**20 MAY TO 5 JUNE
2024**

Introduction

As a major initiative of the Resource Institute for Human Rights (RIHR), it manages the One Stop Crises Management Centre for Children (OSCMCC), "Sneh Angan" for the safety and protection of children. It is a joint initiative with the police station model based at the premises of Mahila Police State (East), Gandhinagar in Jaipur.

OSCMCC works as a one-point contact for children coming in contact with the Police and providing necessary basic facilities, supporting Police and Special Police for Juvenile Unit (SPJU) in handling and documenting the cases related to children in conflict with the law in child friendly manner. Also supporting Anti Human Trafficking Units in rescuing child labour and victims of human trafficking. It is ensured that children have access to justice and support throughout legal proceedings.

In the context of services on prevention and management of crime against children, the centre has been involved in the following:

Reaching children directly with the required support of POCSO, missing, violence, conflict with the law, and other services including counselling, legal advice, and police support.

1. Streamlining children of government homes with formal education, academic support in terms of coaching and teaching, counselling, and sessions on building confidence, etc.
2. Legal support and proceedings for the victim compensation
3. Develop case studies and their dissemination with the concerned stakeholders.

Workshop on Building Confidence and Skills at Government Balika Grah, Jaipur

The centre team organized a fifteen day workshop for building confidence and skills at the government Balika Grah, Gandhinagar Jaipur for 28 adolescent girls belonging to the 14-18 years age group from 20th May to 5th June 2024.

The workshop aimed at facilitating adolescent girls to explore their better selves and enhance their confidence in shaping their lives for betterment. The workshop included deep discussions, learning & fun activities on communication skills, and life skills such as problem solving, critical thinking and ultimately making conscious choices.

Self-introduction

The team explained the purpose of the fifteen-day workshop to build a conducive environment. They were encouraged for a self-introduction and share their few qualities, and what they want to become.

Initially, the girls seemed confused and hesitant, but later every girl spoke and shared their interests, and opened up about their dreams. It helped the team to understand the girls and plan the upcoming sessions accordingly.

Importance of documentation

The initial discussions revealed that many participants lacked essential documents like birth certificates, aadhar cards, etc. Therefore, the day was focused on a crucial aspect of documentation which is essential for their existence & identity. The need and significance of different documents were explained in detail as a tool for unlocking opportunities throughout life.

An Aadhar card, similar to an identification card, serves as official proof of identity and residence. This vital document is required for various purposes, including opening a bank account (another valuable tool!), accessing government schemes, pursuing formal education, and applying for a passport. School report cards are presented as a record of academic achievements. These documents hold the key to unlocking scholarships, pursuing higher education, and even landing specific jobs that require verification of skills and knowledge. Caste certificates can be helpful for individuals seeking government jobs or educational institutions offering reservation benefits based on caste affiliation.

Discussed various sources and procedures for obtaining essential documents, ensuring participants have the knowledge and confidence to navigate the process. The focus shifted from simply highlighting the importance of documents to empowering the participants to take ownership of acquiring them.

Addressing hygiene concerns

The session began with a brief recap of the previous day's discussions, ensuring a smooth transition and reinforcing key takeaways. The day was emphasized on the hygiene practices, encompassing two vital aspects:

Genital Hygiene: The sensitive topic, initially met with shyness and hesitation, was further addressed in a logical and informative manner. Explained anatomy, related myths, and motivated them to practice healthy habits. The friendly discussions explored the importance of genital hygiene in preventing diseases and maintaining overall well-being.

Menstrual Hygiene: Discussed the biological process of menstruation, its purpose in the body, the necessity of cleanliness during these days, prevention of reproductive tract infections, and resolved the related misconceptions, the girls' initial apprehension transformed into genuine curiosity. Their engaged expressions and insightful questions reflected a newfound understanding and appreciation for this natural process.

The interactive session encouraged the girls to ask questions freely, thus their active participation extended beyond the session topics. They expressed keen interest in hair care practices and general hygiene concerns, demonstrating a holistic approach to self-care.

Understanding career choices

The girls were encouraged to figure out their careers when they will grow up. Recalling and relating how they introduced themselves on the first day and integrated their dreams with the career options.

Learned about all sorts of cool careers, like being a government worker, a lawyer, a teacher, a psychologist, and even someone who works for the UPSC (a big government exam). The best part was to enact their dream jobs in a fun role-playing activity. They were introduced to various colleges and the entrance exams required for admission.

Further discussed the valuable skills required to face the job interviews. Types of interviews, interview panels, types of questions usually asked, potential answers, understanding confusing questions, and articulating their strengths, weaknesses, and experiences. The mock interview activity was also performed to enhance their understanding.

Effective communication and problem solving

The focus was on talking confidently with others including verbal and nonverbal communication techniques. Knowledge is equally important for effective communication. However, communication is a two-way street, and active listening was another key focus. For better understanding, a mock debate was conducted among them, reflecting their learning and areas of improvement.

They were introduced to the terms problem-solving, critical thinking, and decision-making including their techniques and frameworks. They were also oriented on analyzing situations, brainstorming solutions, and exploring options to make informed choices.

The importance of digital literacy, staying safe online, and utilizing social media responsibly were also discussed.

Learning the basics of grammar

The girls expressed the desire to learn basic English. Thus, were taught basic grammar including past tense, present tense, and future tense for the construction of any sentence. They were motivated to form complete sentences by using nouns, verbs, and tenses.

To understand their vocabulary the dictation exercises were conducted. These exercises challenged their listening skills and accuracy, while simultaneously exposing them to new words and sentence structures. In preparation for further learning, the girls were assigned additional pages from the dictionary to study independently.

Further, learned how to write an application, both in Hindi and English as this would be helpful to pursue future opportunities, like applying for jobs, scholarships, or higher education. The girls wrote their applications, receiving personalized feedback throughout the process.

Conclusion

This newfound information will be useful for the girls to pursue their goals with preparedness and confidence. The girls embraced the importance of hygiene and gained knowledge to practice the essential tips for preventing related infections. Learning the English language got a boost too, with fun activities to help them learn new words, grammar, and how to put sentences together. Even explored different career options and how to face a job interview

By the end of the workshop, the girls reduced their shyness and hesitation, rather they were excited to learn and ready to keep growing.