

JDC-SPRINGBOARD-2021

A WOMEN'S EMPOWERMENT PROGRAM OF THE SISTER NIVEDITA CENTRE FOR COMMUNITY SERVICES-JDC

A free online (offline when possible) Women's Empowerment program of Jogamaya Devi College for girls' schools in the neighborhood. The program includes the following five modules:

1. Interactive sessions on Leadership and decision making for outgoing batches of schools (classes 9, 10, 11 and 12).

A time-tested program for young adults, this module addresses the basic need for guidance in decision making, confidence building, increasing concentration, taking leadership and overall personality development through enjoyable, open and interactive sessions.

Duration: 6 hours (3 days @ 2hours)

2. Basic conversational English skills

This module grooms the students of the outgoing batches in basic conversational English skills for everyday life through interactive classes. The sessions will be conducted by experienced teachers who are aware of the needs of students who have received instruction in vernacular medium. The module also addresses common pronunciation and spelling mistakes, writing proper application letters and resumes and vocabulary building through fun and games.

Duration: 10 hours (5 days @ 2hours)

3. Basic yoga, Psychological counseling and women's sanitation

This module introduces the student to some simple yoga techniques for everyday health and wellness, interactive psychological counseling sessions and a lecture on feminine health and sanitation.

Duration: 8 hours (8 days @ 1hour)

4. Career counseling

This module acquaints the student with the courses taught in our college and their future prospects. It offers interactive counseling on career choices and provides information related to admission procedures in our college and other noted institutions. The student is also informed about the value-added courses and other services offered by our college.

Duration: 6hours (3days @ 2hour)

5. Basic training in college-related online transactions and learning to use the mobile phone as a computer

Duration: 4hours (2 days @ 2hour)

We are confident that the program will bolster the confidence of all participants and make them better equipped, both mentally and physically, to face the world of higher education. We sincerely hope, therefore, that the institutions will take advantage of the program and join hands with us to ensure a more successful future for their outgoing students.

*Certificates will be provided to all participants on submission of feedback.

*Please note that all modules may be customized to suit the requirements of the participating school.

***The program will be held offline when possible.

Envisaged by:

Internal Quality Assurance Cell - Jogamaya Devi College