Shri Shamrao Patil (Yadravkar) Educational & Charitable Trust's

Sharad Institute of Technology College of Engineering

Yadrav (Ichalkaranji)-416 121 Dist: Kolhapur

(Approved by AICTE, New Delhi, Recognized by DTE, Government of Maharashtra & Affiliated to Dr. Babasaheb Ambedkar Technological University, Lonere, Accredited by NAAC with 'A' Grade, An ISO 9001:2015 Certified Institute, NBA Accredited Programmes)

An Autonomous Institute

Details of Events conducted during

A.Y. 2022-23

Sr. No.	Name of Club	Name of Activity	Date of Conduction	No. of students enrolled
1	Womens Club	"Smart Girl" Training Program collaborative with Bhartiya Jain Sanghtana team Dr Santosh Patil Mrs Vaishnavi Desai Mrs Amruta Lokare Mr Ramesh Patil Mrs Seema Patil	17th August to 18th August 2022	Girls Students

Mrs P M Swami

Vice President

Ms P D Ghate

President

Shri. Shamrao Patil (Yadravkar) Educational & Charitable Trust's

Sharad Institute of Technology, College of Engineering Yadrav- (Ichalkaranji)

(An Autonomous Institute)

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NBA Accredited Programmes, NAAC 'A-Grade Institution, ISO 9001:2015 Certified Institute, Recognized u/s 2(f) and 12(B) of the UGC Act 1956

Activity 1

The SMART GIRL Training Programme **was successfully organized by** Shri. Shamrao Patil (Yadravkar) Educational and Charitable Trust's Sharad Institute of Technology, Yadrav**, in association with** Bharatiya Jain Sanghatana (BJS) **under the *Smart Girl Initiative*.**

Arranged "Smart Girl" Training Program in Sharad Institute of Technology College of Engineering, Sharad Institute of Technology Polytechnic, Sharad Junior College, Yadrav, Ichalkaranji.

For awareness and Six life changing sessions which is Menstruation and Hygiene, Self-Awareness, Self- Esteem and Self Défense, Communication and Relationships, Friendship and Temptations, Choices and decisions.

Date:17th August to 18th August 2022

Venue

Sharad Institute of Technology College of Engineering, Yadrav, Ichalkaranji.

Objective of the Programme

The main objective of the Smart Girl Training Programme was to empower young girls by enhancing their self-awareness, confidence, decision-making skills, emotional intelligence, and overall personality development. The programme aimed to prepare participants to face real-life challenges with strength and clarity.

About the SMART GIRL Initiative

The SMART GIRL Programme by Bharatiya Jain Sanghatana is a structured life-skill training module designed specifically for adolescent girls. It focuses on emotional intelligence, value education, personal safety, and life management skills.

The programme follows an interactive methodology including:

Group discussions

Activity-based learning

Real-life case studies

Reflection exercises

Interactive counseling sessions

Sessions Conducted

The training covered **Six Life-Changing Sessions**, which included:

1. **Menstruation and Hygiene** – Creating awareness about menstrual health and personal hygiene.This session addressed myths and misconceptions regarding menstruation. Scientific knowledge about menstrual health, hygiene practices, nutrition, and emotional changes was discussed. The session encouraged open dialogue and removed stigma associated with the topic.
2. **Self-Awareness** – Understanding emotions, strengths, and personal identity.Students were guided to identify their strengths, weaknesses, emotions, and aspirations. Activities helped them understand self-identity and emotional regulation techniques.
3. **Self-Esteem and Self-Defense** – Building confidence and learning basic safety skills.This session focused on building confidence and teaching basic personal safety awareness. Students were trained to recognize unsafe situations and respond assertively.
4. **Communication and Relationships** – Developing healthy communication skills.Participants learned effective communication skills, understanding boundaries, respect, and maintaining healthy relationships in family and social environments.

5. **Friendship and Temptations** – Understanding peer pressure and making wise choices.This session discussed peer pressure, social influence, digital distractions, and making responsible choices. Students were encouraged to choose positive company and avoid harmful temptations.

6. **Choices and Decisions** – Enhancing decision-making and problem-solving abilities.Students were trained in structured decision-making models. Real-life scenarios were discussed to improve analytical and problem-solving abilities.

Additionally, a special interactive session was conducted for parents to strengthen communication and support systems at home.

Special Parent Session

An additional session was organized for parents to:

Improve parent-child communication.

Understand adolescent emotional changes.

Provide supportive guidance.

Encourage open and safe family environments.

This session strengthened the support system for students beyond the institutional framework.

Participation and Outcome

The programme witnessed enthusiastic participation from girl students of Engineering, Polytechnic, and Agriculture departments. The sessions were interactive, informative, and engaging. Participants actively took part in discussions, activities, and practical demonstrations.

The training significantly contributed to:

Improved self-confidence

Better emotional understanding

Awareness about health and hygiene

Strengthened communication skills

Enhanced decision-making abilities

Conclusion

The SMART GIRL Training Programme proved to be a transformative initiative focused on holistic development and empowerment of young girls. The collaboration between Sharad Institute of Technology and Bharatiya Jain Sanghatana ensured the successful execution of this meaningful and impactful event.

Sr.No	Event/Competition Details	➢ SDG Goals Mapping	➢ Justification
1.	**Relevant Sessions:** ➢ Menstruation and Hygiene ➢ Emotional Awareness ➢ Self-Defense and Safety	➢ SDG 3: Good Health and Well-Being	➢ Promotes menstrual health awareness. ➢ Enhances mental health through emotional intelligence training. ➢ Encourages safe lifestyle practices.
2	**Relevant Sessions:** ➢ Decision-Making Skills ➢ Communication Skills ➢ Life Skill Development	SDG 4: Quality Education	➢ Provides non-academic life-skill education. ➢ Enhances critical thinking and analytical abilities. ➢ Encourages experiential and activity-based learning.
3	**Relevant Sessions:** ➢ Girls'	SDG 5: Gender Equality	➢ Strengthens confidence among young girls. ➢ Promotes gender equality through

	Empowerment ➢ Self-Esteem Development ➢ Safety Awareness		empowerment. ➢ Reduces gender-based vulnerability by building awareness.
4	➢ Ethical Decision-Making ➢ Healthy Relationships ➢ Parent-Student Communication	SDG 16: Peace, Justice and Strong Institutions	➢ Promotes responsible citizenship. ➢ Encourages peaceful communication and conflict resolution. ➢ Strengthens institutional support systems.

250 Girls Empowered in 5 Batches number - 231,232,233,234 & 235

Smart Girl
To be Happy
To be Strong

Smart Girl Trainers

Mrs.Vaishali Desai

Mrs.Amruta Lokare

Dr.Shraddha Bele

Dr.Santosh Patil

Mr.Ramesh Patil

Mrs.Seema Patil

Mrs.Vandana Kholkumbe

ON 17 - 18 AUGUST 2022
FACE TO FACE WORKSHOP

ORGANIZER

Shamrao Patil Yadravkar Educational and charitable trust and Bharatiya Jain Sanghatana Ichalkaranji
Vrushabhji Chajed - Sub Regional President
Gautam Chand Mutta - President BJS Ichalkaranji
Mr.Anil Bagane - Executive Director SIT, Ichalkaranji
Rajabhai Shaha - Coordinator BJS kolhapur

BJS kolhapur Team

Initiated and Supported by
BJS Maharashtra State Team

Inspiration:
Rajendra Lunker, National President - BJS
Samprati Singhvi, National Secretary - BJS

250 Girls Empowered in 5 Batches number - 236,237,238,239 & 240

Smart Girl
To be Happy
To be Strong

Smart Girl Trainers

Mrs. Suvarna Mangave

Mrs.Shweta Choudhari

Mrs.Sunita Shedbale

Mrs.Archana Magdum

Mrs.Aparna Chougule

ON 17 - 18 AUGUST 2022 FACE TO FACE WORKSHOP

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Six Life Changing Solutions
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HNIC, YADRAV