

## **Voice4Girls Training Report**

Name of the Activity:	VOICE 4 Girls at <b>Maharani Lakshmi Ammanni College for Women Autonomous</b>
Title of the event:	Project Oorja for selected qualified students
Day & Date:	19th September - 27th September (8 Days)
Time:	10.30 AM to 5.00 PM
Mode:	Offline
Venue:	Classrooms & Auditorium
Trainers:	Project Oorja Professionals
No. of Participants:	150 Students

### **Summary of the Training:**

Considering the young women that is students of mLAC of I Semester BCA/BA and BBA by approval to conduct the Training from the Principal Dr. Nagalaxmi B N. The Training took place for 8 full days at mLAC to train the students to enter professional spaces as well as mark personal milestones, Project Oorja provided them with critical information about their health, safety, rights, future planning, and self-awareness. Furthermore, they also equipped these students to be future-ready, enabling them to take charge of their careers and lives, thus emerging as role models and change makers within their own communities. The project mainly aimed to empower 150 young women by imparting critical knowledge, skills required for future, thereby making them job ready in the market.

VOICE 4 Girls in association with Placement Cell, Maharani Lakshmi Ammanni College for Women, Autonomous aimed to enable marginalized students at mLAC to take charge of their futures through the following components:

- 1) Understanding self: Understanding and being comfortable with oneself is the first step towards empowerment.
- 2) Future Readiness: To be ready to step into the world of professionalism, acquiring communication and leadership skills becomes the next step.
- 3) Field Immersion: Participants will use the knowledge base they build through the camp to take charge in their communities.

After the successful completion of training students were provided with certificates and the Training was an International News with can be viewed in below link

<https://www.thehindu.com/news/national/karnataka/130-young-women-being-trained-for-job-sector-under-project-oorja/article65935258.ece>

### Programme overview

No. of students: 200 (Training for Semester 1 students of BA, BBA, and BCA students)

No. of trainers: 5

Session dates for young women: 19 September 2022 to 27 September 2022

Classroom allotted for BA and BBA = S7

Classroom allotted for BCA = F5

Outreach dates: October – December 2022

This program was offered free of cost with Certification to the students.

### The Details of the Eight Day Training program

S.No.	Morning	Afternoon
1	Segregation of Students into classrooms	Welcome to Project Oorja
2	Menstrual health	Future Readiness – 1 <i>Effective Communication</i>
3	Sexual and Reproductive Health	Future Readiness – 2 <i>Problem solving</i>
4	<i>Mental health matters</i>	Future Readiness – 3 Public speaking and effective presentation skills
5	Gender and Sexuality	Future Readiness – 4 Be job ready – Resume and Interview
6	Marriage and Family	Future Readiness – 5 <i>Financial planning</i>
7	Saying No to Violence <i>Recognizing, reporting and preventing violence and online safety</i>	Future Readiness – 6 <i>Leadership and team building</i>
8	Computer literacy, Powerpoint, MS Excel	<i>Goodbye Oorja, Post IA</i>

### Feedback analysis:

- Excellent Training Sessions



- Need many more Training like this
- Suggested for Extending for other stream students also.
- Good Initiative
- Well Organized







