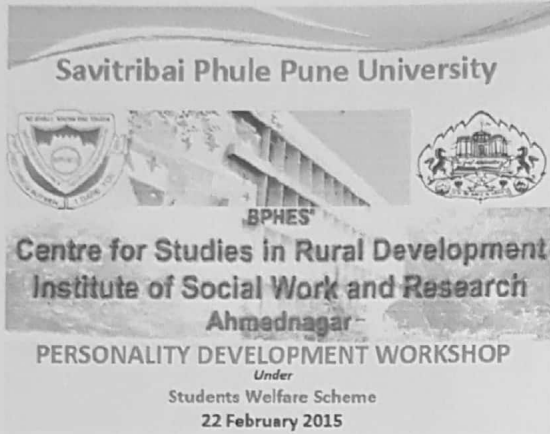


BPHES'
CSRD Institute of Social Work and Research
Ahmednagar

STUDENTS WELFARE 2014-15

Scheme No. 2

Personality Development Workshop for Lady Students



The Institute organised one day personality development workshop for the lady students of MSW / MA MR under the Students Welfare Schemes of Savitribai Phule Pune University on Sunday, 22 February 2015 at 10.30 AM to 06.45 PM. This workshop was one of the several programmes organised for the general awareness building and empowerment of the girl students of the Institute. 55 post graduate lady students participated in the workshop.

Programme Schedule

Time	Session details	Resource Person
10.30 – 10.45 M	Registration & Tea	
10.45 – 11.00 M	Inauguration of the workshop	
11.00 AM – 12.00	Privacy and safety concerns in social networking	Dr. Vaidya IMS
12.00 - 1.00 PM	Communication and personality grooming	Ms. Christie
1.00 – 2.00 PM	Lunch	
2.00 – 3.00 PM	Nutrition and Reproductive Health – Session 1	Ms. Mallika Sabale
3.00 - 4.00 PM	Nutrition and Reproductive Health – Session 2	Ms. Riyanka Chabuskar
4.00 – 4.15 PM	Tea & snacks	
4.15 - 6.15 PM	Explore yourself – who am I? (workshop)	Ms. Sheetal Prabhune
6.15 – 6.45 PM	Feedback and concluding session	S. W. O.

Women are the major stakeholders of social development. Education and empowerment of women are significant objectives of Savitribai Phule Pune University. It is generally found that women are discriminated in the educational scenario at all levels – from primary to the higher educational levels. They are poorly represented at every level of education. BPHES' CSRD Institute of Social Work situated at Ahmednagar has also seen lower enrolment of girl

students in its various post graduate programmes. Special initiatives are taken by the Institute with the assistance of the University to encourage women for getting enrolled for higher education. They should not feel inferior in a place where they are minority. They need to build self confidence. They need to learn skills of the self assertion to prevent incidents of harassment and exploitation. They need to increase awareness about the social and situational threats to their growth and development. With these objectives in mind, one day personality development workshop was organised at the Institute.

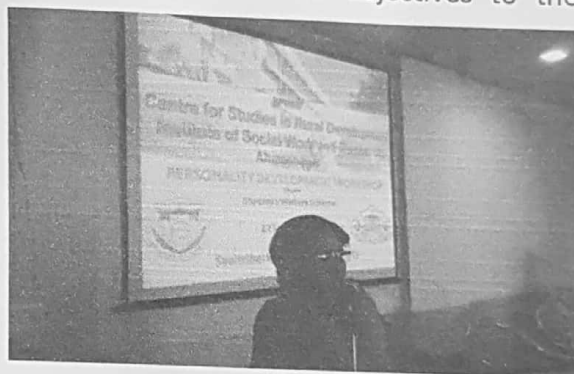


The workshop started at 10.30 AM on 22nd February 2015. Altogether 55 lady students registered for the workshop. After the refreshment, the workshop was inaugurated at 11.00 AM. The lady students' council members anchored the entire workshop with the help of lady faculty members. The workshop began with lighting of the lamp. The students' welfare officer introduced the workshop, its aims and objectives to the

participants.

Session 1: Security concerns in Social Networking

The key resource person for the morning session was *Dr. Vaidhya*, a senior faculty member of *BPHES' Institute of Management Studies, Ahmednagar*. She is a computer engineer and a professor of Information Technology. She explained various aspects of social networking, such as face-book, what's up and skype.



She explained how careless girls get trapped in various social networking. She taught the girl students to how to secure their face-book and skype accounts. She illustrated how innocent girls get into unnecessary troubles while browsing through internet. After the general session she spared some time to give individual counselling to some girl students who have already got into some trouble with their social networks. Her advices were of great help for all the participants.



Session 2: Communication and Personality Grooming

Communication is one of the most important skills required for any professionals. Improvement in communication skills is essential part of personality grooming. Social workers need to improve their oral and written communication skills. Ms. Christie, who is a

post graduate in linguistics and a faculty of Masters in Mass Relations (MAMR) took the session on communication and personality grooming. She illustrated various tips regarding verbal, non verbal and written communication. She emphasised on the importance of body language, presentation of self before an interview board and developing skills of self presentation. It was a very useful session for the participants



Girl students performing during personality development workshop

Session 3 & 4: Nutrition and Reproductive Health

After the lunch, two sessions were held on the topic of nutrition and reproductive health. The resource persons were Ms. Mallika Sabale, the principal of Evangeline Booth Hospital Nursing College and Ms. Riyanka Chabuskar, the Community Health Worker of Evangeline Booth Hospital. It has been noticed that girl students often suffer from malnutrition. Their Hb count often remains below the required level. They are unaware of the nutritional requirement proper to their age and reproductive health. They too have a number of queries related to reproductive and sexual health issues. Therefore, this session was arranged exclusively for girl students. Both the resource persons interacted with the students at length and answered a number of queries the girls rose.

Session 5: Self analysis – who am I?

After the tea break, the last session of the personality development workshop on increasing self awareness was conducted. Ms. Sheetal Prabhune, a young faculty member of BPHEs' CSRD ISWR was the resource person. She was a model student of the Institute and also academically a good achiever. She cleared NET before the completion of her post graduation in Social Work. Human Resource Management is her specialisation. She conducted an interesting session on self exploration. She made use of various popular techniques of SWOT analysis, Jo-Hari window and mirror reflection techniques lead the participants into a journey of self exploration. Understanding oneself with all our strengths and weaknesses is very important to develop a strong personality. One needs to build up a personality based on the strengths. It was a long session, which entailed certain homework. The girl students were encouraged to identify various dimensions of their self ideal and prepare an essay on the same.

After the session, the students' welfare officer thanked all the participants and the resource persons. He also took the participants' feedback on the entire workshop. It was found to be an extremely useful exercise for the participants. At 6.45 PM, the workshop came to an end.

(S. W. O.)

BPHES' CSRD-ISWR, Ahmednagar
Students' Welfare Office
Personality Development Workshop for Girls
22nd February, 2015

Group Activity: Who am I?

Girls will be asked to share their thoughts on:

Ms. Sheetal

- Their present status as women – daughters, sisters, classmates, citizens
- Expectations and perceptions of the men in their lives
- Their expectations/aspirations for the above roles

Ms. Christie

- Their view on equality with men – To what extent? Is there a difference between the roles of men and women? What about compromises and adjustments?
- Their dreams or desires which they don't express due to fear/duty/social norms/ family pressure
- Their fears in fight against injustice, confrontations in the family and public for themselves – rights, dreams

Pre Workshop:

1. Write down your personal thoughts and opinions
2. Bring pictures, paper cut outs for their magazine
3. Bring material for the magazine – lace, ribbons, color pens, beads etc

Workshop:

1. Collect and analyze the written points
2. Divide the girls into groups
3. Discuss the major/ important points along with the panel
4. Ask the girls to compile their points into a hand magazine

Post workshop: Collect and rank the articles and magazines

Best Articles [Individual] – 3 Prizes

Best Magazine [Group] – 1 Prize

Requirements:

1. Color Charts - 4 colors, 24 sheets
2. Glue, cutter, tape, staplers, punching machine