



Adarsh Vidya Prasark Sanstha's  
Adarsh College of Arts and Commerce

Kulgaon, Badlapur Dist. Thane, Maharashtra 421503

WOMEN DEVELOPMENT CELL

Report of Smart Girls Workshop 2022-23

Women Development cell of Adarsh College of Arts and Commerce with the collaboration of Bhartiya Jain Sangatna (BJS) organised six days workshop exclusive for girl's students on 16 August to 21 August. This workshop was online workshop, session were conducted on Zoom Platform. For all six days session timing was 6pm to 8.30 pm. Trainer of the all session was Rajshree Choudhry. Six different themes were selected by the trainer for life changing of students. These are

1. Self-Awareness
2. Self Esteem and Self Defence
3. Communication and Relationships
4. Friendship and Temptation
5. Choices and Decisions
6. Dialogue with Parents

**Day one 16: Aug, 2022**

First day was about self-introduction and Self-Awareness where trainer talked about knowing yourself and provided techniques for self-talk by phrasing khud ko khoj was the punch line. She also shared small motivational stories on what's group. She said that "it is the content that matters and not the colour that is responsible for flying high so that the real achievement is because of the content inside and not any other factors like colour, size, caste, language etc.

**Day two 17: Aug, 2022**

Second day was about Self Esteem and Self Defence. She started the session by showing the small video about self-esteem. She motivated students by saying that prayer does not change the situation but it changes our attitude towards the situation and give us hope which change the entire life.

Activity was also given to the students to draw or create strength tree and weakness well and how to overcome from weaknesses. Many students posted the pictures of the activities on the What's app group

**Day three: 18 Aug, 2022**

Third day was about Communication and Relationships where trainer asked many questions from the students about relationship with their parents, neighbours and friends. She shared various communication skill to present their views with their parents because everyone should share everything to their parents because parents can guide them properly and protect them. So nothing should be hidden.

**Day four: 19 Aug, 2022**

Day four was about Friendship and Temptation. She started with quality of the friends like Friends are very close to our heart, so having genuine friends is such a blessing, no jealousy, no competing, lots of gossip, no negativity, just love and good vibes are the signs of good friendship. She defined the difference between right and wrong while selecting your friends. She differentiated between love, affection and temptation. She focussed her guidance to the



girls for teenager problems and shared day to day life mantras which were liked by the students very much.

**Day five: 20 Aug, 2022**

Day five was about Choices and Decisions. The trainer was focused this session completely interactive where she asked girls for their choices and guided students to make a right choice and as well as right decision. She said that make always one question mark in our heart that we are doing right or wrong. We all like to do things in our own way, keep wanting more and more freedom but how do we make it happen because we have certain restriction on us and all the restrictions are not always bad. So out of them we have to make right choice. All the students actively participated in this session.

**Day six: 21 Aug, 2022**

This was special session designed mainly for the parents as Dialogue with Parents. Parents are requested to join the meeting. Trainer started the session by asking many questions from the parents like:

Do you know that daughters lie to you because of you?

Do you want to be your daughter's friend?

Our daughters are from the 21st century, but are we?

Daughters have come to know themselves but have you come to know them?

Daughters have strengthened their communication, do we also want that?

Is it because of us that the self-esteem of our daughters is not decreasing?

It was also very interaction session. Parents actively participated in this session. One of the parents also share an emotional poem about her daughter.

This six days smart girls workshop was mainly about to guide the girls about their life long development. In this online workshop about 120 girls students were registered.

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