



BEST PRACTICE AWARD 2019

SI PUNE METRO EAST

2010 TO 2019

GIRLS MOVING FORWARD

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**Women inspiring action,
transforming lives**

***There is no tool for development more effective than the empowerment of women -
---KOFI ANNAN***

Initiated in 2010, the very first year of the Charter, the aim was to uplift the lives of young girls from marginalized section of society and encourage members' involvement in the process. The project was patterned on a Project from a Soroptimist Club in the US 'Women Moving Forward'

However the needs of girls and young women in India are very different from those in the US Most of the girls we addressed are first generation learners. Though they go to schools and colleges, a huge gap exists between formal education and necessary life skills required to lead a productive life. The 'Girls Moving Forward' modules are designed to bridge this gap.

FIRST AID



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ECONOMIC EMPOWERMENT



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Girls Moving Forward began in 2010 with very basic modules like Personal Grooming, First Aid, Nutrition, Yoga and its health benefits, Home Budgeting etc. These modules were well appreciated and were conducted for various agencies working with women and girls from disadvantaged background.

GMF : TRAIN THE TRAINER



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In 2014 the modules were put together in a structured manner and a yearlong program was designed for greater impact. A “Train the trainer “program was conducted to train members to enhance their involvement depending on their area of expertise. For SIPME believes that *‘Empowered Women Empower Women’* Ever since, this program is regularly conducted in partnership with Deepgriha, an NGO that works with the marginalised communities. In 2016, the modules were linked to the Sustainable Development Goals to leverage synergies

The modules are as follows:

SELF AWARENESS ROLE PLAY & MIRROR WORK



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The Module on Self-awareness helps the girls to introspect and recognize themselves as individuals. Low self -esteem and low confidence levels are addressed, through Deep Breathing and Mindfulness techniques

PERSONAL HYGIENE GROOMING AND ETIQUETTE



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In this module Concept of Body Image is introduced with stress on personal hygiene and developing a positive image. Good Manners and Social interaction are reiterated.

MENSTRUAL HYGIENE



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DISTRIBUTING STs



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A taboo topic in India till very recently. Today this is centre stage and to bring about a social change. Girls are encouraged to speak openly about it, ask questions and clear their doubts. Girls attending such a session open up with members conducting the module.

NUTRITION



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A HEALTHY BREAKFAST



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The girls attending these sessions are from a section of society where perhaps a balanced diet is hard to come by. Their understanding of the importance of nutritious and balanced diet is limited. In simple ways they are taught the connection between lack of nutrition and reduced immunity, susceptibility to disease, impaired physical and mental development etc.

COMMUNICATION



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SPOKEN ENGLISH



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Women and girls have today huge opportunities in the retail industry. Most of the girls attending the sessions are comfortable with only the vernacular and this limits their avenues for retail jobs. Communication techniques introduced in the module help them overcome their inadequacies.

This module prepares girls to step into the job market armed with skills that they may not have acquired during their college education. This bridges the gap between their abilities and required skill sets. It helps them make an informed choice about their career options & face interviews confidently.

GENDER SENSITIZATION



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This module is designed to help girls understand gender stereotypes. They are made aware of their rights and their safety in case they face sexual harassment of any kind.

STUDY SKILLS



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FUTURE READY



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This module prepares girls to step into the job market armed with skills that they may not have acquired during their college education. This bridges the gap between their abilities and required skill sets. It helps

ENTREPRENEURSHIP & MICRO FINANCE



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This module aims to spark ideas for home based micro business that any girl may want to explore. In addition to formal education, they are empowered to become effective leaders as an increased number of women are choosing to start up their own business. This composite module helps them make choices.

FINANCIAL LITERACY



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HOME BUDGETING



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The girls here perhaps have never had money to save and hence their concepts of budgeting are non-existent. In simple methods saving, budgeting and the importance of debt -free living are conveyed to them.

PRESERVATION OF THE ENVIRONMENT



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How can this generation become environment sensitive? Concepts of the three R's: Recycle, Reuse and Reduce are emphasized.

IMPACT



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For the last 9 years SI Pune Metro East has imparted life skills, and in this duration, we have noticed the impact that the sessions have had with the girls addressed. First and foremost, the girls come from backgrounds where discrimination, violence of all kinds and indifference in their homes is common. Meeting women who treat them with respect and as equals made a huge difference to their self-esteem. This association as the sessions progressed became a source of respite for them. The session on anger management and gender sensitization opened their outlook for they saw another way to handle situations of violence and abuse. This was important for their confidence and they developed coping abilities. Greater confidence and better communication was evident post life skill modules. Their aspiration had taken wings.



*"Education is a vital step on the path to empowerment for women.....
A path that starts with good health, nutrition, and family planning, and
prepares you to earn an income, run a business, form an organization
and lead"*

-Melinda Gates

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I would like to sum up in the words of Melinda Gates:

"Education is a vital step on the path to empowerment for women.....a path that starts with good health, nutrition, and family planning and prepares you to earn an income, run a business, form an organization and lead."

Thank you