



SRI VIDYA MANDIR ARTS & SCIENCE COLLEGE

(AUTONOMOUS)

[Affiliated to Periyar University, Salem]

[Accredited by NAAC with "A" Grade [3.27]]

[Recognized 2(f) & 12(B) under UGC Act of 1956]

VIGNESH NAGAR, KATTERI, UTHANGARAI-636 902

KRISHNAGIRI (DT), TAMIL NADU

A REPORT ON FIVE DAYS SMART GIRL WORKSHOP JUNE- 2021

The Department of Computer Science and Applications of Sri Vidya Mandir Arts and Science College(A) has organized a five days Smart girl workshop on 'Smart Girl- To Be Happy, To Be Strong' from 08.06.2021 to 13.06.2021.

Our Resource Person: Mrs. MEGHNA JAIN Smart Girl Trainer, Vellore.

Meeting Link:

TN BJS Smart Girl Trainer Meghna Jain is inviting you to a scheduled Zoom meeting.

Topic: Smart Girl Online Batch-99

Language: Tamil & English

Time: Jun 8-13 , 2021 03:00- 5:00 PM India

Join Zoom Meeting

<https://us02web.zoom.us/j/84721053754?pwd=U3BuaHBRRRHQmhpZXdmNk8yWXNOdz09>

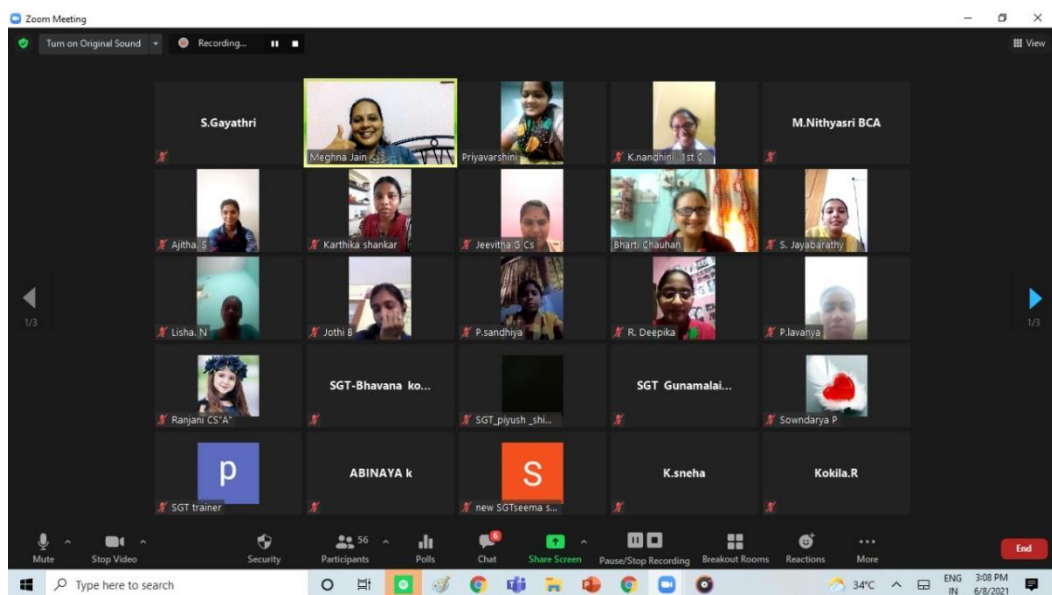
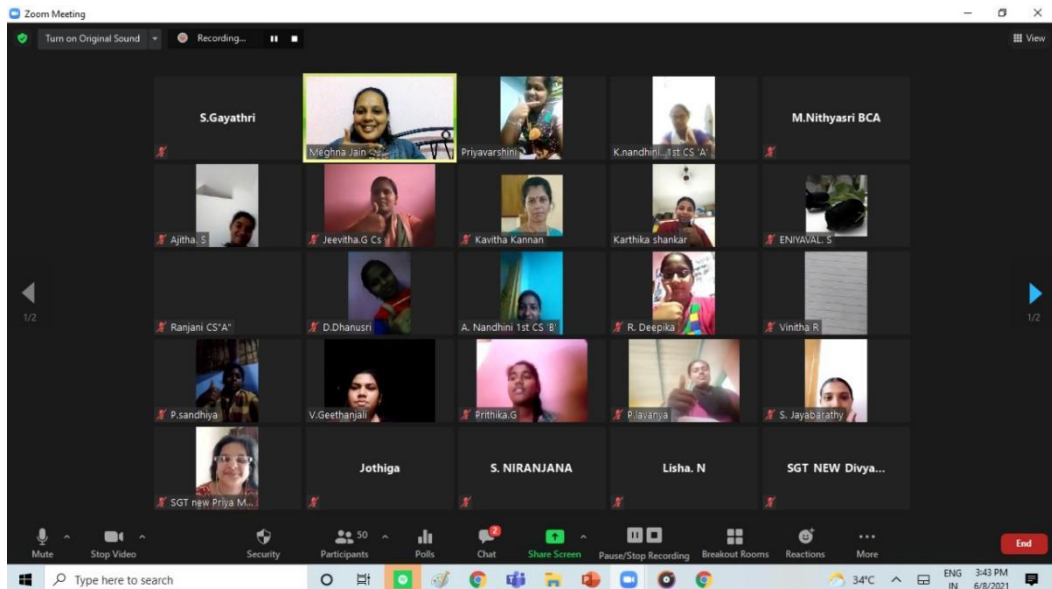
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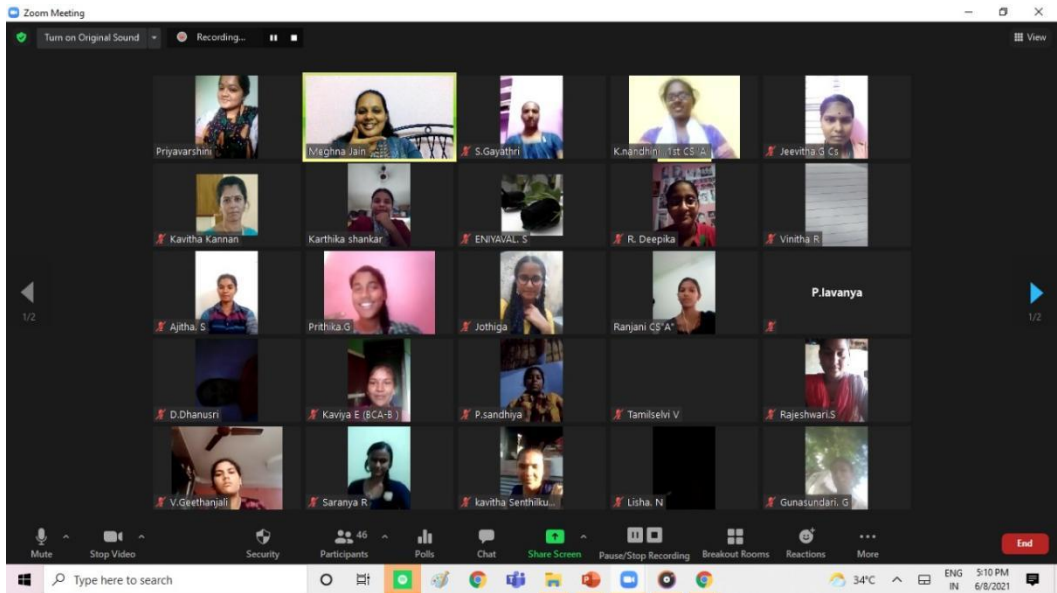
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Day 1: 08.06.2021 - "Knowing yourself and empowering yourself"

The day 1 session was started at 3 pm with warm greetings and introduction. The resource person explained about *self confidence* and *strength/ weakness of women's in the life*. Then the topics discussed are *knowing about ourselves, how to know ourselves, Learning by what we have and don't give up in any situation with smart girl Mantra "Knowing yourself and empowering yourself"*. During the session, the trainer has given some activities to student such as the students need to write their strength and weakness with pictorial representations. The session was very interesting and interactive. The session ended at 5.05 pm.

Screenshots:

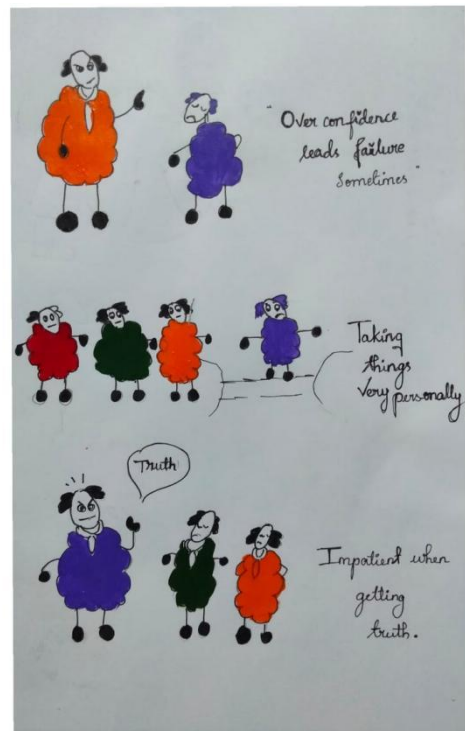




Activities Done by Students:

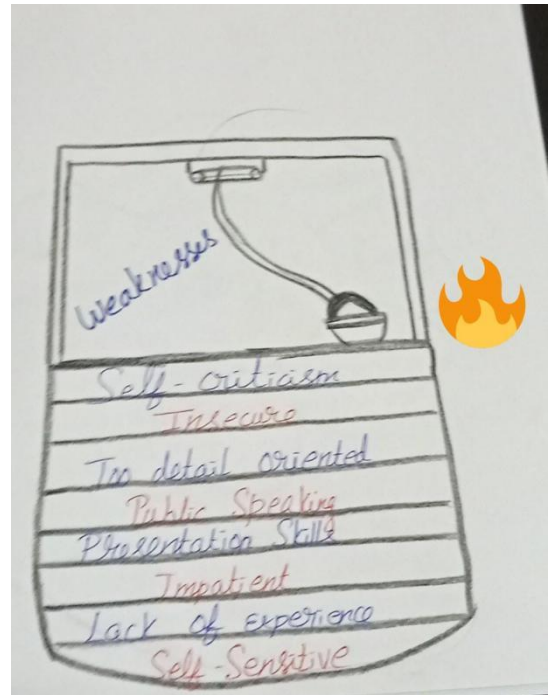
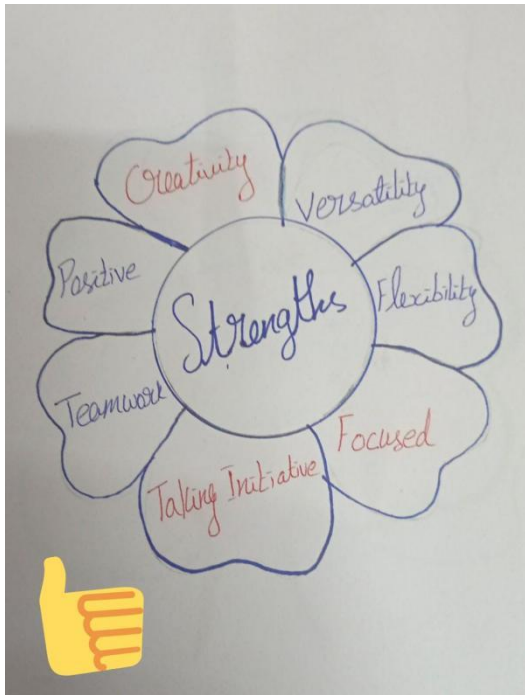


Yuvashree.k
Smart girl_TN_batch_99



Yuvashree.k
Smart girl_TN_batch_99

Weakness



Strengths of mine



Weakness of mine
Smart girl TN batch 99

Name Priyavarshini.B



The most weakness for me
'overthinking'



My strength is
'self confidence'

K MAHALAKSHMI
Smart Girl_TN_Batch-99

Student Feedback:



Smart Girl_TN_Batch-99

S.Kavitha, Sruthika, 15.Vidya, Yuvasree, +60 11-3532 9419, +91 6369 187 523, +91 6369 769 422,

Today very beautiful class 😊😊😊 5:17 pm

+91 95850 41943 ~Hari

Today very beautiful class 😊😊😊😊😊😊😊😊 mam 5:18 pm

+91 70108 83737 ~Sai

Session is very useful mam 😊 we enjoyed more 🎉 today we learn new things for grooming ourself 😎. Definitely we become smart girls 👍 thank you mam 😊 5:19 pm

+91 6374 463 662 ~C.Sandhiya

Very very happy mam 😊😊 5:19 pm

+91 89038 52707 ~Jayabarathy

Today class is very nice mam 😊 5:26 pm

+91 93449 97449 ~Thalapathi 🙌🙌🙌

Very Happy mam 5:27 pm

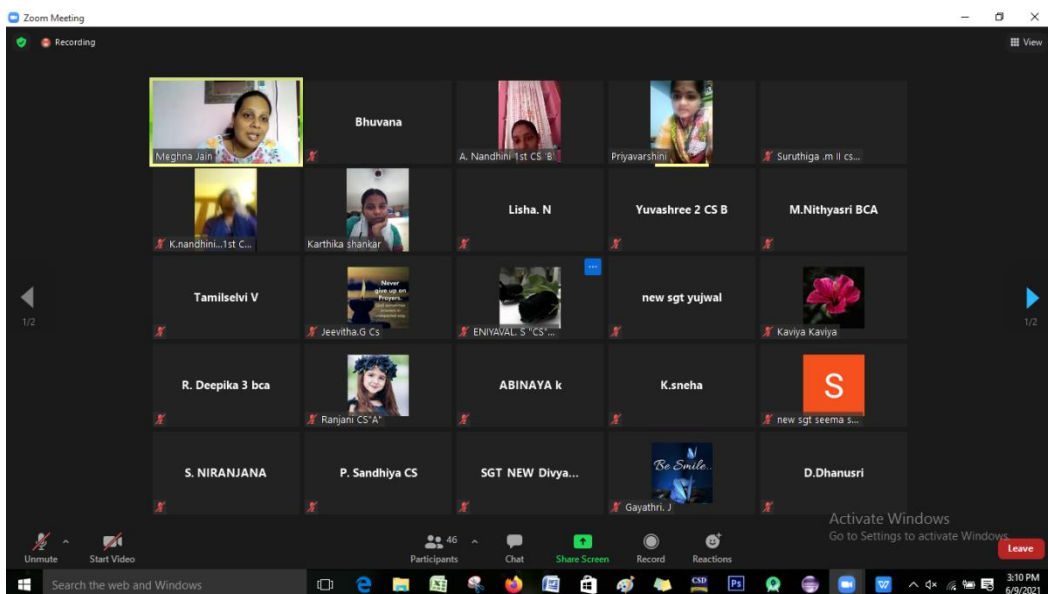
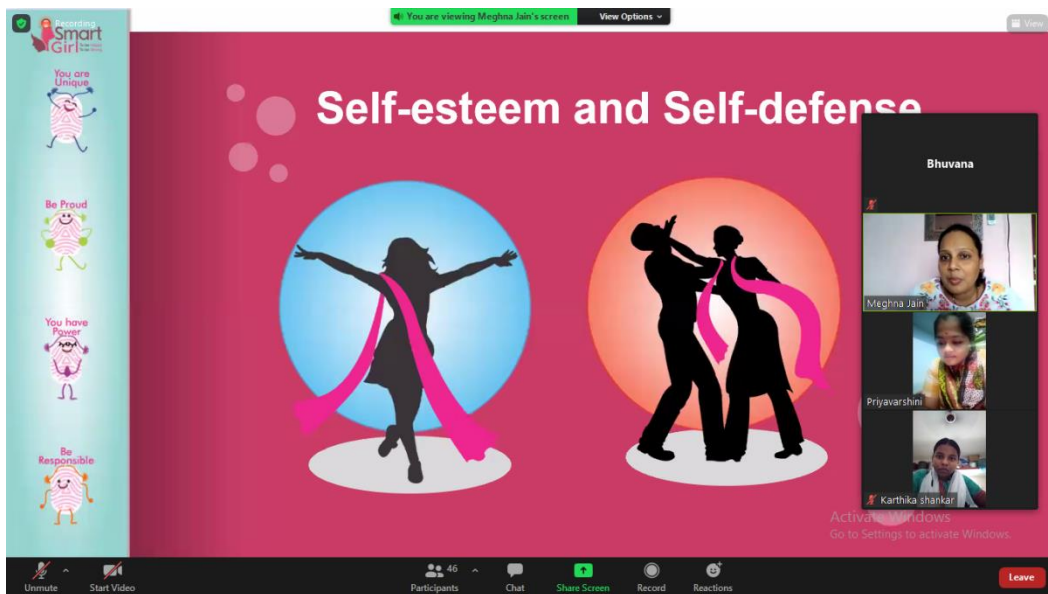
+91 94885 72789 ~Jeevitha.G

Mind blooming session mam then I never experienced this so it is very useful to now myself in better way and thank you mam 5:30 pm

DAY 2: 09.06.2021 “My Strength - My power”- is the Mantra

The topic for Day 2 session was **“Self Esteem and Self Defense”**. The session was started by the resource person Mrs.Meghna Jain at 3.00 pm. At the outset the trainer has presented a video and gave the awareness about women issues like physical and mental problem such as low self esteem. Later about the consequences and explained about qualities of Women. She also said that proud to be a women with an inspirational story of Arunima sinha. Later another topic Self Defence was started by showing the self defense awareness video for girls. After that Student did an activity call glass of water that express the moral is don't allow others to ruin our happy life. The session was ended at 5.15 pm.

Screenshots:



Zoom Meeting | You are viewing Meghna Jain's screen | View Options

Recording

Participants (46)

Find a participant

Bhuvana (Me)

MJ Meghna Jain (Host)

NS new sgt yujwal (Co-host)

P Priyavarshini

AN A. Nandhini 1st CS 'B'

A .Priyadarshini(1st-BCA-6) 1st...

AK ABINAWA k

AS Ajitha. S

B Bhuvanewari Raja

C C.Sandhya

D D.Dhanusri

ENIYAWAL. S "CS" -'A'

Gayathri. J

3:12 PM 6/9/2021

Recap of Self-Awareness

1. Is it important to 'know' our self?
2. Can we **enhance our strengths and minimize our weaknesses?** How?
3. Can habit of questioning our self help us increase our self-awareness? What else?

BJS

Unmute Start Video Participants Chat Share Screen Record Reactions Leave

Zoom Meeting | You are viewing Meghna Jain's screen | View Options

Smart Girl Self Esteem and Self Defense

You are Unique

Be Proud

You have Power

Be Responsible

Know your strengths

1. **My physical strengths are...**
(e.g. My height/My voice quality/My stamina...)
2. **My emotional strengths are...**
(e.g. I am of a happy nature/I can understand others' emotions/I can empathize easily...)
3. **My social strengths are...**
(e.g. I can mingle well in all groups/I always help others/I can lead the group...)
4. **My academic strengths are...**
(e.g. I am very good in history/I can act well)
5. **My beliefs, value system, or guiding principles are...**
(e.g. I will never do any wrong thing/I always speak truth...)

Bhuvana

Meghna Jain

Priyavarshini

M.Nithyasri BCA

Activate Windows
Go to Settings to activate Windows.

Unmute Start Video Participants Chat Share Screen Record Reactions Leave

Activities Done by Students:

Zoom Meeting

Bhuvana

Meghna Jain

S.Swatha (2...)

swetha

Priyavarshini

Jeevitha G Cs

Recording

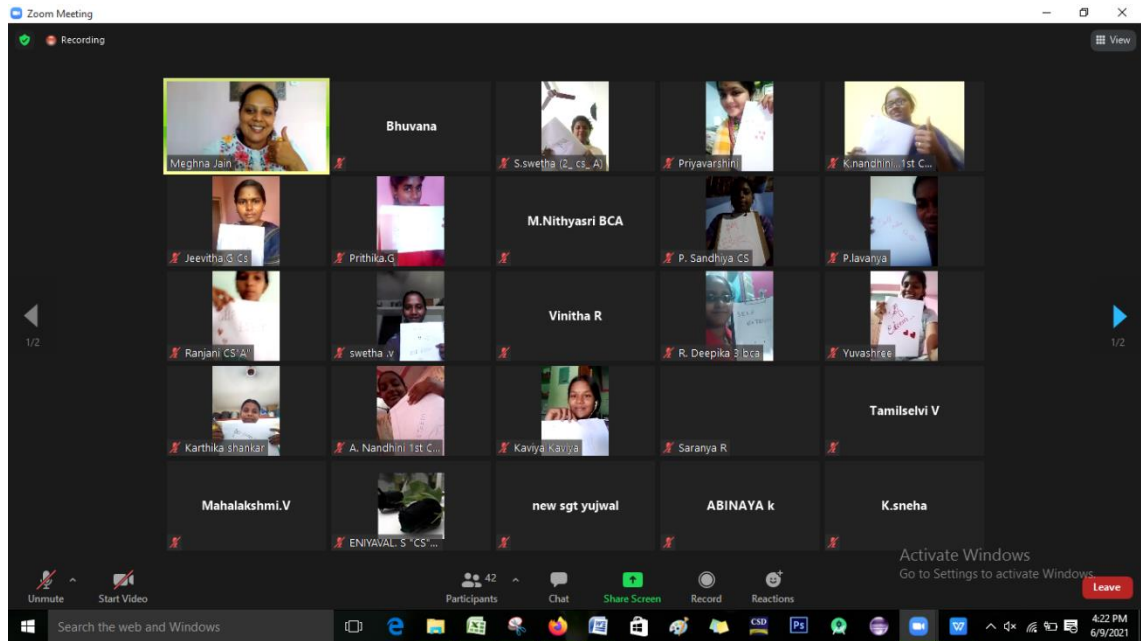
Yuvashree

42

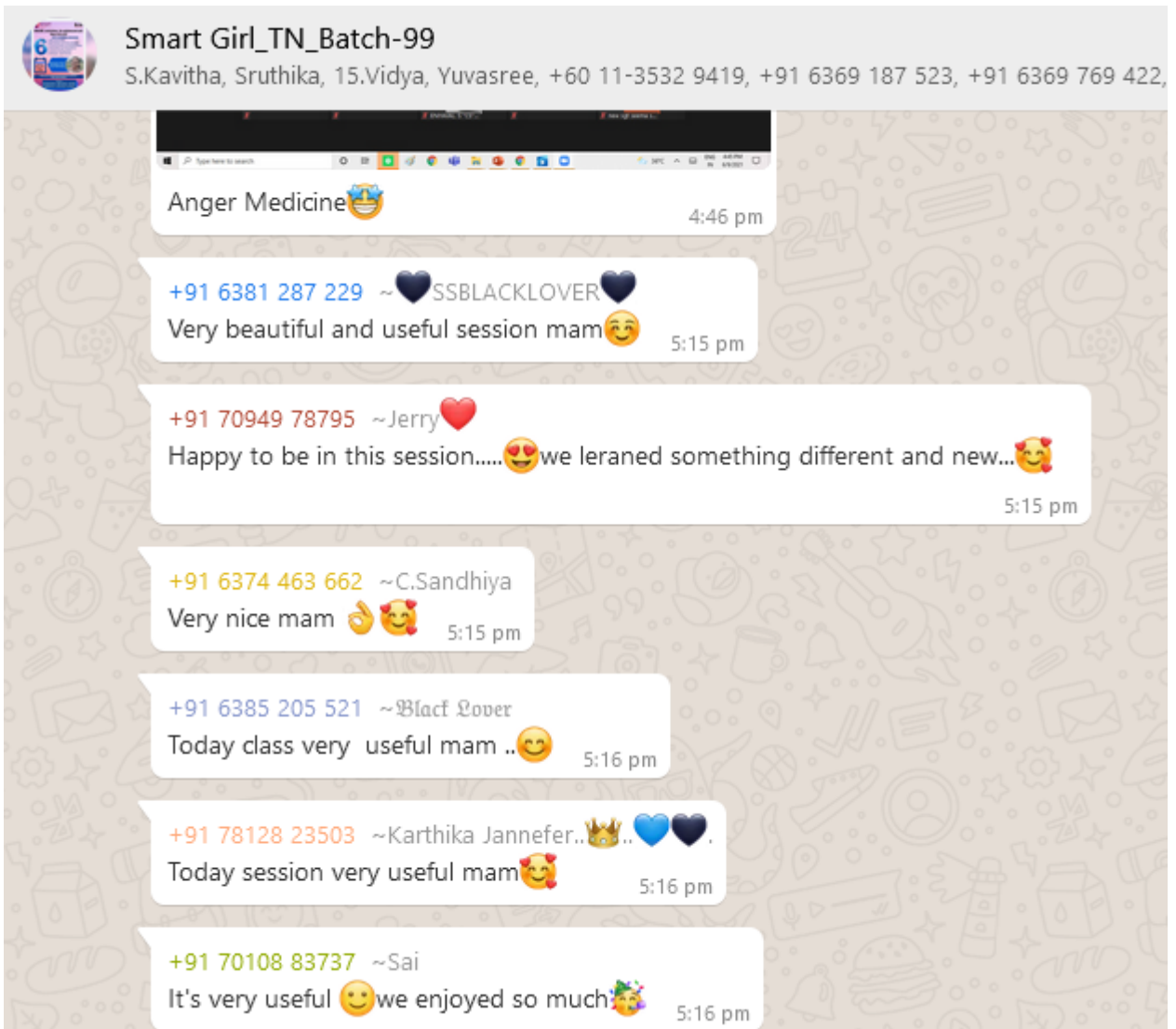
Participants Chat Share Screen Record Reactions Leave

4:20 PM 6/9/2021

Self Esteem ...



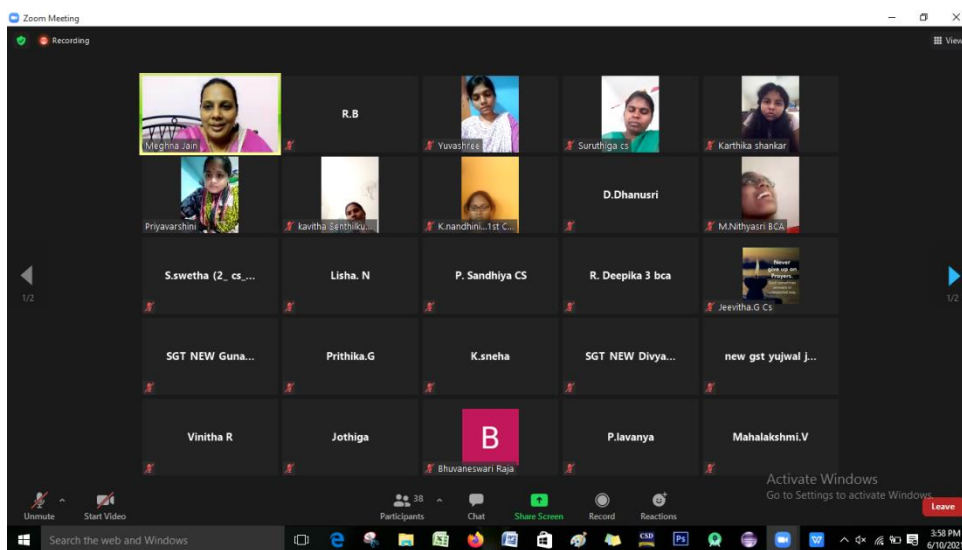
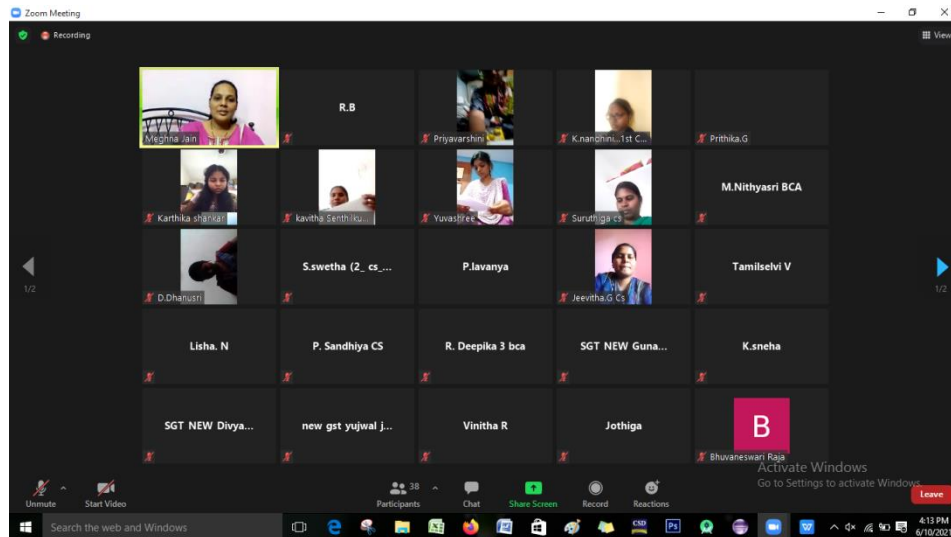
Day 2 Student Feedback:

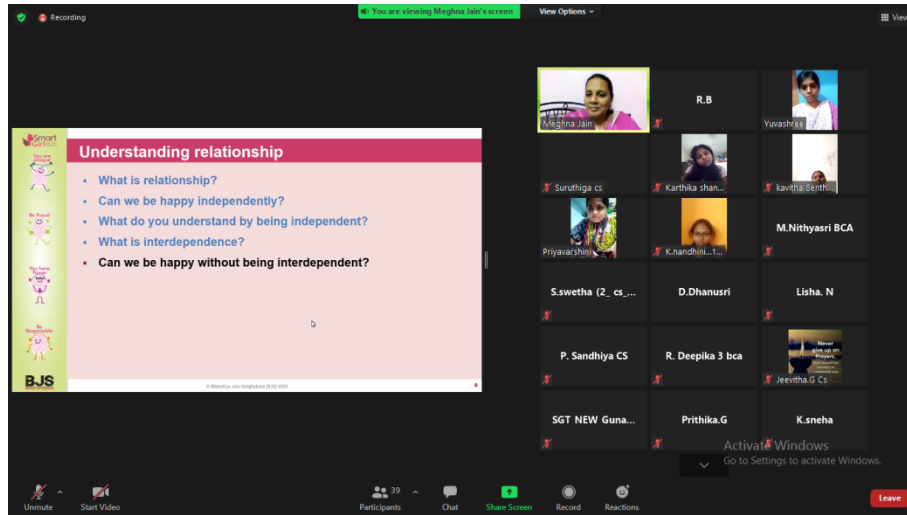


DAY 3: 10. 06.2021-“Communication and Relationship”

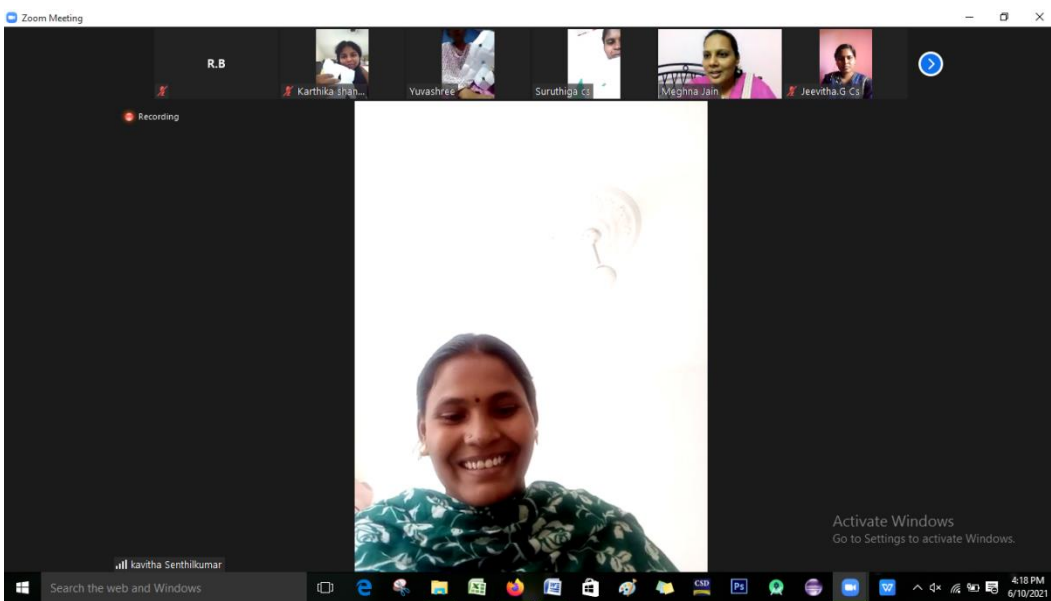
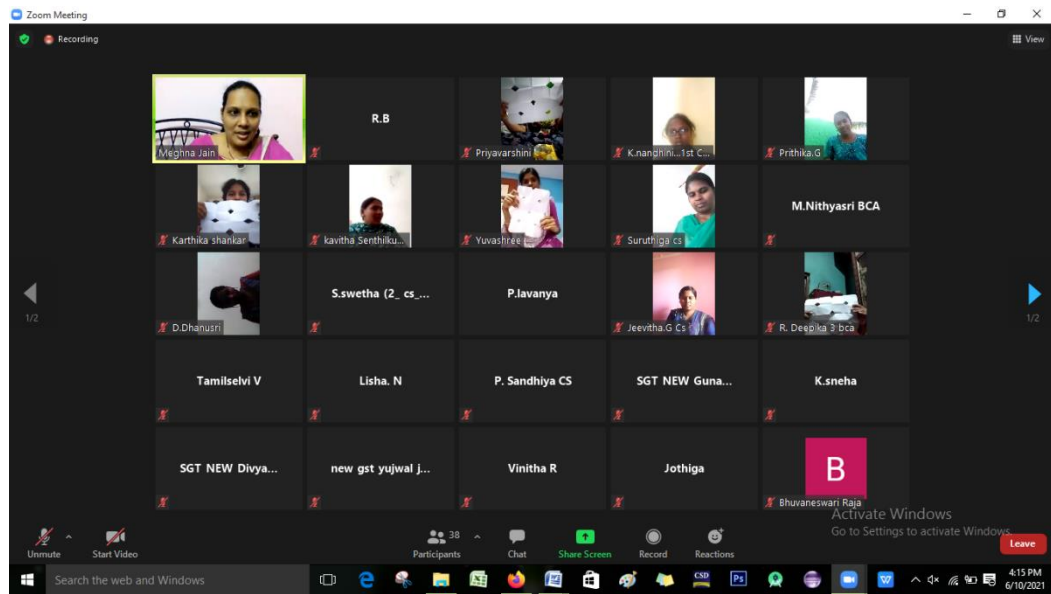
The session entitled with “**Communication and Relationship**” started at 3 pm. The trainer interacted with students about previous activities and awareness of self defense. She has explained about the healthy communication and healthy relationship. Later she said how to be open and honest with parents and others through a small activity using a piece of paper. Then she has done enacting expression activity include irritated, disinterested deeply hurt, caring, consoling and over enthusiastic. And she listed and explained the key skills for healthy relationship like active listening and positive. After that she has explained emotions and relationship with four attitude point that are MAITRI, KARUNA,PRAMODA and MADHYASTA. The session ended at 5.15pm

Screenshots:





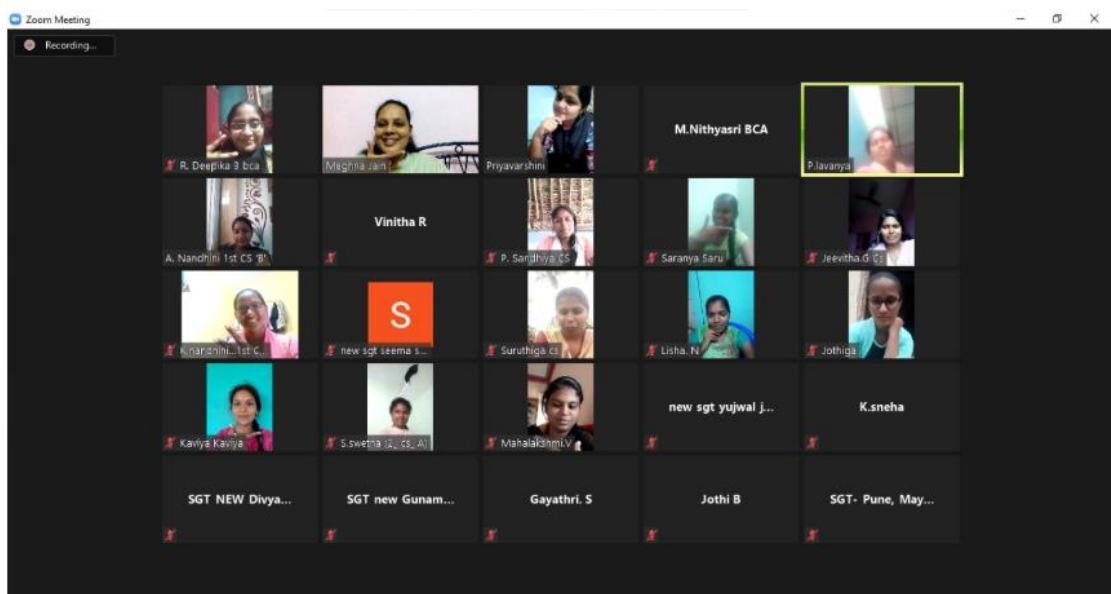
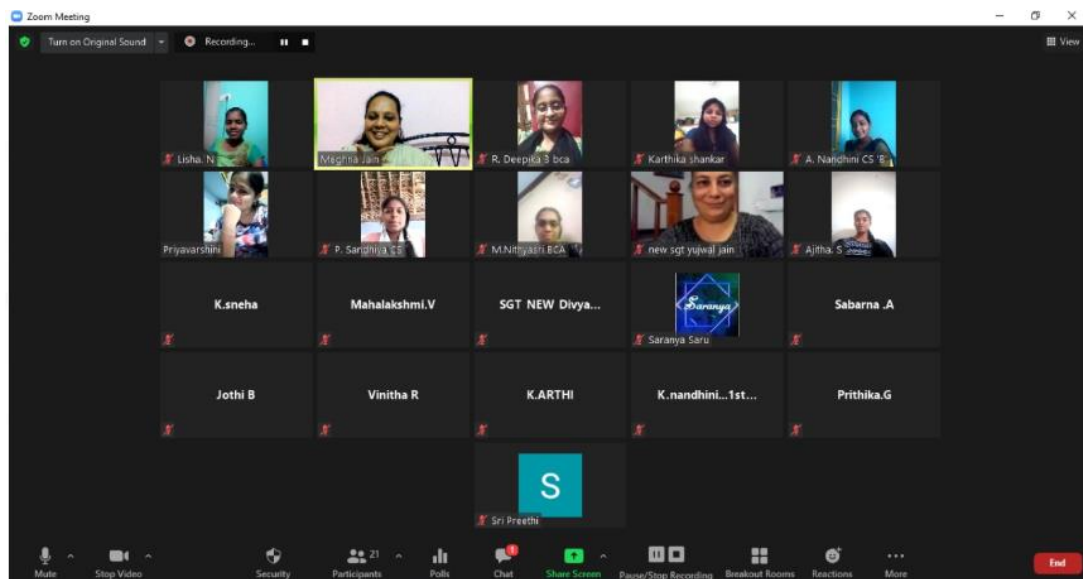
Activities done by Students:



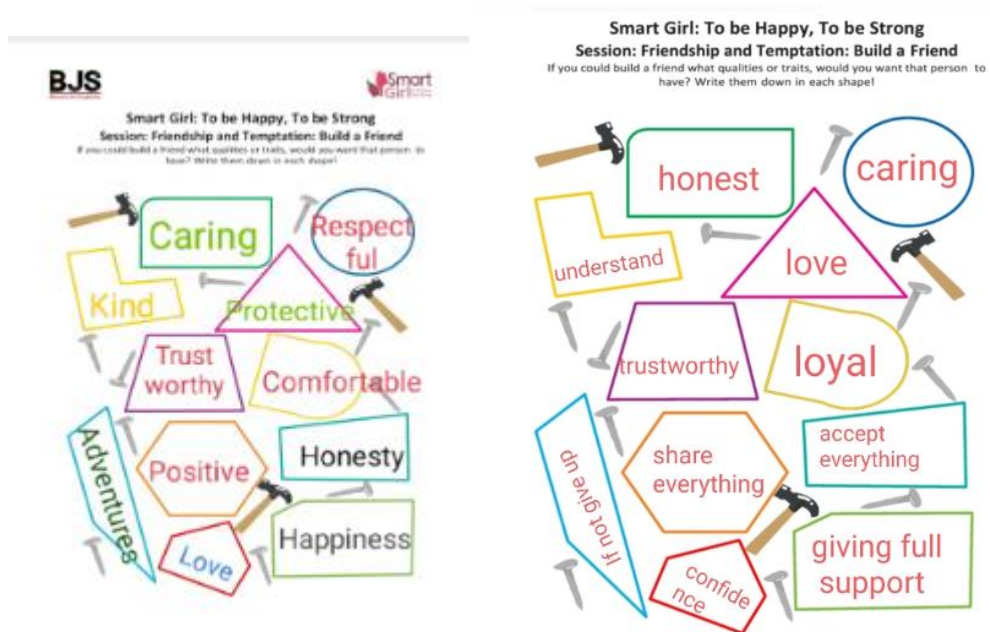
Day 4: 11. 06.2021- “Friendship and Temptation”

The Day 4 session entitled with “**Friendship and Temptation**” started at 3 pm. The trainer has gone through the previous session topics of relationship and communication. After the recap she explained about temptation and friendship, who are the entire good one, how to find them in such a way with an example. During the session she interacted with student and asking about their friendship in their lives. Session ended at 05.05 pm.

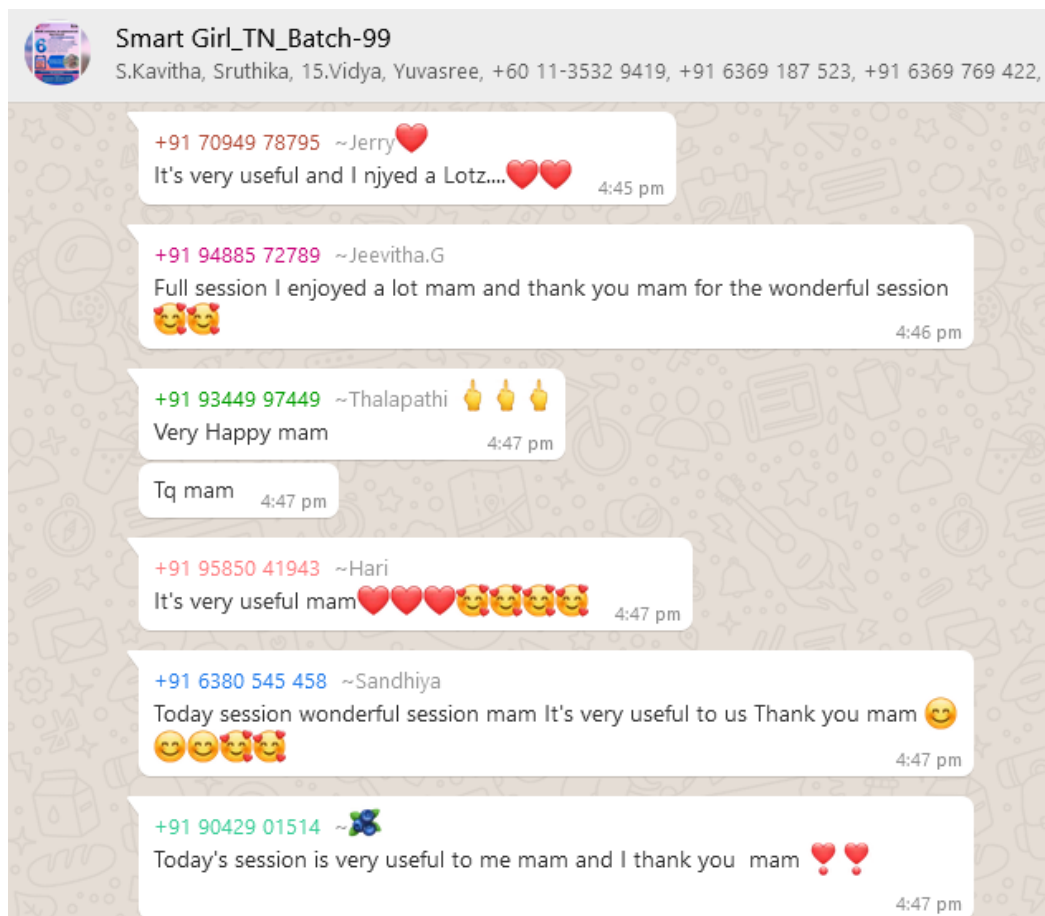
Screenshots:



Activities Done by Students:



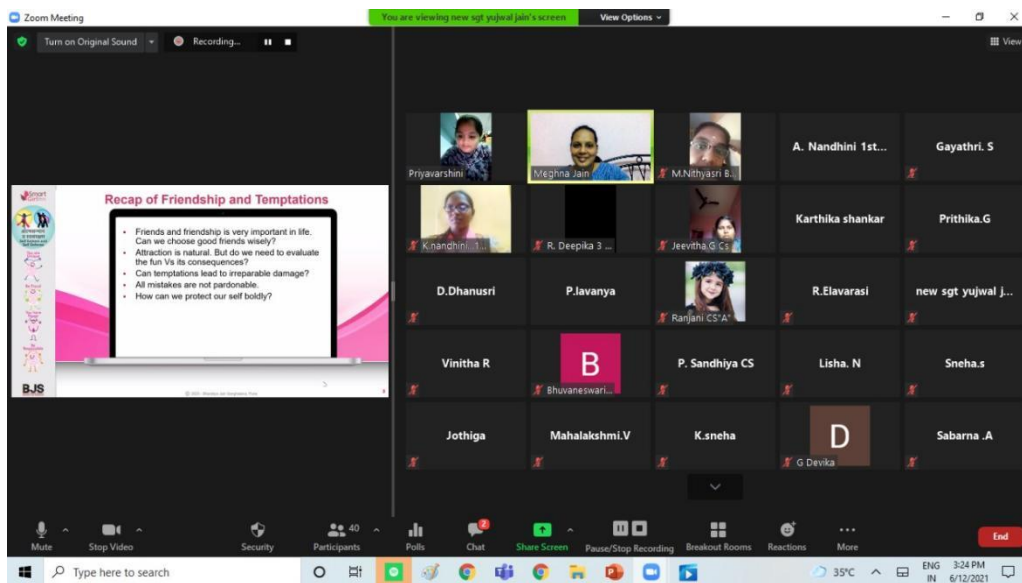
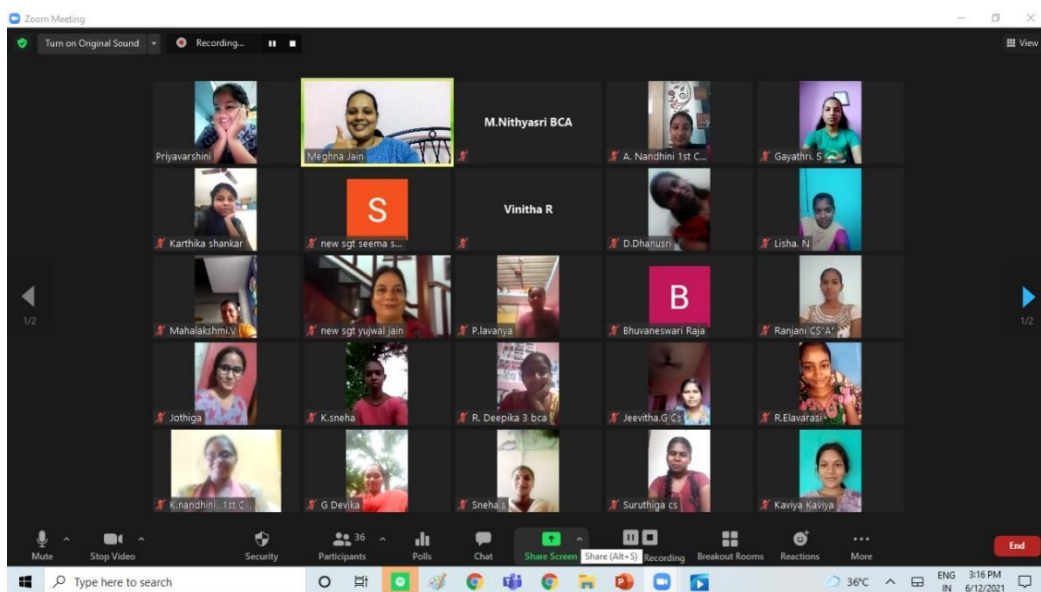
Day4 Student Feedback:



Day 5: 12. 06.2021- “More Freedom- More Responsibility”

The Day 5 Session Started at 3 pm with the Mantra “**More Freedom- More Responsibility**”. The trainer explained about the Responsibility. It means our decision being accountable in our life with different perspective of our situation. She has differentiate some kind of decisions in our life namely, choice of higher studies, choice of relationship, Right use of technology and future career. In between the session, she interacted with the students. Session ended at 5.10 pm.

Screenshots:



Activities Done by Students:

What things do you think are needed in order to have a Happy Home?
understanding, love, caring
patience

Do you feel like you have a Happy Home?
definitely I have
happy home

Which of the things you wrote down do you feel you have in your home?
my mom, her love, caring
my family understanding

Which things do you feel are missing?
I don't miss anything because my family always with me

What would need to be different in order for your home to be a Happy Home?
my home is happy home with love and
understanding

Give a name to your home..... lovely home

7:50 C&R-2_Worksheet

BJS Smart Girl

Smart Girl: To be Happy, To be Strong
 Session: Communication and Relationships
 Happy Home (Draw missing part of the house as well)

What things do you think are needed in order to have a Happy Home?
understanding
caring, love

Do you feel like you have a Happy Home?
yes I am felt I have a
happy family

Which of the things you wrote down do you feel you have in your home?
we have good
understanding

Which things do you feel are missing?
My best friends

What would need to be different in order for your home to be a Happy Home?
Understanding, healthy
and good communication

Give a name to your home..... Happy family

Student Feedback:

Smart Girl_TN_Batch-99
 S.Kavitha, Sruthika, 15.Vidya, Yuvasree, +60 11-3532 9419, +91 6369 187 523, +91 6369 769 422,

+91 95850 41943 ~Hari
 Wonder full session we enjoyed mam 🥰🥰🥰🥰 5:16 pm

👍👍👍👍👍 5:17 pm

+91 90477 12435 ~👑👑Manikandan.D👑👑👑👑
 thank you so much mam,for your wonderful sesion,it is very useful for me 😊 5:17 pm

+91 6380 545 458 ~Sandhiya
 Wonderful session mam really enjoyed and useful for me Thank you so much mam 🥰🥰🥰🥰🥰🥰 5:18 pm

+91 78128 23503 ~Karthika Jannefer..👑..💙💙.
 Today session is very beautiful mam 🥰🥰 tq so much mam 5:18 pm

+91 6383 142 595 ~Ajith
 Today session is very useful and enjoying mam thank you mam 5:20 pm

+91 6369 944 387 ~svisu150594
 Today session very nice 👍👍👍🥰🥰 we enjoyed mam tq so much mam 5:35 pm

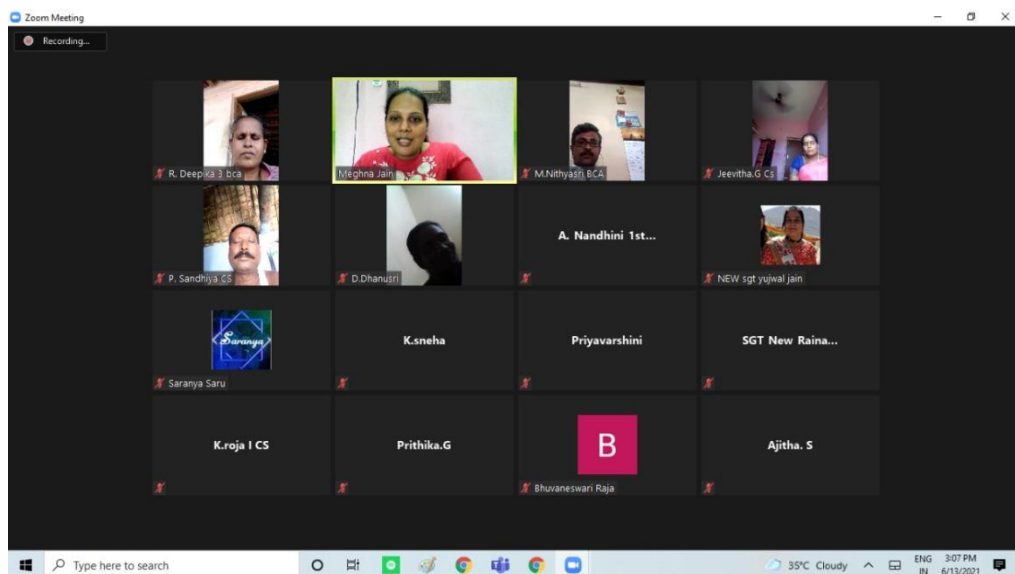
Day 6: 13. 06.2021 Parenting Session

Day 6 Session Started at 3 pm. Students were brought their parents to this parenting session. The trainer spoke with parents about friendly approach to their children. How could be understanding their mind and emotions and physical maturity at a much earlier age and now compared to emotional maturity were discussed with their parents. The trainer asked eight question to the parents about their children. They are

1. Favorite color
2. Favorite Food
3. Favorite Subject
4. Favourite Hero
5. When their daughter getting happy?
6. When their daughter getting Sad?
7. When their daughter getting frighten?
8. When they need Parents?

Parents were enthusiastically participated and got new hope and ideas about their children. Session ended at 4.47 pm

Screenshots:



Zoom Meeting

Turn on Original Sound Recording...

1/2

Mute Stop Video Security Participants 27 Polls Chat Share Screen Pause/Stop Recording Breakout Rooms Reactions More End

Type here to search 35°C Cloudy ENG 4:00 PM IN 6/13/2021


Zoom Meeting

Turn on Original Sound Recording... You are viewing NEW sgt yujwal jain's screen View Options

1

Mute Stop Video (AR+V) Security Participants 24 Polls Chat Share Screen Pause/Stop Recording Breakout Rooms Reactions More End

Day 6 Student Feedback:

 **Smart Girl_TN_Batch-99**
S.Kavitha, Sruthika, 15.Vidya, Yuvasree, +60 11-3532 9419, +91 6369 187 523, +91 6369 769 422

+91 95850 41943 ~Hari
Wonder full session we enjoyed mam 🥰🥰🥰🥰 5:16 pm

👍👍👍👍👍 5:17 pm

+91 90477 12435 ~👑👑Manikandan.D👑👑👑
thank you so much mam,for your wonderful sesion,it is very useful for me 😊
😊😊😊 5:17 pm

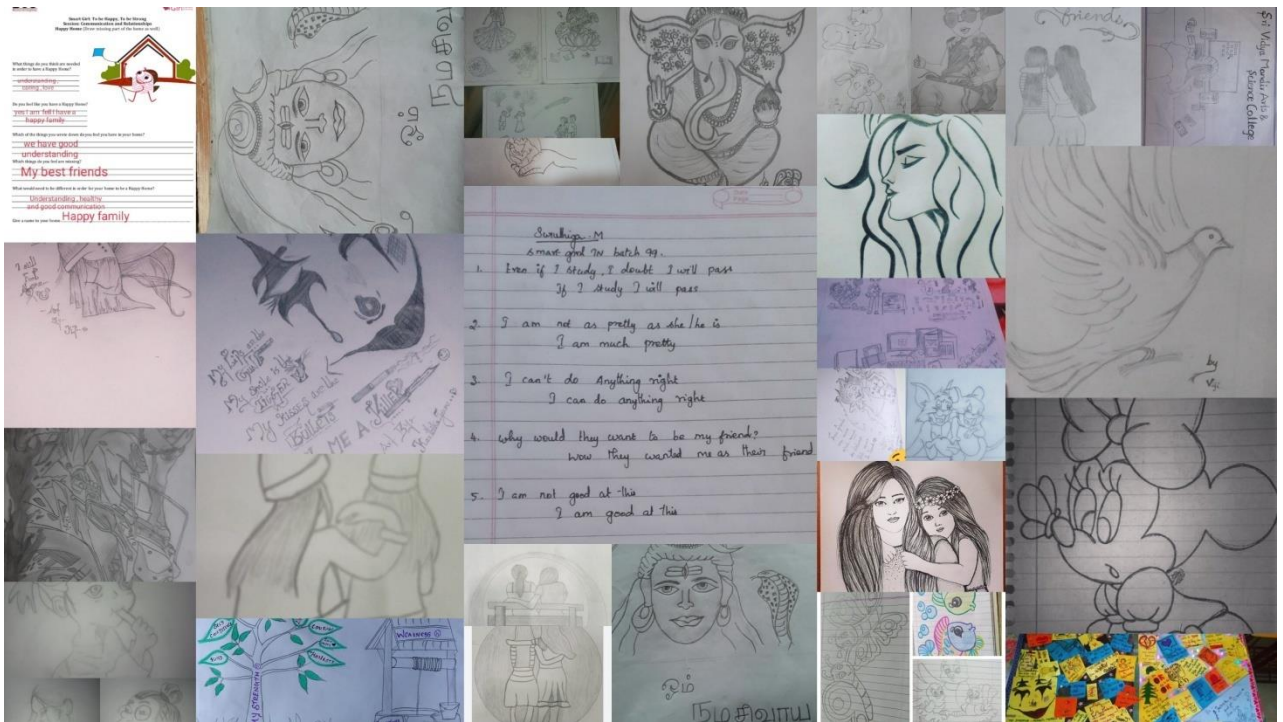
+91 6380 545 458 ~Sandhiya
Wonderful session mam really enjoyed and useful for me Thank you so much
mam 🥰🥰🥰🥰😊😊😊 5:18 pm

+91 78128 23503 ~Karthika Jannefer..👑💙💜.
Today session is very beautiful mam 🥰🥰🥰 tq so much mam 5:18 pm

+91 6383 142 595 ~Ajith
Today session is very useful and enjoying mam thank you mam 5:20 pm

+91 6369 944 387 ~svisu150594
Today session very nice 👍👍👍😊😊 we enjoyed mam tq so much mam 5:35 pm

Smart Girls Student Activities



Something M

1. Even if I study, I doubt I will pass
If I study I will pass
2. I am not as pretty as she/he is
I am much prettier
3. I can't do anything right
I can do anything right
4. Why would they want to be my friend?
Wow they wanted me as their friend
5. I am not good at this
I am good at this

Smart Girls Student Activities
My best friends
Happy family

நமசிவாய
ஓம்

My best friend
I'm not as pretty as she/he is
I am much prettier
I can't do anything right
I can do anything right
Why would they want to be my friend?
Wow they wanted me as their friend
I am not good at this
I am good at this

Smart Girls Student Activities
My best friends
Happy family

நமசிவாய
ஓம்

Smart Girls Student Activities
My best friends
Happy family