



## Winter Camp in Government Girls Inter College, Haridwar

A winter camp was organised under STEP Programme with an objective to have regular interaction with the students. Students were made aware about livelihood awareness themes including: Job Readiness, Gender Empowerment and Happiness Sutra. It was for a period of seven days, where Development Alternatives, along with other NGO partners engaged the students through various infotainment activities.

### Themes Covered During the Winter Camp:

Job Readiness – The session commenced with the introduction to the theme of **Job Readiness** and interacting with the students about their views on entrepreneurship, employment, self-employment etc.

Mock interviews were also conducted for students through an activity called '**Role-Play**'. Through this activity students learned about job interview, it's types, how to conduct yourself in interviews. Other activities conducted under this theme include GD, SWOT Analysis, learning to write emails and cover letter etc. '**Walk Walk**' activity was conducted with an aim to make students understand the importance of team work. Through activity such as '**Meri Pehchan**' students learned how they can best describe themselves.

Gender Empowerment - With the aim of making students understand the gender influences and it's impact on one's career choices, **Gender Empowerment** theme was introduced. Students were made aware about meaning of gender and gender stereotypes through activity based sessions. Discussions were held on topics such as '**Women in leadership**', '**Benefits of Economic Empowerment for girls**', '**Use of Women Safety Applications**'

Happiness Sutra (Stress Management) - The theme of **Happiness-Sutra** was introduced to make students understand the importance of **Stress Management** and learn different mechanisms to **cope with stress**. By conducting **Yoga Session** and **Exercises** with students, they were made aware about

benefits of taking care of themselves. The highlight of this theme was that a Professional Yoga Expert came to deliver the Yoga-Session.

During this camp various observations were made which shows the positive impact of such activities on students. Since the camp started there was significant improvement in attendance of students, teachers witnessed positive behavior change where there were less cases of breach of discipline. It instilled confidence amongst students and helped them by reliving their stress caused from usual schedule and pressure of academic performance.