

"MY LIFE MERE FAISLE"

(A Training Programme)

University of Lucknow

1st March to 3rd March 2020

Yeh Ek Soch Foundation , Lucknow

National Service Scheme, University of Lucknow



TRAINING ON "MY LIFE MERE FAISLE"

The National Service Scheme sees NSS volunteer as change agent, willing to generate hope in the minds of young people who have concrete ideas and really want to bring change. In collaboration with Yeh Ek Soch Foundation, a training on "*My life, Mere faisle*" was organized from 1st March to 3rd March 2020 it aims to build agency of the young women and men to take charge of their lives and make decisions including decisions with regard to marriage, choice of partner and sexuality.

Orientation

An orientation was conducted with the students of NSS where we discussed about the need of the program and were able to build an understanding over Sexual and reproductive health and rights and its importance.

Aspirations

Through the story telling session, the participants were able to recognize their dreams and aspirations. Also, understand the strengths they hold to fulfill the aspiration, steps needed and the changes they needed to fulfil it.

Session 1: 100% RESPONSIBILITY

this session aimed at explaining the concept of 100% responsibility towards taking charge of ones life. It encouraged participants to look at their decisions and analyse how passively or proactively they have engaged with it.



Session 2 : BODY IMAGE

The session helped participants to understand and be comfortable with the changes in the bodies at the time of adolescence. It also helped participants discuss and look deeper into some myths related to masturbation, menstruation and discuss their fear

and doubts. the session also intended towards familiarizing participants with common stereotypes of beauty.

Session 3: ADDIE MODEL (Designing Social Action project)

The session helped participants understand the importance of having looking at a campaign from a big picture. They also were able to understand the Early Child Marriage and its occurrence in India.

EXPERIENCE sharing by volunteers

"Today was a great day, for the first time I conducted a social initiative with ADDIE design and it was an overwhelming experience for me. Also, the body mapping session helped me break my silence over body shaming." - Shagun, NSS Volunteer

