

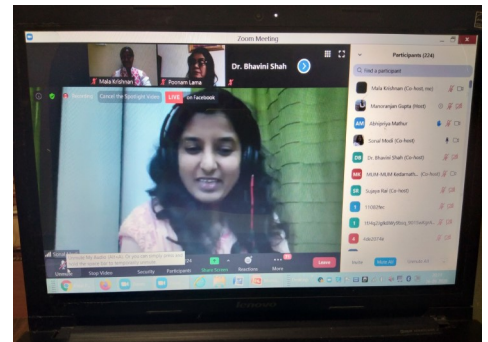
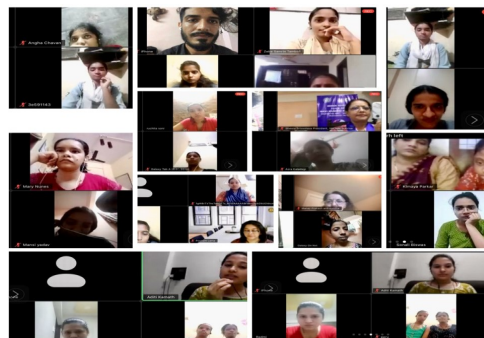
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Menstrual Hygiene

An interactive and engaging programme on Menstrual Hygiene was conducted by Rotary@Navimumbai to raise awareness about menstruation for the abled and specially-abled girl students across Sujaya Foundation. Total of 469 girl students had joined the session.

This programme focused on developing awareness and building a positive mindset to accept the inevitable changes in a woman's body. The session made the girls aware about their monthly cycles, the myths associated with periods and most importantly the hygiene regimen that should be adhered to at such times. Dr. Deepa Kala and Dr. Bhavini Shah Balkrishnan, experienced gynaecologists were invited to speak on this topic. Ms.Sonal Modi, a rotary member, made the girls aware about various sanitary products like cloth napkins and menstrual cups that are cost efficient and eco friendly. The session gave the students an opportunity to get expert advise about the problems related to periods and the maintenance of hygiene.



Session on Public Speaking

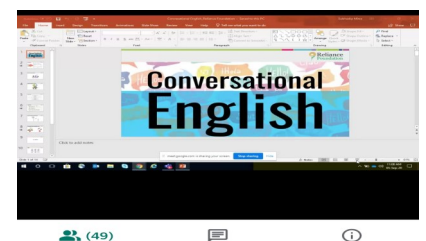
Anam Gwaliori, Technology Consultant, Ernst & Young and a Soft Skills trainer conducted a virtual session on Public Speaking skills for the I Learn-I Earn students. She explained how the speaker should be confident and well prepared with the content to engage and convince the audience. She described the stages in which a speech can create impact on the audience. She also explained the need for a public speaker to keep engaging the audience and state the right facts. She explained it by giving the below mentioned examples.

- 1) Ethos - Ethical appeal to convince audience
- 2) Logos - To convince audience by use of logic or reason
- 3) Pathos - To persuade an audience by appealing to their emotions.



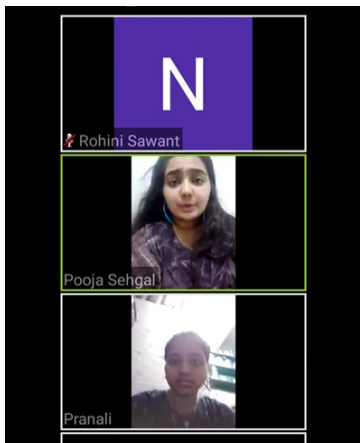
Basic Conversational English

A session on Basic Conversational English was conducted by Subhadip Mitra, Senior Member, Learning & Development, Reliance Group. The session was organized for the of Tech Mahindra Foundation SMART Project and Bandra Centre students. Subhadip emphasized on the importance of conversational English. He mentioned about developing self confidence which would invariably help the students to become fluent in the language. He shared few valuable tips like watching English videos from YouTube, reading stories, watching English films with subtitles etc. These small tips if done regularly would enhance the conversation and language capacity.



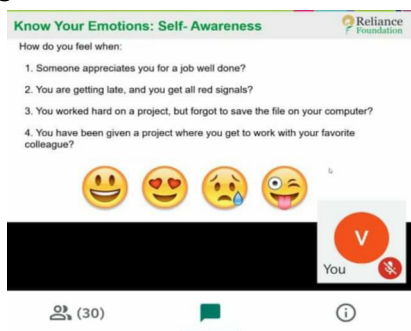
Effective Communication

A session on Effective Communication was conducted by Nami Sehgal - Intern (PR) at Balaji Motion Pictures for the Chembur centre students. She explained what is effective communication, what are the benefits of it and how it plays a vital role when a student enters the job market.



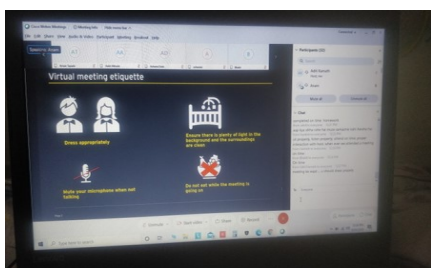
Understanding and Managing

A session on 'Understanding and Managing Emotions' was arranged for the TMF SMART Project students by Perna Malhotra, Senior Member, Learning & Development, Reliance Group. The session focused on understanding emotional intelligence, how to deal and manage one's own emotion. The session was based on situational awareness and students came forward with their opinions on the given circumstances.



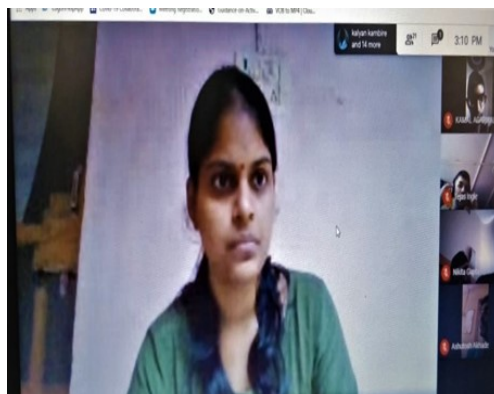
Ethics and Virtual Etiquettes

Anam Gwaliori, Technology Consultant, Ernst & Young and a Soft Skills trainer conducted a session on 'Ethics and Virtual Etiquette'. The session aimed at building and understanding the code of conduct needed for professional grooming. Professional and virtual etiquettes were discussed for meetings.



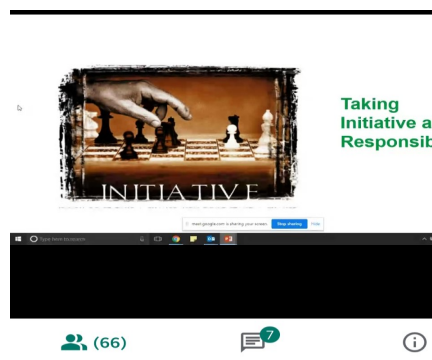
Self Motivation

Aishwarya Chavan, a second year student of Lifespan counselling from St. Xavier's, Mumbai, conducted a virtual session on Self - Motivation. She explained the concept of motivation and its role to help one to achieve one's goals. Further, she explained how to set SMART goals, the process to achieve those SMART goals and how to track their progress.



Keys to being a good employee

A session on 'Keys to being a good employee' was organized for the TMF SMART students by Nitesh Sharma, Senior Member, Learning & Development, Reliance Group. The session focused on the importance and difference between Individual and team work. He further mentioned that as a good team player, one should always ask when in need of help and offer help when others need it.



NGO Partnership & Feedback

Sujaya Foundation has collaborated with Rangoonwala Foundation India Trust to train their students in the fundamental concepts of English and employability programme.

Kalyani Raut, Program Manager, Rangoonwala Foundation says, "English Immersion is helping the students to improve their English with increased confidence to speak in the language. With proper guidance and mentoring, they have moved a step ahead towards progress."