

SMARTGRAM PROJECT INITIATIVE BY RASHTRAPATI BHAVAN Rajakiya Varishta Madhyamik Vidyalaya, Dauhla, Gurgaon (January 2017)

As per the planned schedule for the month of January 2017, a workshop on Life Skills, Health & Wellness workshops and orientations through **MOBILE CLASSROOM EDUCATIONAL VAN** was conducted at the **Rajkiya Varishta Madhyamik Vidyalaya, Dauhla on 25th Jan 2017**. Around 95 students actively participated in the workshop which lasted for about 3 hours.

Following were the activities which took place in the workshop.

1. In the beginning, a **Peer Educators training programme was conducted in which 12 students from 9th and 11th participated volunteers**. They were made aware of the various fallouts of stress through which a student goes through during exam time. They learnt the necessary coping skills and methods which are required to overcome the stress. Tips to improve study skills, relaxation techniques and means to improve efficiency during exams were told.

They were also educated about the rights of a girl child, their safety needs, significance of self defence mechanisms and their overall psychological and physical well being.

2. Students were divided into groups and each group made a poster explaining their views and how they intent to combat exam stress. They mentioned the novel ways to combat exam stress through their drawings.
3. One of the group expressed their views and **ideas about the topic in the form of a poster with a message**. Few girls made a **skit which portrayed the bias and partiality they** face at home and in the school. A song on importance of girls in the society was sung by a boy.
4. A session on vocational training and career choices was done with the help of various posters and study materials present in the van. This session explained the immense possibilities and the broader prospects the students have after they pass out from school.
5. Topic on various career choices like farming, defense, teaching, pharmacy and civil services were discussed. Importance of physical fitness and academic excellence for a suitable career was emphasized.

Learning Outcomes: Classroom Van Education Programme is an innovative methodology for Community Intervention. Use of life skills for managing day to day behaviour and understanding the critical changes that take place in the transitional stage of adolescence were explored. All the students enjoyed and got inspired by the activities they did. A proactive participation was shown by the Peer educators. They felt motivated and realized their potential as leaders which was an accomplishment by itself.

