

Workshop on Youth Empowerment



This workshop aims to:-

Create awareness about Youth empowerment through interactive session with class IX, XI and XII students taken by above mentioned resource person Ms. Priya Sawant, and foreign delegates. They begin with the aims, choices and efforts invested by the students to fulfill their dreams.

Discussed that Youth empowerment is a process where children and young people are encouraged to take charge of their lives. They do this by addressing their situation and then take action in order to improve their access to resources and transform their consciousness through their beliefs, values, and attitudes.

They emphasized upon Youth empowerment programs which are aimed at creating healthier and higher qualities of life for underprivileged or at-risk youth. The five competencies of a healthy youth are: (1) positive sense of self, (2) self- control, (3) decision-making skills, (4) a moral system of belief, and (5) pro-social connectedness. Developmental interventions and programs have to be anchored on these competencies that define positive outcomes of healthy youth.

They briefed about their life that how they are involved in uplifting an underprivileged part of the society, and what programmes they are launching for the welfare of society. There are programs aimed at just empowering women and young girls. Regardless of specific goals or methods, empowering effects include improving women's wellbeing, self-esteem, and self-efficacy, and enhancing social status by teaching technical and organizational skills.

They ended up the session by telling them that people will forget what you say, people will forget what you did but will never forget how you make them feel. It was very interactive and interesting session indeed.

RESOURCE PERSON: MS. PRIYA SAWANT

FOREIGN DELEGATES: 1. **Shamila, Ms. Johannesburg 2018(Founder / CEO/ FAMRAM SOLUTIONS)**

2. **Jossine (Author, Health and Social Care)**

3. **Dr. Caroline Makaka (Multi Award Winner)**

4. **Daksha Divinny Ramjawan(Ms. Gauteng, South Africa)**

5. **Sandra Fernandes, Fashion & Beauty Ambassador**