

'I CAN, I DID'

Svapoorna Pilot Report

2019



INDIA HAS THE WORLD'S LARGEST ADOLESCENT POPULATION, BUT LIFE SKILLS THAT CAN ENABLE THEM TO THRIVE AS ADULTS ARE MISSING

70%

of the students believe they are unable to share how they feel without hesitating ⁽¹⁾

94%

of the students think they will not be able to solve their problems ⁽¹⁾

60%

of the students share that when facing a problem, their first reaction is to worry ⁽¹⁾

87%

of the students think that they do not know how to reach their goals ⁽¹⁾

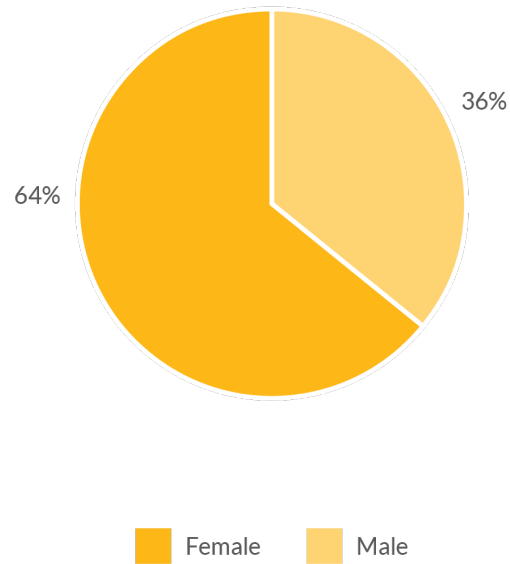
(1) Results from a 5-month long empathy research with school students, Medha 2018



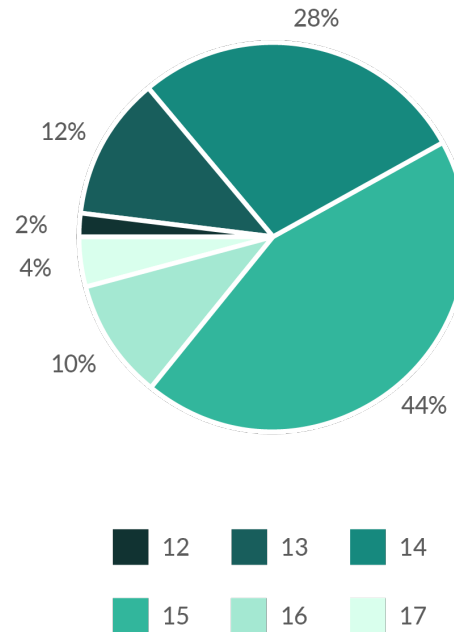
IN ORDER TO BUILD RESOURCEFULNESS AMONG SCHOOL-GOING ADOLESCENTS, WE PILOTED A LIFE SKILLS INTERVENTION PROGRAM CALLED SVAPOORNA



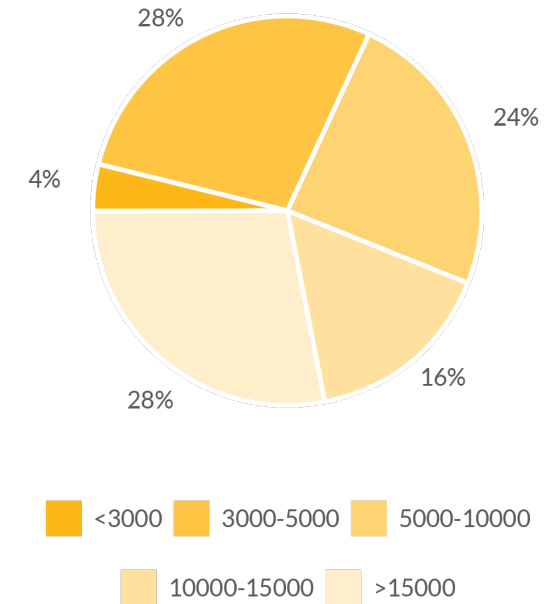
Gender



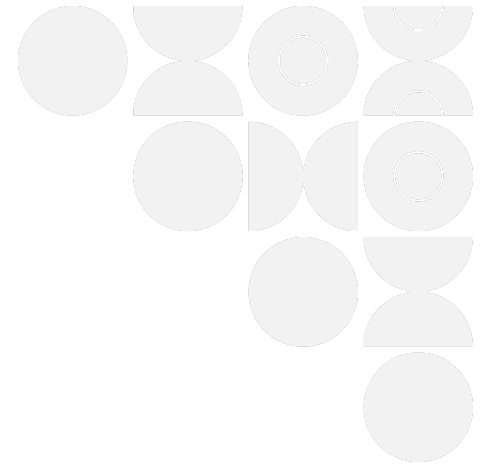
Age



Family Monthly Income



THAT COMBINES LIFE SKILLS EDUCATION WITH REAL-WORLD EXPOSURE AND STUDENT-LED INITIATIVES



Phase 1: Facilitator-led sessions

that build social-emotional and life skills in students



Phase 2: Project-based approach

to help students explore real-world problems and challenges



Phase 3: Self-led initiatives

where students apply their skills outside the classroom in a real-life situation

SO THAT SECONDARY SCHOOL STUDENTS CAN EMERGE AS LEADERS AND PROBLEM-SOLVERS

Now, I know how to handle tough situations with perspective!

“

“Being the head of the designing committee, I was handed down a lot of work from other teams, like designing the badges and posters they needed.

Once my entire team worked for a day and made customized badges for each team, but then the core-committee members said they wanted their badges to be square-shaped. I was so angry that for the first time, I raised my voice and then resigned from my post!

When I went to our program facilitator to inform her, she asked me if I wanted to do this. If yes, she would accept my resignation - this made me think about how resigning from my post would mean that the certification ceremony would not go well, and my team members will be sad too.

I took my post as leader back and then told the core-committee members that we would try to change the badge, but this will not happen the next time, and they should respect the time and work my team had put into this task.”

”

Bhagyashree, Student

I
**STAND
UP FOR
MYSELF**



WITH THE CONFIDENCE AND RESILIENCE TO MAKE THE MOST OF THEIR OPPORTUNITIES IN LIFE



I don't hold myself back. I believe I can learn and grow!

“

“I used to sit at the back in class. I did not like participating in activities but sat with my friends and kept seeing what was happening.

One day when elections were being held for core-committee members, I nominated myself and even got elected! I was surprised that so many classmates voted for me. I worked with members whom I had never spoken to earlier and realized that they valued my opinions.

For the first time in my life, I spoke in front of an audience on the day of the certification ceremony. I was so nervous, but I really wanted to share my experience and all my classmates were cheering for me.

At one point, I got stuck, and although I had prepared my speech in English, I continued in Hindi. I was so proud of myself that day as I never knew I can do this. Now I know, I will never be scared to face an audience, and if I am, I will still be able to do it.”

”

Faiz, Student

THE PILOT REAFFIRMED OUR BELIEF IN PROJECT-BASED AND SELF-LED LEARNING TO BUILD LIFE SKILLS IN STUDENTS

90%

students successfully took charge of organizing their program closing ceremony ⁽¹⁾

70%

students demonstrated knowledge of problem-solving processes ⁽¹⁾

85%

students proposed multiple innovations to solve a real-life challenge ⁽¹⁾

90%

students opted to lead a '5-minute class' demonstrating confidence and communication ⁽¹⁾

(1) Results from the Svapoorna pilot with 60 class 9 students, Medha 2019



AND HAS BECOME THE BASIS FOR OUR ONGOING
LIFE SKILLS EDUCATION PROGRAM IN SCHOOLS

of
PUSH YOUR POTENTIAL PROGRAM

Planned & Organised by Students of
**TECHNO ACADEMIC SENIOR
SECONDARY SCHOOL**

THANK YOU

