



# ज्ञान प्रबोधिनी स्त्री-शक्ति प्रबोधन

## Project Report

### Yuvonnati – Empowering Rural Young Women

*Stree Shakti Prabodhan – Jnana Prabodhini*

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### About Stree Shakti Prabodhan

**Stree Shakti Prabodhan** (Awakening Women Power) is a dedicated unit of **Jnana Prabodhini**, established in **1995**, and currently active in the **Pune** and **Solapur** districts.

[Stree Shakti Prabodhan Facebook](#) | [Jnana Prabodhini Facebook](#)

The unit works in multiple areas such as:

- Self-Help Groups (SHGs) and microcredit
- Women and child health
- Skill development and entrepreneurship support
- Rural leadership development
- Girls' hostel management

Over the last 25+ years, Jnana Prabodhini has developed a strong presence in **over 100 villages** in **Bhor and Velhe Taluka**, identifying several key challenges faced by rural women:

- **Limited impact of gender awareness movements** at the grassroots level, leaving many women unaware of government policies and schemes.
  - **Lack of education, exposure, and social barriers** have hindered the confidence and growth of women.
  - **Social dynamics** often exclude women from decision-making roles at both family and community levels.
  - These issues collectively result in **stagnation in personality and leadership development** and restrict opportunities for individual progress.
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# Introduction

## Young Women's Development – Preparing Rural Youth for Leadership

It is crucial to equip rural young women with the skills required to make independent life decisions, solve personal and community problems, and become agents of change.

Experience shows that when young women take up leadership roles before marriage, they:

- Gain confidence
- Earn respect within their peer group
- Begin to stand out in their community

This makes it essential to design focused training programs for them. The **Yuvonnati** project is a step in this direction.

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## Project Objectives

The key goals of **Yuvonnati** are:

- To develop **leadership skills** in young rural women
  - To **inspire** them to take on leadership roles in society
  - To work towards the **empowerment** of rural women
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## Yuvonnati Overview

The "Gramin Yuvati Netrutva Vikas" (ग्रामीण युवती नेतृत्व विकास) project was branded as "Yuvonnati" (युवोन्नती). It was implemented in **Velhe Taluka, Pune District** with **20 young women** between the ages of **16 to 22**.

The project focused on:

- Leadership and personality development training
  - Real-life opportunities to practice leadership
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## Scope of Work

Two major components structured this project:

### 1. Leadership Development Sessions

Ten structured sessions were held on various soft skills and leadership topics.

### 2. Opportunities to Lead

Participants were given chances to apply their skills through the following activities:

- Financial literacy sessions (KYC, Aadhaar, PAN, etc.)
- Conducting **Dal (दल)** sessions for village children
- **Industrial visits** and presentations
- Celebrating **Raksha Bandhan with soldiers**
- **Conducting interviews**
- Participation in **Ashadhi Wari (आषाढी वारी)**
- **Photography competition** on local biodiversity
- Participation in the **Tech-Friendly Project**

**Funding Support:** This project was financially supported by **HEALTHEDGE Company**.

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## Objectives

The purpose of this project is to drive towards achieving below objectives –

- Development of Young Women's Leadership Abilities
- Inspiring them to take on leadership roles in society
- Empowerment of rural young women

### Programs and Events

Sr No	Event / Program	Details	No of Participants
1	Teachers Training Program guided by Pratibha Tai (May 2023)	Training of conducting ground activities was given to enable them to take such activities	34
2	Workshop for planning and organizing by Ashwini Tai Thakkar (May 2023)	Guidance for planning skills for Handling of groups, identifying problems	33

		and finding solutions was delivered	
3	Computer Training course at Velhe and final exam online at Jnana Prabodhini, Pune (May 2023)	Basics of computer and their uses with practical were delivered in this session	13
4	Trouble Shooting and Decision Making (June 2023)	This session gave an experience of group making, challenges they will face, communication with the villagers and leadership skills	30
5	Session on financial literacy( Aug 2024)	Provided Information on how to open Accounts, KYC updation, Aadharcard, Pan card	12
6	Tantra Snehi Prakalpa	Yuvatis delivered the information to 7 <sup>th</sup> std students on how technology can be used for carrying out a task. This gave Yuvati an experience about communicating with children and organizing an event	11
7	Photography competition on local biodiversity	Photography Competition was conducted for yuvatis. This gave an exposure to their creativity	09
8	Conducting Interviews	Gave an exposure to overall market place, exchange of goods, opportunities for buyers and sellers	17

## Exposure Visits

Sr No	Visit	Details	No of Participants
1	Visit to Mantralay, Mumbai(April 2023)	Vidhan Bhavan, Vidhan Parishad, Central Hall, Got an opportunity to know the various departments in Mantralay. Also Visited science park and shivaji park	11 girls and 2 Tai
2	Health edge Company Visit(May 2024)	Tour of the company, Session on career guidance, Guidance session on how to start preparing for their future goals	19
3	Aashaadhi Wari(July 2024)	Got an experience to participate in the most popular and famous event in Maharashtra	11
4	Raksha Bandhan with Soldiers(August 2024)	College of Military Engineering, Dapodi	7 girls tied rakhis to personnel including soldiers, officers and administrative staff
5	Visit to Jnana Prabodhini, Pune(January 2025)	Saw different departments like – Competitive Exam Center, Leadership Development Center, Institute of Psychology, Educational Research Center	24

Exposure visits gave an insight through experience and helped to expand the horizons for the young participants.

## Leadership and Personality Development Sessions

Sr. No.	Topic	Participants (out of 20)
1	Self-Awareness	20
2	Communication Skills	15
3	Planning Skills	20
4	What is Leadership?	12
5	Flexibility	19
6	Taking Initiative	19
7	Responsiveness	18

Sr. No.	Topic	Participants (out of 20)
8	Interview Skills	20
9	Teamwork	20
10	Handicraft Skills	16

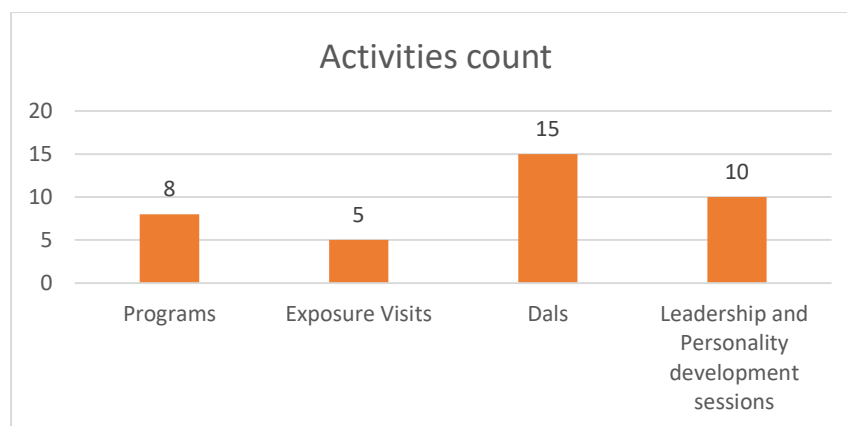
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## DAL (दल)

To promote physical fitness and social engagement among children, "Dal" sessions were conducted twice a week for students in Grades 4 to 7.

### Key Highlights:

- Conducted in **11 villages** from **August 2024 to February 2025**
- **307 children** participated
- **15 Dal sessions** were held
- **7 training sessions** were conducted for young women to prepare them
- Children learned **15 outdoor** and **7 indoor** games, plus local traditional games
- Other topics included: story reading, cleanliness, and good habits



## Opportunities to Organize Camps in Villages

### Highlights:

1. **Camps in 42 villages** were organized between 15 May and 15 June 2023 by **33 girls**.

- Activities included: games, storytelling, scientific experiments, and refreshments.
  - **550 children** (1st to 7th grade) participated.
  - 2. **Teacher Training:**
    - 5 girls attended the “**Anandi Shikshan**” workshop at Jnana Prabodhini (June 2023).
    - They trained **13 other girls** working in tribal Katkari areas.
  - 3. **Outcomes from Camp Participation:**
    - Skills learned: managing children, time management, communication with villagers, problem-solving, and lesson planning.
    - Girls overcame stage fright and became more confident leaders.
  - 4. **Nature Friend Project:**
    - 3 young women led environmental sessions for **275 students** in 3 secondary schools.
  - 5. **Tech-Friendly Project:**
    - 7 young women used laptops to teach **math through educational videos and games** to 7th-grade students.
  - 6. **Digital Skills Training:**
    - 11 young women learned basic computer literacy, including using Google Search and MS Word.
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## Spotlight: Stories of Change

This section presents three inspiring case studies from Yuvonnati participants.

### **Radhika Dighe – Vinzar Village**

- Initially shy, lacked confidence, and couldn’t even say her name.
- Gained confidence through training and started leading sessions for students.
- Now confidently states: “*I want to become a police officer.*”

### **Sayali Kakade – Kodawadi Village**

- Comes from a farming family, walked 8 km daily to attend college.
- Discovered joy in working with children and expressed a desire to appear for competitive exams.
- Has earned respect in her village and is frequently invited to local school events.

### **Dhanashree Ranjane – Ghavar Village**

- Had talent in art but no direction.
  - Through Yuvonnati, earned ₹4,500 through Warli art and gained recognition.
  - Now employed by Raintree NGO and continues to study while working.
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## Impact

The **Yuvonnati** project has shown tangible outcomes:

1. **Increased confidence** and leadership among participants
  2. Steps towards **financial and personal independence**
  3. Clear **identity formation** within family and village
  4. **Reduced stage fright** and improved communication
  5. **Improved life skills** – financial literacy, digital awareness
  6. Strengthened **social networks** and support systems
  7. **Increased self-belief** and aspiration to pursue careers
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## Future Plans

As Yuvonnati moves forward, we aim to:

- **Reach more villages** and engage more young women
- Continue building **self-confidence and leadership abilities**
- Provide access to **entrepreneurship and startup opportunities**
- Create a **sustainable model** of women-led development in rural areas





**Activities planned and conducted by young women in different villages**



**Guidance by Supriyatai Kumthekar on the topic of 'Knowing your Capabilities'**



**Pratibhatai Swami guiding the young women on the topic of 'Communication skills'**





**Applying Interviewing skills in real life –  
Interviewing a shop owner at Velhe**



**Review meeting for Dals (दल)**



**Handicraft Skills – Rakhi Making**



**Healthedge HR team guiding the Young participants**





Review

meeting for Dals (दल)



Celebrating the Raksha Bandhan festival with  
Soldiers



At the entrance of Jnana Prabodhini, Pune



Bageshri Tai Ponkshe guiding the  
young women on the topic of  
'Responsiveness'



Sougandh Deshmukh guiding the  
young women on the topic of  
'Leadership'