

# GARIMA-RECL

Empowering Women in Chhapra, Bihar



## Skill Development – “Bull’s eye of Empowerment”

Empowerment is a terminology associated with individuals gaining self esteem, confidence and independence be it a social or economical. It also paves for liberation be it based on freedom of thought, caste or religion. At upper level of the society, it happens easily but at lower levels of the society, it requires a lot of determination and dedication. Penetrating into rural areas with high concentration of illiterates and less privileged, with the objective of empowerment is a huge task as one has to overcome all the barriers rampant in the communities. Empowerment can take place through awareness generation on skill development. Empowering with vocational skills like cutting and tailoring, handicrafts, embroidery, beauty culture remains the best way and the intervention REC GARIMA has been designed to achieve the desired results.

**“Give a woman a fish and you feed her for a day. Teach a woman how to fish and you feed her for a lifetime.”** The quote remains very apt for the program which tends to train them with skills so that they have a better future. Project GARIMA aimed to empower women of Chapra district through skill development training in Cutting & Tailoring, Embroidery, Handicraft, Beauty Culture and Adult Literacy classes.

A total of 433 underprivileged women were enrolled for 5 months vocational training programmes in different trades, which included both practical and theory classes to nurture their talent. A small percentage of women discontinued for various personal reasons. 402 women have completed their training and will be taking the final examination. During the November month, the women were taken for exposure visits to various local handicraft markets and tailoring units for employment opportunities. After completion of the training they will be assisted with generating livelihood opportunities through self employment and market linkages so that a door to regular income opens in their lives.



## Mid Term Assessments and Practice Sessions

As the training period is nearing completion on 30th November, GARIMA beneficiaries were made to undergo rigorous assessments and practical tests before the final examination. The idea is to hone their skills in both theoretical part and practical knowledge so that when they go out in the market, they can meet any challenge thrown at them...



A mid term assessment test of all trade beneficiaries of GARIMA was conducted on 7 November 2014 at Garkha Dhala centre in Chhapra district. Beneficiaries of cutting & tailoring trade were asked to stitch one pair of cloth with proper drafting and measurement of clothes, afterward a written test was conducted. Similarly, beauty culture trade beneficiaries were asked to show different forms of hairstyle, which hairstyle would suit for which occasion followed by a written test in which questions related to winter skin care were asked, how to take care of the skin in pre winter and winter season. Handicraft beneficiaries made eye catchy, attractive hand made products.

Post examination, the evaluation of test sheets were shown to beneficiaries and correction work was suggested, so that they can correct themselves.

On 8 November 2014, the internal mid term written cum practical test was arranged for REC GARIMA beneficiaries





at Kashi Bazar, Chhapra centre in Bihar. The test was organized in 2 phases, in 1<sup>st</sup> phase a written test was conducted for all trade beneficiaries which included cutting & tailoring trade, beauty culture trade, handicraft trade and adult literacy classes. Trade specific questionnaire were distributed to all concerned beneficiaries. In cutting & tailoring trade questions related to tools & equipment, how to take correct measurement of body, how to make proper drafting & patterns were asked. In beauty culture test, how to use manicure & pedicure set equipments, different type of hair style, how to do bridal make up were asked. In 2<sup>nd</sup> phase all beneficiaries were given trade based practical test, beneficiaries based on the practical questionnaire, developed the products and showed it to instructor for evaluation.

Instructor was happy to see that beneficiaries were able to answer to most of the questions and they all scored good marks.

More than 400 underprivileged women, who have been trained in different trades, have gained confidence to convert their acquired skills into income generation opportunities. Various market linkages have been provided to the trained beneficiaries which have helped them in finding their way to the opportunities and developing their

negotiation skills to fully tap the market. The project team has worked with commitment and dedication to find gainful engagement for each and every beneficiary once they've acquired the knowledge and skills.



## Acquiring new Crafts, Skills and Knowledge

### Personality Development Workshop at Garkha Dhala



A personality development workshop was organized for beneficiaries of REC GARIMA at Garkha Dhala, Chhapra centre on 19 November 2014. Under the project most of the beneficiaries belong to less privileged section of society therefore their personality standards are not up to the mark, they are not groomed as other modern people live in advance society.

Mr. Kanishka Kashyap was invited to deliver note on personality development and interpersonal communication tips to beneficiaries. After

arrival, he gave brief introduction about himself and key area of his interest. Later, he explained to beneficiaries about various factor which lead to shape individuals personality, he narrated how cleanliness, personal hygiene are important in determining personality standards. He gave tips on dressing sense of beneficiaries, what kind of clothes they should wear on different occasion like interview, while at work station etc.

He too emphasized that interpersonal communication skill is a great key of success to livelihood opportunities, he said unlike vocational or technical skills, interpersonal communication skills are used in everyday life as these are relevant to our personal relationship, social affairs. To make session lively and interesting, beneficiaries were asked to participate in mock interview, extemporary speech and different type of games. More than 50 beneficiaries participated in the workshop and benefitted from it.

#### GARIMA-REC Final Examination Schedule for all trades

##### Centre Kashi Bazar

Date	Trade	Target	Enrolled	Drop out	No of beneficiaries taking Exam	Theory (10 AM to 12.30 PM)	Theory (10 AM to 12.30 PM)	Practical (1.30 AM to 4.30 PM)	Practical (1.30 PM to 4.30 PM)
15-Dec-14	C/T	30	61	9	52	B1	B2	B1	B2
16-Dec-14	BC	30	37	7	30	B1	B2	B1	B2
17-Dec-14	Handi	30	36	6	30	B1	B2	B1	B2
18-Dec-14	Emb	30	39	9	30	B1	B2	B1	B2

##### Centre Garkha Dhala

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15-Dec-14	C/T	30	37	7	30	B1	B2	B1	B2
16-Dec-14	BC	30	34	4	30	B1	B2	B1	B2
17-Dec-14	Handi	30	60	10	50	B1	B2	B1	B2
18-Dec-14	Emb	30	37	7	30	B1	B2	B1	B2



### Mehndi Competition at Kashi Bazar

Mehndi is an art form which needs meticulous focus and passion. Women have the patience and interest as they like to dress and apply mehndi at all occasions. Since mehndi is a way of profession leading to income generation activities and which does not require any academic qualification, illiterate, semi literate women belonging to less privileged section of the society can be imparted with such training leading to livelihood. Realizing the potential the trade has, under GARIMA the trade has been taught to women beneficiaries. Since earning comes with perfection and newer designs, they have to be trained practically on various design forms and to evaluate their learning skills a competition was organised on 20 November 2014 at Kashi Bazar training centre.



The beneficiaries under the trade were divided into groups of four participants each. They were asked to design mehndi on each other's hand. All took part actively and applied designs on geometrical shapes, patterns, bridal patterns, arabic designs etc.,

### Hunar Competition at Kashi Bazar Centre

On 29 November 2014 a 'Hunar Competition' was organised to bring out the hidden talents in the women beneficiaries. Since they are getting trained in various vocational trades, they came with bright ideas and competed with one another. The beneficiaries were asked to produce a sample of what they'd learnt and were given 2 hours to complete their task.

More than 150 beneficiaries participated in it and the best talent was identified and awarded with a prize by coordinator.

Instructor of the trade then evaluated the designs on basis of application, usage of intricate designs, coverage of the arms and selected the best three designs and were awarded small prizes as a token of appreciation.



## Efforts towards gainful engagement of all women

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### Exposure Visit turns into a Business Opportunity

For ongoing batches of handicraft trade under REC GARIMA an exposure visit to market was organized on 25 November 2014. Beneficiaries of both Kashi Bazar Centre and Garkha Dhala Centre were taken to local handicraft market to find market linkage/ opportunities where they can supply their handmade products.



During the visit, beneficiaries got to know about the market requirements and on showing their sample products, some shopkeepers showed interest while one shopkeeper gave them an order to produce the festival thalis. The business opportunity which came their way during a study visit, has boosted their confidence as they are now looking forward to a big change in their lives. Having received their first order, they are sure that the training would help them to have an economically empowered life.

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### Placement cum Exposure visit for Beauty Culture Trade Beneficiaries

A placement cum exposure visit was organized on 28 November 2014 for REC GARIMA beneficiaries of Beauty Culture trade at Chhapra in Bihar. Beneficiaries of both Kashi Bazar and Garkha Dhala Centre were taken to nearby beauty parlours for the visit. The exposure trip helped the beneficiaries to understand the requirement of the trade.

The owner of the parlour interacted with the beneficiaries and explained the requirements of the trade. She also motivated them that she would help them in getting an opportunity to work with. Beneficiaries too felt confident and returned back with loads of hope and desire to excel.



One of the beauty parlours allowed the beneficiaries to help them with the daily jobs being done at the parlour. Two women made the eye brows and four helped in doing facials.

The women were very happy to get involved in real practical aspect at a commercial set up. They felt confident that they can handle the work which they would be doing once they get employed with any of the parlours. Some women were also motivated and felt confident to start their own beauty parlours once they completed their training.

## Certificate Distribution to Phase 1 Beneficiaries



Certificate Distribution Ceremony was held for the pass outs of Phase 1 GARIMA RECL on 24th November 2014, from 11.00 A to 2.30 AM at the Garkha Dhala Centre. Mr. Kanhaiya Singh (Ex- MLA of BJP, Chhapra) was invited as the Chief Guest. He give away the Certificates to all the successful pass outs and encouraged them to make the best of the training and certification provided to them under the initiative supported by REC.

The women were very happy to receive their Certificates. Most of them are gainfully engaged after their training and are leading happier and more meaningful lives.

## Success Stories

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**Our dreams can come true, if we have the courage to pursue them**



It is time for us to stand and cheer for the doers, the achievers, the one who recognizes the challenges and does something about it.

Appreciation goes for Lilawati, a woman who dreamt and had the courage and power to fulfil her dreams. A married woman with three daughters yearned to have a life of economic independence. She wanted to help her husband in taking care of her family. Her desire made her search for avenues and lead to REC GARIMA centre. The course of Cutting & Tailoring seemed to be a tailor made option.

With determination and focus, she learnt the ropes of the trade and now she has started a small tailoring unit at home. Starting with neighbours orders, she spread her wings by taking more orders and earning approximately Rs. 3000 per month which is a huge amount of influx of money for the family.

The additional income has brought in loads of happiness. It has given hopes of a better living and she is confident that she can even give her daughters a better education. She expressed her gratitude for bringing the program REC GARIMA in the community.

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**If you take responsibility for yourself you will develop a hunger to accomplish your dreams.**



Sangita, all of nineteen years, shoulders the responsibility of looking after her family of seven younger siblings. Her father, who works in a private school earns about Rs 3000/- per month and with the menial amount, taking care of such a big family is impossible for him.

When she turned eighteen, she wanted to take up a job but with no academic or technical skills, she remained at home. During the survey by the GARIMA team they came across her and enquired about her interest in the program.

Her parents too agreed to send her to the centre and she got registered in the handicraft trade at Garkha Dhala vocational training centre. She picked up the skills fast and market linkages were provided by the project team. She bagged orders from local market vendors to make bags and handicraft items out of jute material. The order has not only it helped her to earn certain amount of income, but also boosted her confidence that she too can be an earning member of the family. Seeing her with confidence, even those who had apprehensions in the beginning started realizing the potential the project GARIMA would lead them to.

This newsletter is a monthly update on events and activities happening under the GARIMA-REC project which is being implemented by AROH Foundation at Chhapra Bihar. The project is supported by RECL under their CSR initiative. We shall welcome all comments and suggestions which can help us make our programme better and the update more informative. You may contact us for further details: **AROH Foundation, F- 52, Sector 8, NOIDA 201301** | [www.aroh-garima.in](http://www.aroh-garima.in) | Ph: 0120 4328406