



CENTRAL UNIVERSITY OF RAJASTHAN

29th November, 2022

Department of Education and SPARSH Cell
in collaboration with
National Commission for Women, New Delhi
Organizing
One-Day National Workshop on
“Promotion of Work for Housewives:
Career Counselling Sessions for Homemakers”



Patron
Prof. Anand Bhalerao Ji
Hon'ble Vice Chancellor

Venue: II-Floor, 4A6Building, Auditorium Hall



CENTRAL UNIVERSITY OF RAJASTHAN

One-Day National Workshop

on

"Promotion of Work for Housewives: Career Counselling Sessions for Homemakers"

by

Department of Education & SPARSH Cell, CURAJ

in collaboration with

National Commission for Women, New Delhi

on Tuesday, 29th November, 2022



Speaker

Professor Seema Malik
Personal Capacity Building



Speaker

Dr. (Ms) Shalini Yadava
Professional Capacity Building



Speaker

Dr. Tanu Shree Singh
Become An Entrepreneur



Patron

Prof. Anand Bhalerao Ji
Hon'ble Vice Chancellor

Convener: Dr. Anjali Sharma, Department of Education & Chairperson, SPARSH Cell

Organizing Secretary: Dr. Sanjib Patra, Dean, School of Education, Dr. Subhasish Bhadra, HoD - Sports Science & Member SPARSH

Contact Details: Mr. Manoj Kr. Indoria – 9414990762, Ms. Sukanya Singh – 9458088942, Ms. Megha Aggarwal – 9711522794

Venue: II-Floor, 4A6 Building, Auditorium Hall, University Campus



About the University




Central University of Rajasthan

The Central University of Rajasthan is one of India's most dynamic and vibrant universities, responsive to the changing global trends and providing unparalleled educational opportunities for the learner community, especially for those from diverse societies seeking quality education. The Central University of Rajasthan (CURAJ) was established by an Act of Parliament (Act No. 25 of 2009) as a Central University. The President of India, her Excellency Ms Droupadi Murmu, is the Visitor to the Campus. Prof Kasturirangan is the Chancellor of the Central University of Rajasthan.

Prof. Anand Bhalerao is the Vice-Chancellor of the University, and he is a dynamic leader, wise sculptor, and great academician. The Central University of Rajasthan is located in the Ajmer district of Rajasthan. To meet the challenges of the knowledge era and to keep pace with the knowledge explosion in Higher Education, the Central University of Rajasthan is committed to inculcating and sustaining quality in all the dimensions of Higher Education, viz. teaching, learning, research, extension, and governance while catering to the regional and global needs. CURAJ offers 50+ UG/PG and PhD programs in its 13 Schools and 35 departments. The University operates from its permanent campus of 550 (approx.) acres and has adequate hostel housing.

School of Education

The School of Education, Central University of Rajasthan, was established in 2014. The School of Education has two Departments, the Department of Education and the Department of Yoga. The Vision of the School of Education is to develop professionally equipped and humane teachers and professionals in yogic sciences. Along with this School has the vision to establish a Centre of Excellence in Pedagogy, Curriculum, and Research in the Educational field and Yogic sciences. The School of Education strives for quality education by inculcating professional values and ethics blended with realistic field experiences among learners and researchers.



One-Day Workshop on Promotion of Work for Housewives: Career Counselling Sessions for Homemakers

29TH NOVEMBER, 2022

Organizing by
Department of Education
& SPARSH Cell

Central University of Rajasthan
In collaboration with
National Commission for Women

At
II-Floor, 4A6 Building, Auditorium Hall
NH-8 Bandarsindri, Kishangarh, Ajmer
Rajasthan

No Registration fees will be charged.

Registration link- <https://forms.gle/MowB9Hz3GDNF3zdG7>

Organizing Committee

Patron- Prof Anand Bhalerao, Vice Chancellor

Convenor- Dr Anjali Sharma, Department of Education & Chairperson, SPARSH Cell

Organizing Secretary-

Dr Sanjib Patra, Dean, School of Education

Dr Subhasish Bhadra, Head, Department of Sports Science & Member SPARSH

Coordinators

Dr Dhanapati Shougrakpam, Department of Linguistics & Member, SPARSH Cell

Dr T.Sangeetha, Department of Education

Mr. Manoj Indoriya, Member Secretary, UUC and SPARSH Cell

Committee Members

Dr Narendra Kumar, Assistant Professor, Department of Education

Dr Gobind Singh, Assistant Professor, Department of Education

Dr Sangeeta Yaduvanshi, Assistant Professor, Department of Education

Dr Rina Godara, Assistant Professor, Department of Education

Dr Seema Gopinath, Assistant Professor, Department of Education

Dr Kanak Sharma, Assistant Professor, Department of Education

Dr Nithya Prem. S.R, Assistant Professor, Department of Education

Contact Details

Mr Manoj Kumar Indoriya – 9414990762

Ms Sukanya Singh –9458088942

Ms Megha Aggarwal-9711522794

About the Department

The Department of Education was established in 2014 and offered an innovative program, Integrated M.Sc. B.Ed., which is one of its kind in the entire nation. This program aims to prepare quality Post Graduate Teachers for Higher Secondary Schools in Mathematics, Physics, Chemistry, and Economics. This program is offered in collaboration with the Department of Mathematics, Department of Physics, Department of Chemistry, and Department of Economics. The Department also offers a Master's in Education and PhD in Education.

About The Sparsh Cell

The Sensitization, Prevention, and Redressed of Sexual Harassment (SPARSH) Cell is an apex body instituted by the University to impart awareness and sensitize staff and students of the University about issues related to sexual harassment. Each year, the SPARSH cell organizes an orientation program for the students.

About The Event

A workshop on the theme "*Promotion of Work for Housewives: Career Counselling Sessions for Homemakers*" on 29th November 2022 will be organized by the Department of Education and SPARSH Cell of the Central University of Rajasthan in collaboration with the National Commission for Women, New Delhi.

Overview of Programs

PROGRAMME SCHEDULE	
Sessions	Timings
Inaugural Sessions	10:30 am- 11:00am
First Session (Personal Capacity Building)	11:00 am- 12:15 pm
Second Session (Professional Capacity Building)	12:15 pm- 1:30 pm
Lunch Break	1: 30pm- 2:00 pm
Third Session (Become an entrepreneur)	2:00 pm- 3:15 pm
Fourth Session (Open Session)	3:15 pm- 4:00 pm
Valedictory Session	4:00 pm- 4:30 pm



FIRST SESSION

PERSONAL CAPACITY BUILDING

Listening & Brainstorming, Time Management Skills, Communication, and group discussion.



SECOND SESSION

PROFESSIONAL CAPACITY BUILDING

Resume Skills- Prepare a CV, Write Cover Letter, and talk about Yourself (Interview and Presentation)



THIRD SESSION

BECOME AN ENTREPRENEUR

How to become an entrepreneur/ freelancer & Skills like-Negotiations, Interpersonal relations, Liaison, Creative, Business knowledge, tolerance etc.



FOURTH SESSION

Open Session: Reflect on yourself

Sharing your own experiences and reflecting on yourself.

**One-Day Workshop on
Promotion of Work for Housewives: Career Counselling Sessions
for Homemakers**

29TH NOVEMBER, 2022

Organized by

Department of Education
& SPARSH Cell

Central University of
Rajasthan in collaboration with

National Commission for
Women At

II-Floor, 4A6 Building, Auditorium Hall
NH-8 Bandarsindri, Kishangarh, Ajmer Rajasthan

A workshop on the theme “**Promotion of Work for Housewives: Career Counselling Sessions for Homemakers**” on 29th November 2022 was organized by the Department of Education and SPARSH Cell of the Central University of Rajasthan in collaboration with the National Commission for Women, New Delhi. The workshop venue was II- floor, 4A6 Building, Auditorium Hall, NH-8 Bandersindari, Kishangarh, Ajmer Rajasthan.

In the organizing committee, the Patron; **Prof Anand Bhalerao**, Vice Chancellor, Convenor; **Dr Anjali Sharma**, Department of Education & Chairperson, SPARSH Cell. **Dr Sanjib Patra**, Dean of the School of Education, and **Dr Subhasish Bhadra**, Head of the Department of Sports Science & Member SPARSH, were the organizing secretary of the program. Dr Dhanapati Shougrakpam, Department of Linguistics & Member, SPARSH Cell, Dr T. Sangeetha, Department of Education, Mr Manoj Indoriya, Member Secretary, UUC and SPARSH Cell were the coordinators of the program. **In total**, 60 participants and twenty in-house people attended the workshop. We covered the nearby university areas

like Mundoti, Tilonia, BandarSindri, Kishangarh, Ajmer, and the Central University of Rajasthan campus.

Session First: Personal and Professional Capacity Building

Resource Person: Dr Shalini Yadava, Associate Professor, the University School of Education, Guru Gobind Singh Indraprastha University, New Delhi,

She conducted the workshop's first session covering housewives' personal and professional capacity building. The session was initiated with a discussion on the core skills required to succeed as a person. The skills covered in the discourse included Empathy, Communication Skills, Creativity, Critical Thinking, Problem Solving, Stress Management, Interpersonal Skills, Negotiation Skills, and Coping with Emotions. Each skill was discussed threadbare giving relevant examples from daily life, and involved active engagement of the participants. An elaborate exposition followed this on professional capacity building especially targeting homemakers. This session highlighted the need for professional capacity building, followed by the elements of capacity building and the process. She also discussed SWOT analysis.

The steps included a need assessment survey to know the areas that need professional capacity building, designing a course/module specifically customized for the target audience, implementing the course/module, and monitoring the program's success by obtaining feedback from the stakeholders. This was followed by an extensive discussion of the professional capacities that may be built shortly.

- a) Fluency in Communicative English
- b) Bridges courses for continuing education and then acquiring professional degrees to become teachers at different levels.
- c) Short-term courses in Sales and Marketing.
- d) Courses in Beauty culture, Tailoring, and Fashion design.
- e) Courses in Recycling Waste and Disaster Management.
- d) Courses in Computer Training and Online Trading.
- e) Courses in Home Economics, including adequate financial management of available financial resources.

She explained all the possible areas where women are deprived, such as decision-making power, freedom of movement, access to education, exposure to media and domestic violence, etc. In further discussion, she also focused on the six 'S' for women empowerment, i. e. Shiksha, Swasthya, Swawlamban, Samajik Nyay, Samvedna, and Shamita, and various ways by which all these could be developed. This discussion was followed by a question-answer round where the participants clarified their doubts from the expert. The session ended with a

vote of thanks. The session was very much appreciated by one and all, and the audience felt stirred.

Session-2 Open Session

Mrs Dimple Venkat, Resource Person

Mrs Dimple Venkat was the speaker for the session. She shared her experience as an army daughter and an army husband's wife. She talks about women's empowerment and relates it with the English-Vinglish starring Shri Devi. She emphasized that women can do everything if she is determined. She highlighted that women could do multiple works like gardening; agriculture, and every work is good for earning. Giving value to our children and providing them with education is a full-time job. No one can do that better than a mother.

She talked about culture and heritage and how we can return them to life. Worli Art and Madhubani painting are famous folk arts that can become a source of earning. She talks about the Bagru- Block Print, which is learned by foreigners and can also be practised by women. She highlighted the importance of soft skills and presenting ourselves in the family and in society. Home is the workplace of housewives, and arranging dinner, decorating the home, and the homemakers do cooking food.

She ends her session by sharing that women should express their thoughts by taking up different hobbies like writing diaries, poems, or stories. They should explore themselves and try to learn new things every day.

After she finished her talk, the interaction session started with the experience sharing of many housewives concerning their journeys and future motivation to build personal and professional capacities. The participants are; Sakuntala Yadav, Pooja Kumari, Isha Chaudhari, Popi Shaha, Rajni Tak, and Shakuntala Devi. Other participants shared their thought, journeys of struggles, and how they used their knowledge and skills in a better way to build their careers. After this session all dispersed for lunch.

Session-3: Become an entrepreneur

Resource person: Dr Tanu Shree Singh (Founder and CEO), Bazic Food Studio

This report summarizes the presentation and discussion of how to become an entrepreneur. The event was the third session with content to become an entrepreneur. Dr Tanu Shree Singh has her brand, the Bazic Food Studio, a private food limited that makes incredibly delicious cookies, cakes, biscottis, and much more using ancient grains like Bajra, Jowar, and Ragi. She has explained the importance of grains in daily life for healthy living. Crops to cookies. Madam has received funds from the Ministry of Agriculture & Farmer Welfare, Government of India (under the RKVY RAFTAAR Scheme). The session laid Traits of entrepreneurs and the things

to have to become an entrepreneur. She emphasized the risks entrepreneurs have to take and be focused on tasting the flavour of success. She also clearly explained the barriers for women to run a business. BEP – Break Even Point, where, after establishing a business, a women entrepreneur must see no loss or profit at the initial stage. Then gradually, they can climb the ladder of success. Be it big or small, one should have sustainable growth. Every woman must focus on key points to become an entrepreneur: Robust risks, Deep Passion, Creativity, Motivated Attitude, and Eager to learn. One should start the journey with small investments, improve skills every day, learn from mistakes, and keep getting better.

The session was done smoothly and effectively as the participants interacted with the resource person. The transfer of ideas was evident because the participants manifested their willingness towards entrepreneurship and to become entrepreneurs. Indeed, the career counselling provided is relevant and practical.

Session 4 :

Dr Smita Pancholi, Assistant Professor, R.K. Patni College, Kishangarh.

Dr Smita shared her ideas on women's empowerment and how their life is always associated with other people, and in this process, they lose their identity somewhere. In childhood, women depend on their fathers and, later, on their sons and then-husband. But nowadays, we do find change in society. Women nowadays play multiple roles, but still, working women are expected to take care of the kitchen. Household responsibilities are still considered a prime responsibility of women. In a country like India, the population of women is 50%, and it cannot be ignored. Women have their life struggles and challenges, and they face them with full courage and determination. They naturally have some skills which help them to cope with the challenges. The aim is not to prove ourselves superior to man but to make our own identity, do our best in every field, and play the role of equals in society.

We need to identify our strengths and weaknesses. Let's identify our strengths – maybe someone's good at cooking, stitching, dancing, etc. These skills build our confidence, and proficiency in one skill can become our career. We also need to understand what is appropriate for us. What work we can do with comfort and ease! Dr Smita gave the example of Ila Bhatt- How she contributed to SEWA. We need to learn from Ila Bhatt how women can do wonders if she realizes their strength. The ladies can build their identity in some areas where they contribute and go ahead. One can start with small things.

The government has taken various initiatives to promote women's empowerment. Work from home is another portal to take up some tasks and work at their convenience, identify avenues, and be self-independent.

At the end of the session, Dr. Smita tried to motivate the gathering to identify their strength and contribute their way. While addressing one query, she stressed that we must give equal opportunity to both girls and boys for education.

Valedictory Session

In the valedictory session, Certificates were distributed to participants, and a group photo was taken. The workshop ended with a vote of thanks.