

फा. सं. 5-1/14/2022-23/म.क. एवं क्ष. नि. (रा.म.आ.)

राष्ट्रीय महिला आयोग

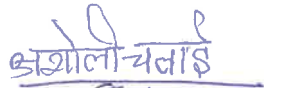
प्लॉट नंबर 21, जसोला इंस्टीट्यूशनल एरिया,

नई दिल्ली - 110 025

अधिसूचना

राष्ट्रीय महिला आयोग (रा.म.आ.) ने स्नातक और स्नातकोत्तर छात्राओं के लिए 'क्षमता निर्माण और व्यक्तित्व विकास कार्यक्रम' शुरू करने का प्रस्ताव दिया है। कार्यक्रम का उद्देश्य महिलाओं को आत्मनिर्भर बनाना और रोजगार के लिए तैयार करना था। रोजगार क्षमता बढ़ाने के लिए सहज, तार्किक और आलोचनात्मक सोच, संचार और अंतर-वैयक्तिक कौशल के उपयोग पर ध्यान केंद्रित किया गया था।

प्रस्तावित पहलुओं का ब्यौरा संलग्न है। महिला बल के सशक्तिकरण को बढ़ावा देने के लिए इच्छुक और प्रेरक विभाग, राष्ट्रीय महिला आयोग के कार्यक्रम से जुड़ सकते हैं। यहां यह भी उल्लेख किया जाना है कि प्रशिक्षण की पूरी लागत अर्थात् विशिष्ट व्यक्ति का पारिश्रमिक और विविध व्यय रा.म.आ. द्वारा वहन किया जाएगा, जिसके विवरण संलग्नक में भी दिए गए हैं।

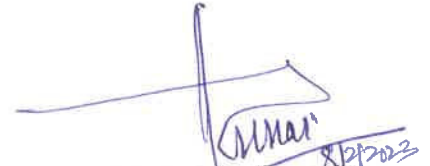

(ए. अशोली चलाई)
संयुक्त सचिव

F. No. 05-1/14/2022-23/WW&CBC (NCW)
National Commission for Women
New Delhi
Women Welfare & Capacity Building Cell

Notification

National Commission for Women (NCW) has proposed to initiate 'Capacity Building & Personality Development Program for Under-Graduate & Post-Graduate Female Students. The aim of the program is to make women independent and employment-ready. Focus is on use of intuitive, logical and critical thinking, communication and interpersonal skills to enhance employability.

Details of the proposed initiative are enclosed. Any interested College/ University may associate with NCW program for promoting empowerment of female force. It is also to be mentioned here that the entire cost of the training i.e. remuneration to resource person and miscellaneous expenditure will be borne by NCW, details of which are also placed in the enclosure.


(A. Asholi Chalai)

Joint Secretary



Capacity Building & Personality Development Program (CB&PDP)

Guidelines for the Program:

Capacity Building & Personality Development Courses deal with developing the communication and interpersonal skills of an individual. Such courses are known to be high in demand as they help candidates to learn soft-skills and techniques that are required to gain a competitive edge during placement and job interviews. Personality development is gaining more and more importance as it enables students to create a good impression about themselves on others and helps them to build & develop relationships for career growth.

Target Group:

Female Under-graduate & Post-graduate students.

Objective:

Current course will focus on preparing students for entering job/employment market. Sometimes because of lack of confidence an individual may not be able to demonstrate good professional and communication skills. The course will focus on learning and applying the use of intuitive, logical and critical thinking, communication and interpersonal skills, not limited to cognitive/creative skills. These skills and behavior set, when learned, will enhance outcome of employability.

Course content:

- A. Personal Capacity Building (1 hour 30 minutes)**
- B. Professional -Career Skills (1 hour 30 minutes)**
- C. Digital Literacy & Effective use of Social Media (1 hour 30 minutes)**

A. Personal Capacity Building (1 hour 30 minutes)

- Listening
- Brainstorming
- Time management
- Stress management
- Group Discussion Skills and Internal Communication

Objective and outcome: At the individual level, capacity building refers to the process of changing attitudes and behaviours-impacting knowledge and developing skills while maximizing the benefits of participation, knowledge exchange and ownership. Soft skills incorporate a wide variety of personality traits, communication and people skills, social attitudes and emotional intelligence. The session should aim to cause an enhanced awareness

about the significance of soft skills in professional and inter- personal communications and facilitate an all-round development of personality. The focus should be on interpersonal and management skills which ensure a person to achieve excellence.

B. Professional -Career Skills (1 hour 30 minutes)

- Identifying Career Opportunities
- Resume Skills
- Interview Skills
- Presentation Skills

Objective and outcome: The career skill aims at empowering an individual with ability to prepare an appropriate resume, addressing the necessary gaps for facing interviews and actively and effectively presenting their skill set thereof, etc. It is also of significant importance that students /individuals possess the knowledge and how aspect of exploring career opportunities for themselves, considering their innate strengths and weaknesses.

C. Digital Literacy & Effective use of Social Media (1 hour 30 minutes)

Social media and digital tools are very useful as educational tools, so having proper digital literacy is essential, as it can enhance student engagement and improve communication. Digital literacy is the ability to use, access, evaluate and communicate through digital platforms. The aim of the session is to make students able enough to effectively use technology to find and evaluate information and use it in their physical life. The idea is also to make the students aware about the cyber crimes and safeguards thereto.

Reading material:

Detailed Module based on the above stated course will be provided to the University/ Colleges on acceptance of proposals by the Commission.

Learning and evaluation:

A full day learning sessions will be organized at the identified College/ University for a group of 250 interested students. After completion of all three sessions, each participating University/ College will be asked to take a quiz. The participants will be tested for their understanding of the subject through MCQs. The question paper will be based on the booklet/ training sessions conducted under the program. The participants will have to answer 20 Multiple-Choice Questions prepared by NCW within a time frame of 30 minutes. The question paper will be made available to the College before hand.

Inviting Proposals:

Interested Institutes may visit NCW's website at <http://new.nic.in> OR <https://ncwapps.nic.in/eproposalv2/> and submit their acceptance for the proposed program, with following details, latest by 28th Feb, 2023.

- a. Forwarding letter on the official letter head of the Institute
- b. Training Module/ outline

- c. Number of participants
- d. Resource persons with contact details
- e. Date & Venue
- f. Estimated Budget (as per the ceiling provided by the Commission)

Funding:

NCW will bear the entire cost of the program, 50 percent of the budget will be released to the identified Institute on acceptance of the proposal, remaining funds will be released on completion of the program and receipt of requisite documents.

Budget for the program: (Minimum 250 Participants + 4 Resource persons and Organizers)

S. No	Criteria Description	Required Amount
1.	Material for participants 60x300	Rs. 18,000/-
2.	Honorarium to the resource persons 5000x4	Rs. 20,000/-
3.	Working lunch 100x300	Rs. 30,000/-
4.	Tea & Snacks 60x300	Rs. 18,000/-
5.	Miscellaneous Expenditure (banner, Professional Rapporteur, advertisement, etc)	Rs. 14,000/-
	TOTAL	Rs. 1,00,000/-
