



## APSWREIS & Padala Charitable Trust (PCT)

### Project SSS

# SWECHHA-SET-SETHU

To the 1<sup>st</sup> and 2<sup>nd</sup> year Intermediate students of AP Social Welfare Residential Institutions, E.G District

**Report on SETHU sessions conducted to 12 Intermediate Colleges (Girls) between 1<sup>st</sup> December and 20<sup>th</sup> December, 2019.**



**SSS**  
Programme

**SWECHHA**  
(Menstrual Hygiene & Emotional Changes)

**SETHU**  
(A Bridge for your Career)

**SET**  
(Life Skills, Motivation and Leadership)

Collaborative Project of  
AP Social Welfare Residential Educational Institutions Society, Amaravathi  
& Padala Charitable Trust, Kakinada

## ❖ Background of the project

Padala Charitable Trust (PCT) and Andhra Pradesh Social Welfare Residential Educational Institutions Society (APSWREIS) entered into an MoU, according to which, PCT as an implementing agency, conducts its flagship **SSS Project** in the 17 APSWREIS intermediate colleges of East Godavari District for the academic year 2019-20. APSWREIS acts as a funding agency for this project. **SSS (SET, Sethu, Swechha) Project** is intended to train school and college students regarding Life skills, Career guidance and Menstrual Hygiene Management. Basically, it is a programme designed to deal with **Emotional, Career & Health** aspects of adolescents. Here in this document, a detailed report on **SETHU** sessions conducted to 12 Intermediate Colleges (Girls) between 1<sup>st</sup> December and 20<sup>th</sup> December, 2019, is given.

## Project SETHU

Project Sethu is designed to address the issue of **Career Guidance and Employment Opportunities**, since there is less scope for Career Counselling in regular academic curriculum. The programme is designed to provide students the required motivation towards self-awareness and then to explore on career options best suited to their interest and talent.

## ❖ About PCT

**Padala Charitable Trust (PCT)** is a non-profit, non-government organization founded and registered in 2002 with a primary goal of Encouraging brilliance among the poor & improving health and education in rural areas. For the past 17 years, PCT has been working in the area of education. There are several projects we initiated at PCT to make a difference to the needy around us. PCT is a Tax Exempt (80g) and FCRA registered organization.

## ❖ About APSWREIS

The A.P. Social Welfare Ministry had invented a separate wing, termed APSWREIS in 1984 for the educational needs of SC/ST/BC children within its domain. This APSWREIS Head Office is located now at Moksha Sai Plaza, Tadepalli, Guntur. Major motto of Society is to provide School and Intermediate education to girls and boys, through 187 institutions spread across the breadth and length of the state. From a tiny inception, it has now become a gigantic establishment. Highly and well-qualified faculty teachers have been employed. Society takes care of every inmate's needs and monitors systematically.

## ❖ Schedule of SETHU sessions:

| S.No | Date of Visit                  | Name of the college (Boys) | Group      | No.of trainers |
|------|--------------------------------|----------------------------|------------|----------------|
| 1.   | 1 <sup>st</sup> December, 2019 | APSWRS/JC Chollangipeta    | HEC, CEC   | 2              |
| 2.   | 2 <sup>nd</sup> December, 2019 | APSWRS/JC Panduru          | MPC, Bi.PC | 2              |
| 3.   | 4 <sup>th</sup> December, 2019 | APSWRS/JC SM Nagar         | MPC, Bi.PC | 3              |
| 4.   | 5 <sup>th</sup> December, 2019 | APSWRS/JC Pitahpura        | MPC, Bi.PC | 3              |

|     |                                 |                            |            |   |
|-----|---------------------------------|----------------------------|------------|---|
| 5.  | 9 <sup>th</sup> December, 2019  | APSWRS/JC Mummdivaram      | MPC, Bi.PC | 3 |
| 6.  | 10 <sup>th</sup> December, 2019 | APSWRS/JC Godi             | MPC, Bi.PC | 3 |
| 7.  | 12 <sup>th</sup> December, 2019 | APSWRS/JC Razole           | MPC, Bi.PC | 4 |
| 8.  | 14 <sup>th</sup> December, 2019 | APSWRS/JC Jaggampeta       | MPC, Bi.PC | 4 |
| 9.  | 16 <sup>th</sup> December, 2019 | APSWRS/JC Veeralankapalli  | MPC, Bi.PC | 3 |
| 10. | 17 <sup>th</sup> December, 2019 | APSWRS/JC Bommuru          | MPC, Bi.PC | 2 |
| 11. | 19 <sup>th</sup> December, 2019 | APSWRS/JC V.Kotthuru, Tuni | CEC, MEC   | 4 |
| 12. | 20 <sup>th</sup> December, 2019 | APSWRS/JC Yeleswaram       | MPC, Bi.PC | 5 |

### ❖ Overview of SETHU sessions:

SETHU for intermediate students is intended to make the students well aware of the career and employment opportunities available to them after intermediate. Core life skills like Self-Awareness, Creative thinking, Decision making, Problem solving are also discussed in detail in order to help students harness the above skills while deciding their career paths. The sessions are designed for a 6-hour duration excluding the breaks in between.

### ❖ Approach:

- ✓ Power point presentation that includes several interactive slides and video clips is used throughout the session.
- ✓ Career guidance is provided along with interactive videos, short stories, through which life skills are taught.
- ✓ Activity based teaching and group discussions are used to make the student play an active role in learning process. Incentives are provided to encourage the spirit of participation.
- ✓ A major amount of time is spent on clarifying various doubts expressed by the students regarding their career opportunities.
- ✓ A hand out consisting of information related to career opportunities was given to the students after the sessions.

### ❖ Life skills:

**Self-Awareness:** An important life skill that enables one to realise his/her own strengths, weaknesses, interests and passion. This realisation further helps in selecting a suitable career. Activities like “*I am good at & I am bad at*” were done to help them practice the skill of self-awareness. Real life examples are also discussed to make the students realise the importance of this skill.



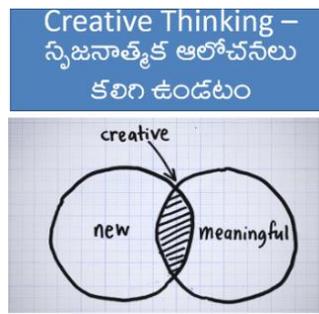
**Activity**

**I am good at ..**

Draw 3 things you are good at and write a sentence for each.

|  |  |
|--|--|
|  |  |
|  |  |
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**Creative Thinking:** It is a well-known fact that creative thinking, as a life skill, helps us solve some daily life challenges, with ease. This skill will also help many of the students get placed in their suitable career where lie their aptitude and passion. Students are also encouraged to share any of their creative business ideas and thus will be taught the importance of **entrepreneurship spirit** amidst declining employment opportunities.

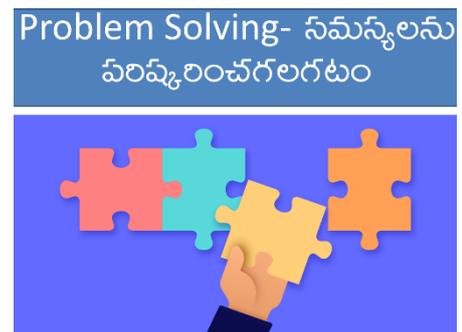


**Decision Making:** Most common experience we all can witness in our daily lives is that the ambiguity one can go through while trying to make a decision. This can be overcome by practising simple techniques like **Choice & Consequence analysis**. This technique was demonstrated as group activities and other related stories were explained to the students.



### **Problem Solving:**

Having good problem-solving skills can make a huge difference to one`s career and life. “Dividing any problem into simpler steps can make it easier to solve it”, “Problems must be seen as opportunities rather than adversities” things like these are discussed while teaching problem solving life skill, with the help of interactive videos and short stories.



### **❖ Career Guidance:**

As mentioned above, career guidance provided to the students in SETHU sessions is designed to cater to the needs of all types of students. Hence, a wide range of information related to multiple career opportunities was discussed in these sessions. The information provided is usually divided into following broader sections.

- Higher education opportunities related to their intermediate stream.
- Opportunities in alternate careers.
- Scholarships that help one to pursue higher education.
- Government jobs with intermediate and X<sup>th</sup> class qualification.
- Short-term vocational and skill development training courses.

a) Higher education opportunities related to their intermediate stream:

In this section, higher education opportunities available in relation to their own intermediate streams are explained to the students. Information related to various technical and technological courses, different entrances and their demographics are explained to the MPC students while Bi.PC students learnt about various medical, para medical and agriculture related courses. CEC and MEC students are made aware of professional certifications like CA, CS, CFA, Actuarial sciences, and also bachelor degree courses like B.com, BBA e.t.c.,



b) Opportunities in alternate careers.

The lesser known, less pursued career paths that could provide students with equally good employment opportunities are discussed in this section. Courses like Fine arts, Fashion designing, culinary arts, hotel management, journalism, law are well explained along with ground level issues.

Project SETHU Intermediate (Any Group)

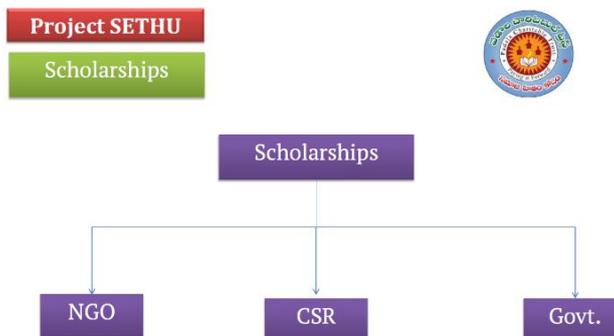
Fine Arts

Courses  
Bachelor of Fine Arts (B.F.A)

Jawaharlal Nehru Architecture & Fine Arts University

c) Scholarships that help one to pursue higher education.

There are many organisations that support students of underprivileged sections, who want to pursue their higher education. There will always be an insecurity even among the meritorious students due to lack of awareness on such available scholarships. Various scholarships offered by NGOs, CSR wings of corporate establishments, Government scholarships e.t.c., are well explained in this section. They are also given guidance on how to apply for those scholarships.



Project SETHU Intermediate (Any Group)

Govt. Jobs

1. UPSC - Union Public Service Commission
2. SSC - Staff Selection Commission
3. APPSC - Andhra Pradesh Public Service Commission
4. IBPS - Institute for Banking Personnel Selection
5. RRB - Railway Recruitment Board

d) Government jobs with intermediate and Xth class qualification

Government jobs are the most sought-after career paths in India. Intermediate Students of APSWREIS are no different to this. We have observed a major percentage of students who want to acquire government jobs. Keeping this in mind, the students were elaborated on various government jobs available to them with 10<sup>th</sup>, intermediate and degree qualifications and the preparation techniques.

e) [Short-term vocational and skill development training courses:](#)

Short-term vocational courses that can provide easy and swift employment opportunities were explained to the students. Several organisations like BIRED, PMKVY, TATA Strive, NIRD e.t.c., provide the training for free to help the rural and unemployed youth. Familiarity with such opportunities will help the students to find decent employment in times of need.



The banner for Project SETHU Skill Development Training Programmes features the BIRED logo on the left. It lists training programs for men and women. The men's list includes MS Office, DTP, Mobile Servicing, PC Hardware, Laptop Servicing, and Networking. The women's list includes MS Office, DTP, Fashion Design, Maggam Works / Zardosi, and REDP. Both lists have a 'More' link at the bottom right.

| Training Provided for Men | Training Provided for Women |
|---------------------------|-----------------------------|
| 1) MS OFFICE              | 1) MS OFFICE                |
| 2) DTP                    | 2) DTP                      |
| 3) MOBILE SERVICING       | 3) FASHION DESIGN           |
| 4) PC HARDWARE            | 4) MAGGAM WORKS / ZARDOSI   |
| 5) LAPTOP SERVICING       | 5) REDP                     |
| 6) NETWORKING             |                             |

❖ [Student Feedbacks:](#)

*"I used to be confused on which branch to pick among many engineering branches. With the help of Sethu session I have now decided to go for Agricultural Engineering. I'm very inspired by Shubreeth Kaur who dances with one leg. I hope everyone who heard this session will work towards the excellence in their lives."*

- Kalyani, MPC 1st year, Bommuru

*"Like many other students, I too didn't know about the different courses available for us after our intermediate. I have found what exactly I was longing for, a good guidance in the form of Sethu. I have now got a clear understanding of the courses available and with the guidance of Sethu team, I got clarity on how to become a civil servant, which is my long-term goal. Thank you Sethu team for guiding us and motivating us that we can achieve anything by discovering ourselves."*

- Shruthi, 2nd year MPC, Bommuru

*"Today, I have learnt that we need to first learn about our strengths and weaknesses in order to pick a career that is suitable for us. I am really inspired by the video of a dancer called Shubreeth Kaur. I want to become a lawyer and I know that I need to do LLB after my degree but I didn't know before that I can pursue an Integrated degree + LLB through CLAT & APLAW/CET exam. Thank you Sethu team for letting me know such many opportunities."*

- Prasanna, 2nd year MPC, Bommuru

*"As I am about to complete my intermediate in a couple of months, I used to have a lot of Insecurity and confusion on my next step. Now I am relieved. I want to become a doctor but was not much confident about cracking NEET exam. Brothers in the Sethu team clearly explained the step by step process of cracking NEET exam. This built the confidence in me again. I am also glad to know that we have many other courses other than MBBS in Bi.P.C stream. Thank you very much for conducting this programme."*

- Asha Devani, 2nd year Bi.PC, Bommuru

*"I have always wanted to become a teacher but I never thought of the qualities one need to have to take up this noble profession. Today I came to know the essential qualities like passion for teaching, love towards children, good communication skills, deep understanding of the subject. I*

*have never spoken on a stage before but, after listening about the above qualities, I am now giving it a try to overcome my fear. Thank you for giving me this opportunity."*

- **Naga Lakshmi, 2nd year MPC, Bommuru**

*"During the activity of 'I am Good at & I am Bad at', I took long time to write my positives & negatives but, later I have realised that I need to work on myself to set accurate goals."*

- **Likitha, 2nd year MPC, Bommuru**

*"Parents in our society usually do not tend to spend on girls' education but, today I have learnt that girls need not necessarily depend on parents for their education and that, there are many organisations which support to our higher education. Today I promise that after reaching a good position in my life, I will also help for the girls` education."*

- **T.Jyothi, 1st HEC , Chollangipeta**

*"Many people will have some kind of creativity or talents but, very few will use them for forming a career based on that. With the examples I have listened today, I have learnt that we can also form a career based on our talents. I thank Sethu team for pushing us to think about the next step in our lives. I hope everyone will use the information in the Sethu career guidance book provided to us and reach to better positions in their lives."*

- **Gautami, 2nd CEC, Chollangipeta**

*"It is true that many of my friends even me, are continuing our studies for the sake of it. We have no clue about what we can do next to reach to a better position but, today I came to know about many opportunities that we can use. The fact that there are many government jobs with decent pay which require only tenth and intermediate qualification, really excited me. Thank you Sethu team and PCT for educating many girls like us."*

- **M. Sravani, 2nd CEC, Chollangipeta**

*"I really want to become a software engineer but do not know how to reach there. After listening to the sethu class, I got clarity on what steps I need to take after my intermediate. I have also learnt that sparing another year after intermediate to reach where we want, is not a mistake. This session will surely help me to reach my target. Thank you so much"*

- **M. Venkateswari, 2nd MPC, Godi**

*"Learning about agriculture has been my deep interest since childhood but I never knew that there is a course for studying agriculture called Agriculture B.Sc. I have also learnt about many other courses after my intermediate. Thank you Sethu brothers for letting us know so many things that we didn't know before."*

- **Jhansi Meena Priya, Godi**

*"After witnessing the financial condition of my family, I have lost courage that I could become a Bank Manager which, I have always wanted to become. After Sethu session I have regained my confidence that I could reach my target."*

- Sri Lakshmi, Sr.MPC, Jaggampeta

*"While listening about self-awareness life skill I I learnt that we constantly need to analyse our Strengths, Weaknesses and we also need to question whether we are happy with what we are doing. My friends and I have enjoyed really well while we are watching the clips from Kung-fu Panda movie and also learnt that the secret of success is to believe in ourselves. I am also inspired by the Sethu team, whose members have quit their high paying government jobs to work at PCT. I have always wanted to become a psychiatrist and treat the patients with mental disorders. I promise that I will fulfil that dream. Thank you so much PCT for giving me this wonderful opportunity."*

- Swapna Madhurya, 2nd Bi.P.C, Jaggampeta

*"I missed the morning session as I have gone to vizag to take an exam as a part of Dakshin project that would allow us to take free long-term coaching. After coming here, I thought I would take rest but after listening to my friends' feedback, I came to listen to sethu session. I used to feel anxious that I know nothing about what the situation outside is... but after listening to Sethu session I feel confident again. I now came to know that there are many scholarships to support us. I will definitely try to get a medical seat and I am sure that I can approach PCT regarding any help".*

- K. Divya, Sr.Bi.P.C, Mummidivaram

*"Sethu programme can surely be called as a bridge for our career. Apart from learning various courses available after intermediate, I have learnt that we need not necessarily keep an aim to be successful, we just need to do what we are ought to do. I have analysed my strengths and weaknesses after I listened to Self- Awareness life skill. The real-life stories of the Sethu brothers today have inspired me very much through which I learnt that one needs to pick a career based on his/her own interest."*

- Vijaya, 1st MPC, Razole

*"The first thing that I have learnt today in Sethu programme is that we have to believe in ourselves to achieve something. I have also learnt about many courses and their entrance exams. Using the knowledge, I have gained in this session, I want to educate the people in my village. Thank you sethu brothers for spending time with us and making us laugh heartfully."*

- Jahnavi, 2nd Bi.P.C, Razole

*"I have always wanted to become a teacher in government sector. I was not that into private sector but after listening to sethu session I have now realised that I can also earn a decent pay in private schools If I could prove myself worthy. Thank you sethu team"*

- V Kalpana, 2nd MPC, SM Nagar

*"I feel very happy today for coming out of a daily routine and enjoying so much with different fun activities. The class has been very stress free and friendly. I have also used to fear that my parents might not agree to support for my further education as they are very poor but after having seen many inspirational stories, I am confident that I can convince my parents to support my higher education."*

- Ahalya, 1st Bi.P.C, SM Nagar

*"I have always wanted to become a software engineer and I took MPC accordingly but I did not know what entrance exams I need to take after intermediate, what colleges I need to prefer. After sethu session I have clarity on various entrance exams, different colleges e.t.c., "*

- Prasanna 2nd MPC, P. Venkatapuram

*"I have opted Bi.P.C because I have interest in science but I did not know what options I have after Bi.P.C. Now I know that we have many interesting courses to pursue after Bi.P.C."*

- S Vijayakumari - 2nd Bi.P.C, P. Venkatapuram

*"My aim is to become an allopathic doctor but many people around me used to say that completing MBBS course is a costly affair. Taking into account my financial situation, I used to fear that I may not suited for this course. Today after listening to Sethu session I have realised that tuition fees in medical colleges will be very nominal if we could procure seat in government colleges or private A seat. I have also learnt with the live of example of Dr. Ganapathi that we just need to read text books meticulously and do not require any special coaching to crack NEET/ EAMCET exam. I used to have so much of stage fear, with the help of SSS programme, now I am coming out of that fear slowly. Thank you PCT."*

- Ch Nandini 1st BiPC ,Veeralkapalli

*"With the help of Sethu session I have learnt that we need to be open towards critical feedback to know about our weaknesses. This will improve our self-awareness and self-Awareness is the key to our success. Till today, I used to be in an opinion that MPC students cannot do courses in Agriculture but, now I came to know that even we can pursue Agriculture engineering as an UG course."*

- Ch.Satya Surnjitha, 2nd MPC, Pitahpuram

*" Step by step information on how to become a nurse was clearly explained in this session. I have always wanted to become one. Most of my friends in my village are dropping out of their schools and colleges as they are not aware of the wonderful opportunities around them. After this session, I have now decided to educate as many as people around me regarding career information. Thank you, Padala Charitable Trust, for giving me this opportunity."*

- P.Sanjini, 2nd Bi.P.C, Pitahpuram

*"I love Maths and I took MEC. Mathematics is taught really well here. I have learnt so much in this session. I have been to nationals in sports. My aim is to get a government job under sports quota. I promise that I will bring good name to my college and this society by studying well."*

- Krishnaveni, 2nd MEC, V.Kotturu, Tuni

*"I have always wanted to become a teacher. During sethu session I have learnt about the qualities we need to have to become a teacher and I realised that I need to be very empathetic and loving towards children to become a good teacher. I promise that I will become a Telugu teacher one day and treat all my children with love and care."*

- T Akhila, 1st CEC, V.Kothuru, Tuni

*"Many of the courses discussed here were not known to me before. I have always wanted to become a doctor but I changed my goal due to financial situations at my home. Sethu programme has given me an assurance that there are many organisations to support us with scholarships and that poverty is in no way an obstacle to higher education now-a-days."*

- K.Ribka, 2nd Bi.P.C , Yeleswaram

*" I have learnt techniques on how to improve Self- Awareness. I have also learnt about many entrance exams. I used to be in a confusion if I have to choose computer science engineering or to become a lawyer. After listening about the ways to become a lawyer I have now got confidence that I can become a lawyer too. I promise that I will work towards my goal."*

- N Rajeshwari, 1st MPC, Yeleswaram

Access the original video and written feedbacks of the students from the below google drive link

[https://drive.google.com/drive/folders/1E3Dmu3M5bgTaXJSolV4hlyPHI\\_ZeDHld?usp=sharing](https://drive.google.com/drive/folders/1E3Dmu3M5bgTaXJSolV4hlyPHI_ZeDHld?usp=sharing)

### ❖ Observations & Recommendations:

- Majority of the students are curious to know what career options they have after their intermediate, they are inquisitive and concerned about their careers but, there seem to be a considerable vacuum somewhere in helping the students get the required information and motivation. For example, we have not seen a single who could tell for how many marks the famous entrances like EAMCET/NEET/JEE will be conducted. They are not aware of the application and preparation processes of these exams which can place them in good professional courses. Therefore, Career guidance must be an integral part of the curriculum where students can get their ambiguities cleared from well-informed & passionate faculty.
- It should be appreciated that not many children have fear of speaking in English. However, the quality is not up to the mark. Even in staff members, very few are able to speak good English. This is one place where the society should focus. Screening of English animation movies with English subtitles, at least on Sundays, will definitely help in improving English skills. Movies will be a relief to the students who do not get to see outside world much.
- Many children have complained that they are being forced to learn the subject in a rote way. They said that they are not even encouraged to read the text books.

