

## Invites Sponsorship On

# Youth Chaperone Manipur Contest

## Youths--Unleash The Excellence Within

Youth Mentoring, Leadership & Life Skills Training, and Youth Chaperone Contest:  
(For 30 contestants, 20 volunteers and 30 caretakers)

### Introduction

**“Acquire Your Skills and Explore Your Talents and Deliver Exceptional Value to the Country”** was the cornerstone of the programme, in which business people, COMMUNITY leaders and educators would be partnered with young people within their local community in a mentoring relationship. Target populations include Higher Secondary School to Collage students and University students who are eager to develop leadership skills and committed to contributing in their communities. The unique design of this mentoring program supports a **group of 30 students and 20 volunteers** with three mentors dedicated to motivate and empower individuals to contribute to the global society. The Programme will be supported by vocational trainers, dance and music teachers, Physical Instructor etc. Beside, guest experts’ and contemporary leaders in the state will deliver lectures and interactions with the participants. The carefully selected mentors include a community leader, a social worker, and an academic advisor who is familiar with the participating student and a Higher Secondary School or College /University students, each with a specific role in this mentoring process.

### Vision

**“Acquire Your Skills; Explore Your Talents and Deliver Exceptional Value to the Country”**

## FOCUS

At the Youth Mentoring and [Youth Chaperon Contest](#), we believe that each student deserves to discover their potential and acquire the skills, confidence and motivation to make things happen and bring about change. Over four-five weeks, our youth leadership training will give students the unique opportunity to partake in a series of interactive workshops, energetic activities and fun-filled challenges designed to inspire and enable each and every one of them to uncover their unique abilities, develop greater confidence and master strategies for success in the classroom and beyond.

Rather than focusing on any specific school curriculum, this programme will offer hands-on learning, leadership and interpersonal skills, vocational training which will enable all students whatever their background, experience or ability level to get ahead. With our leadership training programme we want to help students ease school / collage /university stress, raise their grades and increase their test scores while at the same time showing them ways to express themselves, pursue goals, solve problems, resolve conflicts and bring about positive change and help the juniors. Their interaction provokes communication and dialogue that, through the weeks, will provide an unparalleled learning experience and cross cultural adventure.

## GOAL

[Explore your talent of exceptional leadership potentials](#). Learn from your leadership programme, life skills, and linkages of financial institutions and public support.

- [Motivate citizenship](#)
- [Promote student leadership](#)
- [Teach student, leadership skills](#)
- [Promote responsible, proactive action](#)
- [Build Community](#)

## Purpose of the Programme

*Think of the successful leaders you know. They probably have one trait in common – the ability to communicate effectively, hard work, confidence and one mentor behind him. And a life without good parenting, family support or money is very dangerous.*

Every young person has the potential to become a good communicator and leader, but this potential needs to be discovered and developed. The programme's unique 38 days camp training session-- brain storm workshop style design will enable participants to develop this potential through practical experience.

The programme is in competition with 21<sup>st</sup> century skills. It's a support programme for our youths to fill up the gaps of Youth Affairs Ministry's missing programme, providing emphasis on specialized skills of fishing and leadership skills, and individual needs.

## Positive Outcomes

- **Improve critical thinking & communication skills.**  
By presenting multiple viewpoints on important issues, encourages student leaders to evaluate all issues from a critical perspective.
- **Enhance leadership skills.** Inquiry-based format, small group discussions on leadership roles and hands-on service learning experiences enable each delegate to better understand leadership and begin to identify his or her own particular leadership strengths.
- **Better understand the democratic process.**  
Discussions on democracy, free enterprise, volunteerism and community service will be facilitated.
- **Self employment skills and confidence.**
- Training module is good enough for confidence building on start up business.
- **Develop goal-setting skills.**  
All aspects are geared to encourage the delegates to see leadership as a life-goal worth pursuing.

## AIMS & OBJECTIVES:

- Workshop aimed at providing a platform for motivated youngsters in India to **“Acquire your skills; Explore your talent and Deliver exceptional value to the country “**.
- Provide opportunity for holistic development of youth including adolescents for realization of their fullest potential;
- Develop leadership qualities and personality development of youth and to channelise their energy towards socio-economic development and growth of the nation;
- Promote national integration, strengthen secular and eclectic outlook through creative expressions by youth;

- Foster the spirit of adventure, risk taking, teamwork, the capacity of ready and vital response to challenging situations and of endurance among youth
- Acknowledge adolescents as a distinct sub-group among youth and address their distinct needs and at the same time provide positive stimulation and congenial environment for their all-round development.
- The Youth Leadership and Personality Development Programme would attempt to develop leadership qualities, national character, comradeship and personality development among the rural youth. It will motivate the youth to act as focal point for dissemination of knowledge in the rural area and involve them in nation building process; and
- **Life Skills of Fishing Programme** for our youths to face the challenges of life.

## Time Schedules

Preparation	Time Duration
Preparation: Advertisement, selection of volunteers, mentors etc.	8 days
Preliminary round of selection of candidates and counseling.	2 days
Training programme including seminar workshop, vocational training, skills development, leadership programme etc.	31 days
Outreach programme	6 days
Grand Finale: cultural programme, fashion show, selection of top three and prize distribution etc.	1 day.
Total	48 days including ten days preparatory time.
Follow Up: which includes placements, bank linkages and documentations	2 months

### This Programme Will Includes:

#### A. Leadership & Life Skills Programme:

Participants are challenged to further develop their interpersonal and leadership skills and confidence through an enhanced curriculum including:

- Self-expression and communication
- Team-building and small group facilitation skills
- Goal-setting and personal motivation
- Social responsibility
- Personal profiling and careers guidance

Let us help you build confidence in yourself, and enhance your motivation and ability to make things happen with our leadership training.

## B. Vocational Training

1. Financial Management / Business Management / Accountancy / Banking
2. Micro Finance
3. Project Preparation and Project Management
4. Local Business Hubs. If any, among three (dry fruits/ spices preservation; poultry and animal rearing and fisheries / handicrafts)
5. Computer/ internet application and assembling

## C. Workshop /Seminar

- A. **Seminar** on the theme “ **Acquire Your Skills; Explore Your Talents and Deliver Exceptional Value to the Country**”
- B. **Workshop**: Life skills practices and training to participants on the above theme

## D. Learning Lessons from Contemporary Leaders

Learning lessons on life & leadership, achievements and to gain fundamental clarity about their thoughts, beliefs, action and a new orientation of life from Politicians, Scientists, Academicians, Engineers, Doctors, Lawyers, Bureaucrats, Businessmen, Bankers, Industrialist, Senior Journalist, Writers, Artist, Film Actors/ Actress, Sports Personals, Social Workers etc.

### E. Contestants Self Assessment / Assignment Programme

Spot problem identification of unknown locations and problem solving, Daily wages earning skills, fun and sense of humour programme

### F. Out Reach Programme

Interaction programme with community peoples and student colleagues in schools and collages. The programme will includes lectureship programme, entertainment programme and services by participants and mentors.

### G. Youth Chaperone Manipur Contest

10 finalist will be chosen by the mentors among the contestants of the Youth Leadership Camp. The final **TOP 3** will be selected by honourable **Juries** of the **Grand Finale** and **Public Votes on 50:50 marks** basis.

### How does the Mentoring Programme Work?

The **Organizing Committee** will provides leadership study materials to Mentors, participants groups in the form of a kit which contains workbooks, mentor guidebooks, participants guide book, study materials, audio/visual materials and activity supplies for 15 leadership focused lessons. The kit is designed to give students new skills introduce them to amazing leaders and help them to make a difference in their community. Mentors meet prior to the student meeting to plan and prepare. During meetings students are encouraged to communicate, cooperate, and collaborate with mentors and other students using their workbooks. After meetings, feedback is sent to help the **Organizing Committee** continue to strengthen the programme materials.

## Lessions to be learned during the programme

### Life Skills

There is no definitive list of life skills. The list below includes the psychosocial and interpersonal skills generally considered important. The choice of, and emphasis on, different skills will vary according to the topic and local conditions (e.g., decision-making may feature strongly in HIV/AIDS prevention whereas conflict management may be more prominent in a peace education programme).

## Communication and Interpersonal Skills

### Interpersonal communication skills

- Verbal/Nonverbal communication
- Active listening
- Expressing feelings; giving feedback (without blaming) and receiving feedback
- Aptitude, Logical Reasoning, Voice and Vocabulary

### Negotiation/refusal skills

- Negotiation and conflict management
- Assertiveness skills
- Refusal skills

### Empathy

- Ability to listen and understand another's needs and circumstances and express that understanding

### Cooperation and Teamwork

- Expressing respect for others' contributions and different styles
- Assessing one's own abilities and contributing to the group

### Advocacy Skills

- Influencing skills & persuasion
- Networking and motivation skills



## Decision-Making and Critical Thinking Skills

### Decision making / problem solving skills

- Information gathering skills
- Evaluating future consequences of present actions for self and others
- Determining alternative solutions to problems
- Analysis skills regarding the influence of values and attitudes of self and others on motivation

### Critical thinking skills

- Analyzing peer and media influences
- Analyzing attitudes, values, social norms and beliefs and factors affecting these
- Identifying relevant information and information sources

## Coping and Self-Management Skills

### Skills for increasing internal locus of control

- Self esteem/confidence building skills
- Self awareness skills including awareness of rights, influences, values, attitudes, rights, strengths and weaknesses
- Goal setting skills
- Self evaluation / Self assessment / Self-monitoring skills

### Skills for managing feelings

- Anger management
- Dealing with grief and anxiety
- Coping skills for dealing with loss, abuse, trauma

## Skills for managing stress

- Time management
- Positive thinking
- Relaxation techniques

## Organizational Skills

- Team building
- Goal setting and personal motivation
- Social Responsibility
- Personal Profiling and careers guidance
- Loyalty, ethics, discipline, professionalism
- Self expression and communication

## Social Acceptance and Tolerance

1. One of the most important life skills to master is the [art](#) of tolerance and acceptance. When children are encouraged to learn about different [cultures](#), they are more likely to appreciate diversity as adults.

### Positive Self-Image

2. The road to a positive self-image begins in the earliest stages of childhood. Children who learn to embrace their unique individuality at a young age will maintain that appreciation of self into adulthood.

### Self-Reliance

3. That "I'll do it myself" stage that all young children go through is actually an introduction to independence and self-reliance. If you are around children going through this stage, resist the urge to be impatient. Learning to take care of oneself is definitely one of the most positive life skills.

## Healthy Conflict Resolution

4. One of the quickest routes to success in adulthood is an understanding of successful conflict resolution practices. Children who learn about settling differences will be prepared for future problematic situations.

## Effective Communication

5. Without effective communication skills, very little can be accomplished by anyone. When children are taught how to communicate effectively, they learn a life skill that ensures future success.

**Some of the basic and essential life-skills are listed below for reminders:**

1) **SAVING MONEY.** Basically it's [spending](#) less than what you can earn. Yet, many young adults do not understand it or do not follow it. Teach your child from young the habits of savings.

2) **CREDIT.** In fact this is still a major problem for many adults. Teach your child the importance of credit and how to avoid getting into too much debt, and how to [use credit](#) responsibly.

3) **FRUGALITY.** This is something worth teaching from early age. How to shop around and get good deal: and how to compare between products of different prices and quality, to make things last and not waste them, and to control on impulsive buying.

4) **PROCRASTINATION.** This is a problem in many adults today as well. There should be a time for goofing-off, being lazy and having fun. And, there is always a time where we should do what is needed to be done. Never find reasons and excuses for yourself to procrastinate. It's a killing habit that will bring a person down.

5) **COMPASSION.** This skill is never taught in school at all. We must teach our children to learn to put ourselves in other's shoes and help them from their perspective and try to understand others.

**6) ORGANIZATION.** How to keep things tidy and organized in a proper manner? How to set routines, how to identify urgent and important tasks, and how to list to-do items on a daily basis?

**7) FIND A PURPOSE.** Having a purpose in life is extremely important. It is like have a path or direction that will lead your life to the future. Whether it is a higher religious purpose, or just making your family happy, or even finding your own calling, it is a purpose that will guide us in our daily lives.

## **B. Vocational Training**

### 1. Financial Management / Business Management / Accountancy / Banking.

(A complete set of business establishment, risk management, vicious cycle of trade, profit and loss)

### 2. Micro Finance

(Benefits of Micro financing in rural and urban areas, operational system, risk management, market know ledges.)

### 3. Project Preparation and Project Management

(SWOT--Strength, weakness, opportunity and threat analysis of a project, schemes and project guidelines of various ministries and funding agencies, innovative project preparation and project management skills)

### 4. Local Business Hubs. If any, among three (dry fruits/ spices preservation; poultry and animal rearing and fisheries / handicrafts)

Profits and loss of the business hubs, risk management in – processing, procuring, storing and marketing. Market analysis on- –local market, national and international market.

## 5. Computer/ Internet Application and Assembling

MS Words, Excel, Power Point Presentation; software installation and hardware assembling, internet operational skills and its usefulness etc.

### **C. Workshop /Seminar**

**A. Seminar on the theme “Grow Your Skills; Explore Your Talents for Tomorrow's Leaders** “academicians, scholars and subject experts will present papers on the above topic.

**B. Workshop:** Practices on the valedictory finding of the seminar and practical demonstration and training to the participants

### **D. Learning Lessons from the Contemporary Leaders**

Contestants' interaction with the contemporary leaders of Manipur. Learning lessons on life & leadership from them, achievements and to gain fundamental clarity about their thoughts, beliefs, action and a new orientation of life from Politicians, Scientists, Academicians, Engineers, Doctors, Lawyers, bureaucrats, Businessmen, Bankers, Industrialist, Senior Journalist, Artist, film Actors/ Actress, Sport personals, Social Workers etc.

**Major Thrust Area**—RTI, Fundamental Rights and Duty, Arts of Writing and Communication, Public Administration and Democratic Governance, Health & HIV/AIDS, Employment Opportunities, Innovative on Science and Technology and Environment, Responsibilities of Social Workers on Community Development.

## **E. Participants Self Assessment / Assignment Programme**

Spot problem identification of unknown locations and problem solving, Daily wages earning skills, fun, Birth Day celebration, other National & International Day celebration and sense of hummer programme.

i) Participants must have the skills of decision making after the completion of learning process. Problem identification and solving in a given time must be practical. Therefore, individual assessment programme of spot problem identification of one unknown place and problem solving in a given time will be the assessment of every participant.

ii) One day wage earning programme of any job for every participant chosen to be best suit will be pick up. Participants must be transparent for the day's earning. This lesson will teach them the work culture and it will be helpful when their life needed for survival.

iii) Fun making and the Sense of humour is an important part in our life to entertain others. So, participants will get the basic know ledges of fun making and the sense of humour.

## **F. Out Reach Programmes**

Interaction programme with community peoples and student colleagues in schools and collages. The programme will includes community social services, lectureship programmes, entertainment programmes and services by participants and mentors.

- i) Community Social services like cleansing of streets, parks, tanks, markets etc. by the participants and mentors.
- ii) Blood donation by the participants
- iii) School/ collages lectureship and entertainment programmes
- iv) Community visits and counseling to elders and youths

## G. Youth Chaperone Manipur Contest

10 finalist contestants will be chosen by the mentors among the contestants of the Youth Leadership Camp. The final TOP 3 will be selected by distinguish Juries of the Grand finale and Public Votes on 50:50 marks basis. Other contestants will join in Dance and Music performances-- the lessons they did learned during their course of study.

### Note

*For sponsorship enquiry, please contact to our programme fund rising In Charge – [gsoinam@yahoo.co.in](mailto:gsoinam@yahoo.co.in)*