

GIRLS CHAMPION PROGRAM

QUARTER 1: REPORT



6TH GRADE

Strength: 34 GIRLS

ER SESSION : SESSION 1 INTRODUCTION AND GUIDELINES

Expectation settings are done in the class along with educating the girls about what the program is all about.

ER SESSION 2: GOOD LISTENING

Steps given to the girls on how we can be a good listener.

Steps to follow:
Eye contact,
presence of mind,
Be mindful of the speakers feelings,
listen carefully
Don't interrupt



The children were asked in the opening circle how they felt when people don't pay attention or listen to them when they are speaking. The children expressed their feelings and they liked the opening circle as it was their first opportunity to share their opinions in a group.

Chinese Whispers Game: The girls enjoyed this game as it showed them how information and facts can be distorted and changed if we don't listen carefully.

ER SESSION 3: CHARACTER STRENGTHS : PART 1

Through Story of Laxmi the girls understood what are the character strengths. The first 10 character strengths were introduced. - courage, forgiveness, honesty, kindness, determination, creativity, gratitude, hope, love and self control.

The girls had heard about these character strengths but never understood them in such depth. They were extremely happy to know that all these character strengths are found within them and they can use them effectively.

Session 4: Character Strengths : Part 2

In this activity the girls had to circle 3 out of the 10 character strengths that they can relate to personally. Through a small activity the girls were divided in groups and these character strengths were then presented to the larger group.

Role Play: One group had to enact a character strength and the other group had to guess what is the character strength being enacted.

Home work: The girls were asked to go back home and ask about what are the character strengths the parents see in the children. The children enjoyed this homework and many got to know for the first time what their parents saw in them.

Session 5: Understanding Emotions Part 1

Through the chart with several faces painted on them, the girls were told about how we express our feelings through facial expresses.

Certain situations were given to the girls and then they were asked how they would feel in these particular situations.

Visualization exercise: The children were told a story, asked to close their eyes and they had to feel the scene based on the story being narrated to them.

Understanding Emotions Part 2: The children were told through this session how feelings have an impact on our body and that is how we understand body language. For example if we are happy it shows in our body language.. the way we walk... our posture.. our smile.. all of these are examples of body language.

Girls were asked what kind of emotions are difficult to express.

- 1.Which emotions are difficult to express ?
- 2.Which emotions do we try and hide ?
- 3.What happens when we don't express our feelings?

The girls shared various thoughts and opinions about this. Some girls said that when they get worried they sometimes have headaches or even stomach aches. This is a result of keeping emotions bottled inside.



7TH GRADE:

Strength: 34 GIRLS

ER Session 1 : Introduction - Rules and Regulations were made

ER Session 2: Good Listening

ER Session 3: Character Strengths Part 1:

Story of Rashmi and Poornima - 6 character strengths are identified by the girls through the story.

14 new character strengths was explained to the girls

Character Strengths: Part 2

10 new character strengths were added in this session

At the end of the session all 24 character strengths were put in a bowl and girls had to pick up one character strength and explain it back to the group.

Character Strengths: Part 3

Children had to do role plays and enact any one of the 24 character strengths. Each group had 5-6 girls who had to do roles plays and the rest of the group watching would then try and guess the character strength being shown.

Girls did the role plays with a lot of enthusiasm, teamwork and passion. They were excited to do these role plays and the audience was able to guess the character strengths correctly.



Session 6: Mindfulness

Through this session the girls were taught about how they can improve their concentration and stay focussed on one thing at a time.

Girls were explained that many times we are caught up in our own concerns and problems and through being mindful and taking your mind off things that are constantly troubling us.

A breathing exercise was given to the girls. Initially many girls were finding it difficult to concentrate on their breath. Some girls said that the breathing exercise really helped them and made them feel at ease and comfortable.

8TH GRADE:

Strength: 31 GIRLS

ER Session 1 : Introduction - Rules and Regulations were made

As there were new students who had taken admission in this academic session the concept of this program was very new for them. The older girls took turns in telling the new students what this program included and how they would benefit from this program.

ER Session 2: Good Listener

Activity: Girls were paired up and one was told to be the listener and the other the speaker. Difference scenarios were given where the listener was paying attention to the speaker and when the listener was not paying attention to the speaker. Then the speaker was asked about how she felt in both situations.

ER Session 3: Character Strengths - Part 1

24 character strengths were taught in this session. Story of Manu and Poornima was shared and the girls had to identify which character strengths were depicted during the stories. The girls were able to identify the all character strengths in both the stories.

Character Strengths: Part 2 : Girls were told create role plays and the other girls had to guess which character strengths were displayed during these role plays. The girls enjoyed this session as they could come up with creative and fun plays to show the character strengths.

ER Session 4: Identifying Goal Settings

Girls had to imagine where they were going to be in 2 years from now.. 5 years from now.. and 10 years from.. They to had imagine their achievements.. who their friends will be.. what situation will they be in ... what kind of jobs will they be doing etc.

Some of the girls imagined being Teachers, Doctors.. Nurses. etc..

ER Session 5: Short and Long Term Goals

The girls were asked to share what are the possible obstacles they would face on their way to achieving their goals. They girls really liked their session because they had never done goal settings before. They had no idea about short term goals and long term goals.



ER Session 6: Planning

The girls were given an example that if you have to ride a cycle what are the steps you need to take before you can master the art of riding a cycle.. and what are some of the obstacles one will face will trying to achieve their goal.

The girls were told about how they could get help from others in their endeavour to achieve their goals. The girls found this session very interesting and useful.



9TH - 12TH GRADE:

Strength:

9th Grade: 38 GIRLS

10TH GRADE: 34 GIRLS

11TH GRADE: 17 GIRLS

12TH GRADE: 18 GIRLS



ALL ER SESSIONS HAVE BEEN COMPLETED

HEALTH SESSION 1: Introduction - girls were informed what the health sessions will include

There were new students in class 9 who were attending this type of program for the first time. The older girls briefed the newer girls about this program and they were given a summary of the ER sessions.

New girls said that this is something very new for them and they had never seen such a program taking place in any other school where such kind of knowledge and activities are done for girls. They especially liked the opening and closing circles.



HEALTH SESSION 2: Health Management:

The girls were told about the various health programs that are available in the city and through the government. They were informed about the hospitals, different types of specialists and doctors available. The girls had no idea about any of this.

The girls were told to write down all the facilities and privileges in the health sector provided by the Govt. The girls were not able to write a lot as they were unaware of this. This is an area where the girls seemed to lack the most knowledge.

HEALTH SESSION 3: Malnutrition and Nutrition:

The girls were informed about what diets are healthy and unhealthy. They were informed about seasonal vegetables and fruits and what it means to have a balanced diet.

Activity: The girls had to prepare/draw a plate in which they had to show what they eat for Breakfast, Lunch and Dinner.



HEALTH SESSION 4: Malnutrition and Nutrition Part 2

The girls were informed about what are the primary reasons, causes and effects of malnutrition. They were told about Iron deficiency, Anaemia, Vitamin A deficiency and what are ways to overcome such deficiencies.

HEALTH SESSION 5: Water pollution and Clean Water

Through this session the girls were told about water born diseases, how water is polluted and what are the effects of dirty water on us.

They were told about how water can be cleaned and utilised in our homes and how we can store drinking water etc.



HEALTH SESSION: 6 - MAIN HEALTH TOPICS:

This session focused on water borne diseases, air borne and insect borne diseases, infections due to poor nutrition and communicable diseases.

Girls constantly asked a lot of questions about health and nutrition. Many of the things they learned for completely new for them and they found this very beneficial. Some of them said they would be sharing this knowledge with their family members also.

The girls who had failed in 9th grade did not sit at home or give up. They told their parents that they will repeat the class and make sure they pass in this academic year.

The new girls were told about the nutrition program also and they were excited get to eat new nutritious foods that they would not get at home.

Many girls used this opportunity to share their personal feelings, concerns, thoughts and challenges with the instructors.



JYOTI WALMIKI: 86.6%



ANITA KUMARI: 88.2%



PRACHI SINGH: 84.6%



LAIBA PARVEEN: 85.6%



MAHIMA GUPTA: 86.2%



PRIYA RAI: 80.2%



JYOTI: 82%



SUMAN KUMARI: 82%



HARSHITA KHAJWAL:
93.0%

Annual Board (External) Exams: Honours Students



Harshita was facilitated at an event hosted by the Chief Minister of the state. She ranked 3rd in the district and was presented a gold medal, a Dell Laptop, A bag and other gifts during the ceremony. She was accompanied by her father to the Chief Ministers residence. This has served as a huge motivation for other students.



HIGHLIGHTS

External Exams: This year SNEHA had a 100% pass record across both 10th and 12th Grade in the annual external exams. The results have been historical with students across both classes reaching new heights in their results.

Board Exam Results: Class 10

Top Performers



Suraj Gupta : 90.6 % (453/500)

Mahima Gupta: 86.2 % (431/500)

Laiba Parveen : 85.6%. (428/500)



21 Students have achieved Distinction (75% and above)

61.8% of the class

11 Students have achieved First Division (60% - 75%)

Student Pass Percentage : 100%

Out of the top 10 students, 6 Students are Boys.

Suraj Gupta scored 95/100 in English and Jasveer Singh scored 94/100 in SST which is a SNEHA record. Suraj Gupta now holds the record for the highest aggregate of 90.6% for a class 10 student at SNEHA bettering the previous best of 89.2% set by Kritika Joshi in 2022.

Class Aggregate stands at 75.5%. An all time high for SNEHA.

Overall Improvement of 1100 BPS from previous year

Board Exam Results: Class 12

Top Performers



Harshita Khajwal : 93.0 % (465/500)

Anita Kumari: 88.20 % (441/500)

Jyoti Walmiki : 86.6%. (433/500)



16 Students have achieved Distinction (75% and above)
47% of the class

17 Students have achieved First Division (60% - 75%)

Student Pass Percentage : 100%

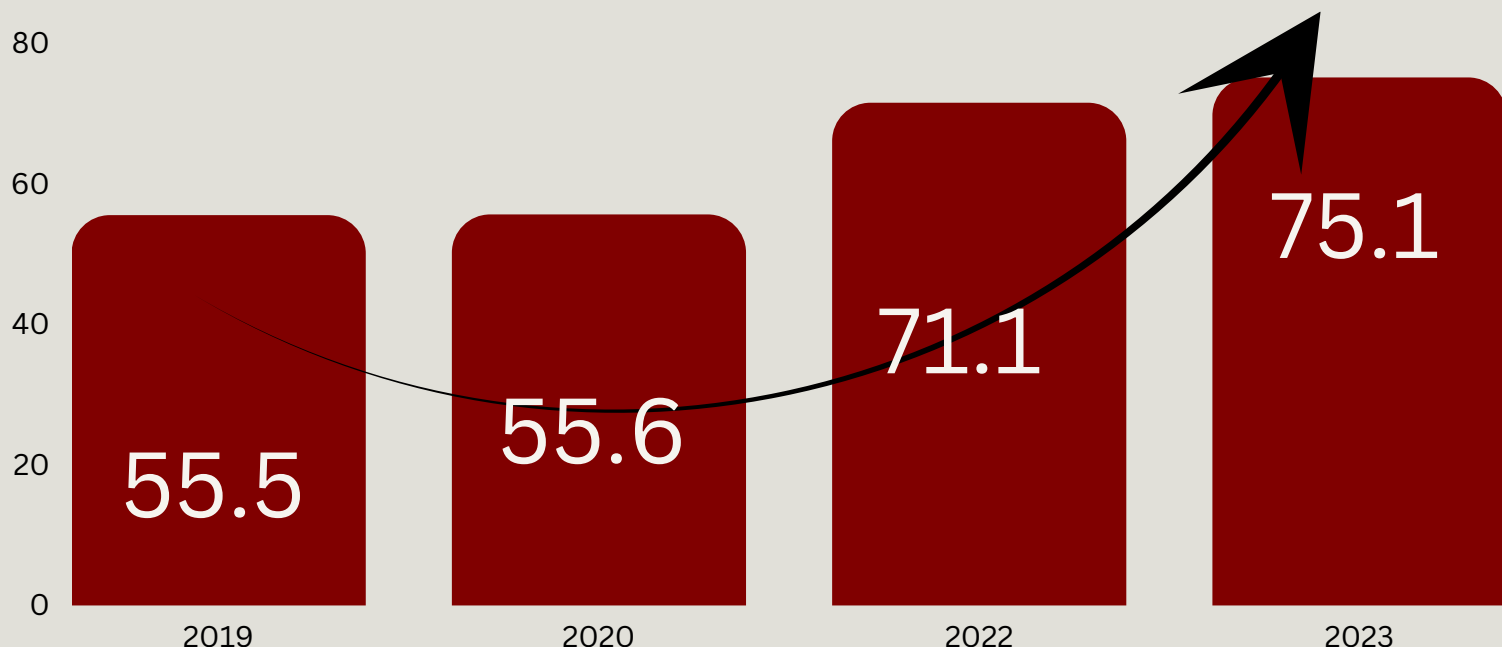
No student in second or third division

Out of the top 10 students, 6 Students are Boys.

Harshita Khajwal 95/100 in History and Anita Kumari scored 100/100 in Business Studies which is a SNEHA record. Harshita Khajwal now holds the record for the highest aggregate of 93.0% for a class 12 student at SNEHA. She also ranked 3rd in Dehradun District.

Class Aggregate stands at 75.1%. An all time high for SNEHA.

Overall Improvement of 360 BPS from previous year



HOUSE CAPTAINS FOR 2023-24



PEACOCK HOUSE

JAGVEER DIMRI



SAPHARA HOUSE

NAUSHI KAMIL

Delighted to announce our new house captains for the current academic year. 3 Houses will be looking to break the Peacock House's winning streak this year



SANDERS HOUSE

PRIYANKA DANOSI



AMERICAN HOUSE

USHA KHANNA