Objectives

- Break the ice with the students and bond with them. It is important to build mutual trust and have informal talks with the teachers so that there is an apprehension to get involved from their side. Begin to identify the requirements of the students, and this will be worked on in later sessions.

- Discuss the idea of Janmanch with the students and teachers. Gauge their response and encourage them to offer inputs to best suit their needs.

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KGBV Jalmana Session 1
Introduction

Steps

1. Introduction
2. Nametags
3. Community Norms
4. Ice-breaker
5. A Familiar Activity
6. A Problem Solving Activity
7. Talk About Janmanch
8. The Closing
1. Ask all the students to sit in short lines.

2. Everybody should be able to hear you.

3. They could be sitting in a cluster; however, if there are specific activities to be conducted on that day, sitting in line makes it logistically convenient. This will help in a smooth functioning session.

4. Introduce yourselves to the students, and make sure to make small talk and to tell them that you hope to have some fun today with them.

5. Emphasize that you are not officials, so no “Ma’am” or “Sir”. Refer to yourselves as Didi and Bhaiya. Keep this as brief as possible.
1. Take cutouts for the name tags with you. There should be enough for all the students and the teachers. The instructors should prepare theirs as well and use them as examples while telling the children what to do.

2. The students should write their names clearly and encourage them to decorate them as they wish. This customization gets them involved in the activity and helps them express their creativity. Use tape to stick the nametags.

3. From here on, try to address the students by their names. This activity will make them feel noticed while the drawing will make it enjoyable for all the participants in the session.
1. Tell the students that for a successful session, there has to be a certain set of rules.

2. However, instead of imposing someone else’s rules, you will come up with some norms together. These would embody the constitutional principles of equality, fraternity, justice and liberty (न्याय, समता, बंधुत्व एवं आजादी).

3. Later in the session, a similar protocol can be used to set up rules for Jan-manch.

4. Mention that they are part of the community, and that you want them there as well. For example, 60/90 minutes of time to be attributed to Problem solving in Janmanch.

5. Other rules for smooth functioning may include raising your hand when you speak, not talking when someone else is talking, etc.
1. Ask the students to stand up and make some space. Do an ice-breaking activity; preferably something they haven't done before. It should be something physical which wakes them up in case anyone is feeling sleepy. For example- “Mera daaya haath naach raha tha” or “Lambi daadhi vaale baba”. The instructor can take up any activity which they might find suitable. Just be enthusiastic.

2. The agenda of the ice-breaker is to bring some enthusiasm into the children. Talk to them about the importance of physical activities and its health benefits. This will help clear their mind, make them active and help them focus on the task at hand. Tell them that exercise doesn’t have to be monotonous and boring, it can be fun by trying new things. Plus, singing and dancing helps with creativity. Encourage the children to come up with their own songs or dances.

**Note**

The following action song can be performed with the girls as an ice breaker activity:

“Meri daaya haath nach raha tha
Use dekh mera baaya haath bhi naachne laga
Mera daaya haath aur baaya haath naach rahe the
Unhe dekh mera daaya per bhi naachne laga
Mera daaya haath, baaya haath, daaya per naach rahe the
Unhe dekh mera baaya per bhi naachne laga”
1. The students might be more open with the instructors if they participate in an activity which is familiar to them.

2. This way the instructors will be stepping into their world, and it would avoid a session filled with just alien activities.

3. Ask the teachers beforehand about which game they should play and request a student volunteer to teach you the rules.

4. According to teachers, this makes the kids feel more comfortable.

5. Make sure that the activity helps in breaking presumed hierarchies and creates a fun environment for everyone.
6 Problem Solving Activity

1. The point of this activity is to introduce the concepts of teamwork and step-by-step problem solving to the children. For example, the human-knot game.

2. Divide the children into groups of 6-10 (maximum) depending on the size of the cohort. Ask the children of each group to stand in circles. Each child has to hold hands with two other students who are not standing immediately next to them. This will create a “human knot”. Now, all the students must try to untangle themselves without letting go of their hands.

3. The instructors should demonstrate this activity with the teachers before the students begin. While the children are trying to solve their tangles, the instructors should go around helping the students and telling them to “slow down”, “analyse the problem”, “identify the problem”, “take one step at a time”, and “help each other”.

4. When the activity is done, resettle the students and ask them if they learnt anything. Be prepared for them to not say anything.

5. Talk to them about just how they collectively solved a problem during this activity, they should analyse the problem and work together in real life as well.
1. Ask the students about what changes would they like to bring to their school. Try to make it an interactive discussion. Ask the girls these questions:
   a. Do they like their school?
   b. Do they like living together?
   c. Don’t they think like they are a family?

2. Tell them that when a family wants to do something for their home, one person can’t do everything. Everyone has to come together and work for it. Like, family meetings. Similarly, if they want something new in the school, they must come together and work.

3. For the same, we would like to introduce them to “Jan-manch”. Every week or two all the teachers and students would come together and talk about their issues, achievements, new ideas, etc. This would also be a platform for all the children to participate and show their talents. Those who might not get to go to competitions can do performances here. There is scope for peer-learning as well.

4. To make the children feel a sense of ownership of the idea, ask the children for their views and opinions on every aspect- frequency, venue, time duration, and activities to be included, resources required. Ask the children to think about it more and give you more ideas in the next session. Give them something to look forward to and build curiosity and excitement for the next session.
1. End the session with a Q/A session.

2. Give them a secret code or a clap sequence which would be known only to the students, teachers and instructors. No outsider.

4. This would signify the start and end of every session, and do not make it super simple.

5. A little challenge can allow them to practice it after you leave and stay excited about it.

6. Do the ice-breaker song/dance one more time if they feel like it.