

Saksham Bharat Yuva Abhiyan

(For Classes 6 to 12)

Program Focus

Life Skills Development
Employability Skills
Confidence Building

Why This Program?

Teenagers today need practical exposure and personality development to prepare for real-world challenges. This initiative nurtures young minds with essential skills, discipline, and confidence to become future leaders.

Key Learning Areas

- Digital Skills (MS Office, Internet, Web Basics, Python Introduction)
 - 🎓 Advanced Self-Defense & Karate
- 👤 Leadership & Communication Skills
 - 🎯 Career Guidance & Goal Setting
- 🌍 Social Responsibility (Environment, Volunteering, First Aid)
 - 🧘 Stress Management & Time Management
 - 🤝 Team Building & Entrepreneurship Basics
 - 🧘 Yoga & Mindfulness Practices

✦ **Empowering Youth, Building Future Leaders!** ✦

Saksham Bharat Yuva Abhiyan- 30 Days Activity Book

➤ Digital & Communication Skills

Day 1: Introduction to MS Word – Document creation & formatting

Day 2: MS Excel – Basic formulas & data handling

Day 3: MS PowerPoint – Presentation making & design

Day 4: Internet & Web Basics – Safe browsing, search skills, email etiquette

Day 5: Introduction to Python – Basics of coding & problem solving

Day 6: Communication Skills – Speaking, listening & body language

Day 7: Public Speaking Practice & Group Activity

➤ Leadership & Personal Development

Day 8: Leadership Skills – Qualities of a good leader

Day 9: Goal Setting – SMART goals & vision building

Day 10: Career Guidance – Exploring career options

Day 11: Time Management – Prioritization & productivity tools

Day 12: Stress Management – Techniques & relaxation methods

Day 13: Yoga & Meditation – Practical session

Day 14: Group Discussion & Leadership Role Play

➤ **Physical & Social Development**

- Day 15: Advanced Self-Defense Techniques – Karate basics
- Day 16: Self-Defense Practice – Partner drills
- Day 17: Team Building Activities – Games & exercises
- Day 18: Social Responsibility – Environment awareness activities
- Day 19: Volunteering – Planning & participation
- Day 20: First Aid Training – Basics of emergency response
- Day 21: Social Awareness Project Presentation

➤ **Entrepreneurship & Confidence Building**

- Day 22: Introduction to Entrepreneurship – Basics & mindset
- Day 23: Business Idea Generation – Creativity & innovation
- Day 24: Case Studies – Successful youth entrepreneurs
- Day 25: Group Projects – Business plan drafting
- Day 26: Mock Interviews – Confidence building exercise
- Day 27: Presentation Skills – Visual aids & delivery
- Day 28: Final Project Presentation (Group wise)
- Day 29: Yoga & Relaxation – Stress release session
- Day 30: Closing Ceremony – Certificates & Reflections

Student Application Form

छात्र नामांकन फॉर्म

Photo

Applicant Personal Details/ आवेदक की व्यक्तिगत जानकारी:-

Applicant's Full Name / छात्र का पूरा नाम:

Gender / लिंग:

Date of Birth / जन्म तिथि:

Age / आयु:

Blood Group / ब्लड ग्रुप:

Father's Name / पिता का नाम:

Address/पता:

.....

City / शहर:

State / राज्य:

Pin Code / पिन कोड:s

Contact Details / संपर्क विवरण:

Phone Number / फोन नंबर:

Email ID / ईमेल आई.डी.:

Parent's Contact Number / माता-पिता का संपर्क नंबर:

Educational Details / शैक्षणिक विवरण:

School/College Name / स्कूल/कॉलेज का नाम:

Class/Year / कक्षा/वर्ष:

Grade / ग्रेड:

Stream / स्ट्रीम:

Scout and Guide Details / स्काउट और गाइड विवरण:

Unit Name / यूनिट का नाम:

Group Leader's Name / समूह नेता का नाम:

Scout & Guide Enrollment Number / नामांकन संख्या:

Medical Details / चिकित्सा विवरण:

Any Medical Conditions / कोई मेडिकल स्थितियाँ (Yes/No):

Allergies / एलर्जी (Yes/No):

Emergency Contact Person / आपातकालीन संपर्क व्यक्ति:

Emergency Contact Number / आपातकालीन संपर्क नंबर:

Declaration / घोषणा:

I hereby declare that the information provided by me is true and accurate. I understand that any false information may lead to cancellation of my registration.

मैं यहाँ पर घोषणा करता/करती हूँ कि मेरे द्वारा प्रदान की गई जानकारी सही और सत्य है। मुझे यह ज्ञात है कि यदि कोई जानकारी गलत पाई जाती है तो मेरा पंजीकरण रद्द किया जा सकता है।

Date / तिथि:

Place / स्थान:

Signature of Applicant / आवेदक के हस्ताक्षर:

Signature of Parent/Guardian / अभिभावक के हस्ताक्षर:

Program Details / विवरण:

- Affiliated under NITI Aayog, Government of India
- भारतीय ट्रस्ट अधिनियम एवं नीति आयोग, भारत सरकार के अंतर्गत पंजीकृत
- Application fee ₹39 only
- आवेदन शुल्क केवल ₹39/-
- One Month Training Program (Digital Skills, Karate, Self Defense & Life Skills)
- एक माह का प्रशिक्षण कार्यक्रम (डिजिटल कौशल, कराटे, आत्मरक्षा एवं जीवन कौशल)
- Mode: Online & Offline (Hybrid)
- माध्यम: ऑनलाइन और ऑफलाइन (हाइब्रिड मोड)