



Sukanya Juvenile Home for Girls

Sukanya Juvenile Home for Girls (1980) in West Bengal is a compassionate institution that provides shelter, education, and rehabilitation to female inmates. Dedicated to their well-being and growth, the home aims to empower these young girls through various programs and counseling, fostering a positive environment for their reintegration into society.

 **Funded by:** Kindermissionswerk Die Sternsinger E.V., Germany

 **Project Period:** Ongoing since 2017

 **Project Goal:** Mainstreaming all the inmates into the society as law abiding and potential productive members.

 **Project Objectives:**

1. The project aims to benefit juvenile inmates' mental health by reducing stress, boosting mood, and enhancing self-esteem, promoting social interaction, and providing a constructive emotional outlet.
2. The project's objective is to offer vocational skill development to inmates of Sukanya Juvenile Home for Girls. Skill training will equip inmates with practical expertise, enhancing their chances of successful reintegration into society. It will instill a sense of purpose, self-reliance, and a pathway towards a brighter future.

 **Project Activities:**

I. Zumba classes: The Zumba classes for inmates at Sukanya Juvenile Home for Girls, initiated by Seva Kendra Calcutta ongoing since January 2023. This unique initiative demonstrates Seva Kendra's commitment to promoting physical and emotional well-being in a rehabilitative setting. Regular participation in these classes has positively impacted their physical health, boosting fitness levels and energy. The dance-based exercise promotes mental well-being, reducing stress and anxiety. Moreover, it fosters a sense of camaraderie and teamwork among the girls, creating a supportive and uplifting environment. The Zumba classes offers a creative approach to engage and support the girls in their journey towards positive transformation and personal growth. The program's positive effects on the inmates highlight the success of this innovative initiative in bringing about positive change and empowerment.

II. Bakery Classes: Seva Kendra Calcutta's new initiative at Sukanya Juvenile Home offers bakery classes for girls, proving transformative impacts on their lives. Through these classes, the inmates gain valuable vocational skills, boosting their self-confidence and employability prospects. Learning baking not only empowers them with a marketable skill but also instills discipline, teamwork, and entrepreneurship. This initiative equips the girls with essential life skills, setting them on a positive path for the future, enabling them to reintegrate into society with dignity and self-sufficiency.



Outcome:

After completing the bakery training, the inmates at Sukanya Juvenile Home for girls will develop various valuable skills, including:

- 1. Baking Skills:** They will learn the art of baking, preparing a wide range of baked goods like bread, cakes, cookies, and pastries.
- 2. Food Safety and Hygiene:** They will be educated on the importance of maintaining high standards of food safety and hygiene in a bakery setting.
- 3. Time Management:** Learning to follow recipes and meet production deadlines will enhance their time management skills.
- 4. Teamwork:** Collaborating in a bakery environment will foster teamwork and communication abilities.
- 5. Entrepreneurship:** Some may acquire entrepreneurial skills, considering possibilities of starting their own bakery businesses in the future.
- 6. Self-Confidence:** As they master baking techniques, their self-confidence and self-esteem will improve significantly.
- 7. Problem-Solving:** They will learn to troubleshoot issues that may arise during the baking process, enhancing problem-solving skills.



Overall, these skills will equip the girls with the tools they need to lead productive and fulfilling lives beyond their time at the juvenile home.

Summary of classes and related information:

Topics Covered	Total Classes conducted	Total Trained
Vanilla Dry Cake	3	7
Dry Fruit Cake	2	8
Banana Walnut Cake	2	7
Eggless Vanilla Cake	3	6
Cinnamon Cake	2	6



Highlights: Bakery classes at Sukanya Juvenile Home for Girls has identified 4 outstanding students in baking specialties of including dry fruitcake, vanilla cake, cinnamon cake, and banana walnut cake, additionally this training has benefitted 4 dropout inmates. A total of 144 hours were covered in 12 classes until March 2023. The students showed remarkable progress in their bakery skills, fostering hope for their future careers.