

Impact Report: Pehchaan

1. Introduction

Pehchaan is a confidence-building program designed to help girls from under-resourced backgrounds discover their voice, share their stories, and develop essential public speaking skills. A pilot of this program was conducted recently with the mentees of Saijaya Youth Trust, Kalkaji – a grassroots NGO closely working with children in that part of Delhi to raise them on career and life skills for success in life.

2. Background Research

Before the sessions began, we conducted one-on-one conversations with each participant. These dialogues helped us understand their aspirations, and struggles, helping us make the sessions more interactive, and responsive.

- **Ishita** admires her father's confidence, and though an introvert, she grows expressive when storytelling, especially in Hindi. She has past experience delivering "morning thoughts" in school and calms herself through self-talk.
- **Samiksha** aspires to be a teacher, loves folk art, and is naturally loud and expressive. She knows coping strategies for nervousness but sometimes struggles to articulate personal achievements.
- **Sonakshi** is cheerful and ambitious, dreaming of becoming a pilot. She is proud of her stage performances, especially dance, and is openly interactive and curious.
- **Geeta** is highly introspective, enjoys painting, and actively explores new ideas—including AI. Though shy in social settings, she is deeply articulate in personal reflection and has experience in school speeches and poetry.

3. Before-After/Outcomes

 **Ishita - Before/After.mp4**

 **Geeta - New Intro.opus**

4. Program Snapshot

- Format: 3 sessions
 1. Who I Am – identity and self-expression
 2. A Moment That Shaped Me – storytelling with structure
 3. Final Speech & Presentation – posture, tone, delivery
- Methodology: scaffolds for writing, peer review, mentor feedback, live practice.
- Participants: 4 (pilot batch).

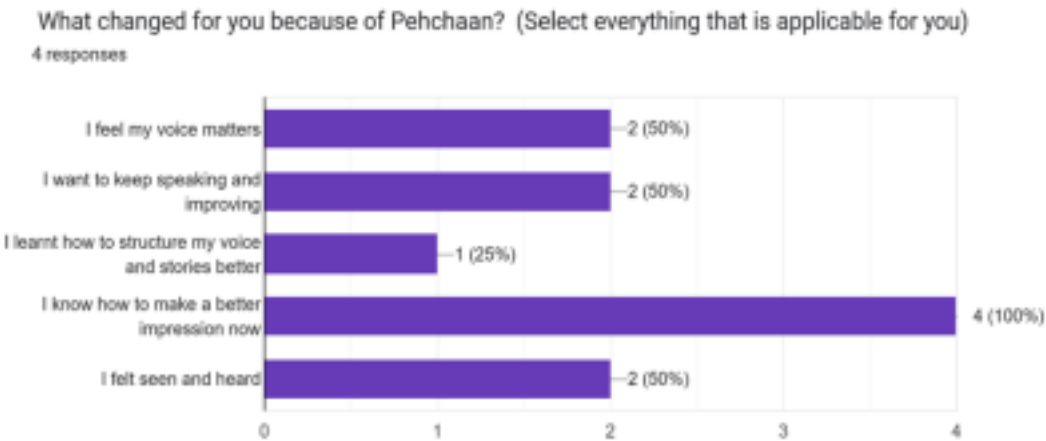
3. Key Outcomes

Confidence Boost	Majority reported feeling less stage fright and more belief in their own voice.
Skill Development	Better posture, eye contact, and tone. Learned how to build and deliver structured speeches at a comfortable speed.
Emotional Growth	Felt joy in being listened to. Stories created connection and sisterhood.

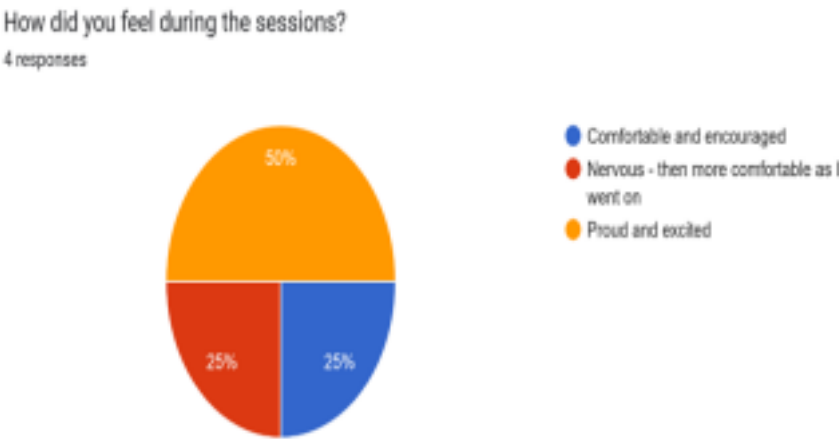
Future Readiness	Participants said the skills will help in interviews, classrooms, and future opportunities.
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5. Impact Visualization from Pilot Survey

What changed for participants because of Pehchaan?



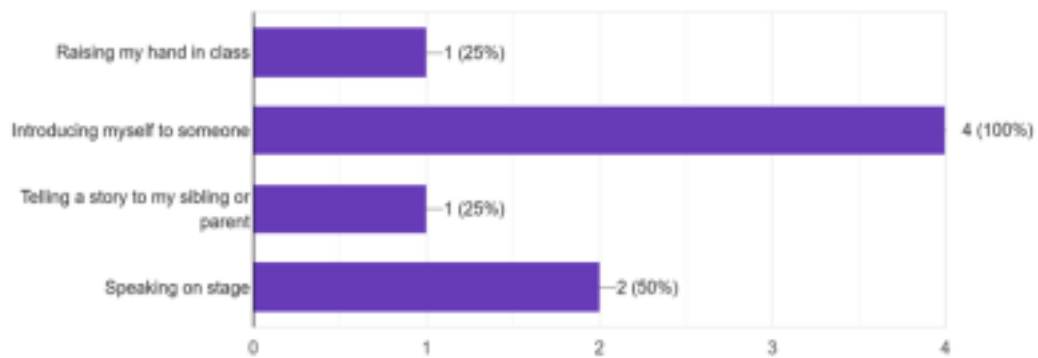
How did participants feel during the sessions?



What participants felt comfortable doing after Pehchaan?

After Pehchaan, which of these would you be comfortable doing?

4 responses



6. Impact at a Glance

- Girls left with greater confidence in public speaking.
- Developed communication skills essential for academics and jobs.
- Built a community of encouragement where every voice matters.

7. Next Steps

- Expand to more groups of girls.
- Create a showcase platform for final speeches.
- Build a mentorship chain—trained participants guiding new ones.

8. Conclusion

Pehchaan demonstrates that even short, focused interventions can transform confidence and self-expression. With continued support, these girls will not just find their voices—they will carry them forward into leadership and opportunity.