

Teacher's Training Program at Raiseena Village on 13 Sept, 2017

As per the clusters and schedule of SmartGram project for counseling, Expressions India conducted a holistic health and wellbeing program at Raiseena on 13th September 2017.

Teacher's training program (approximately 10 teachers) took place where senior resource faculty of Expressions India along with the psychologists discussed about the aspects of health and wellbeing of and their families, community at



place
team of 4
crucial
children
large.

Methodology:

on video
health

- Focus group discussion based and movies relevant to mental and wellbeing.
- PowerPoint presentation and brainstorming on child's wellbeing and development issues.

Learning Outcomes:

1. Understanding the importance of family school partnership
2. Learning about the signs and symptoms of behavioural concerns like anger issues, selective autism, bullying etc
3. Sensitizing the teacher's about POCSO act for progressing child's development in a holistic way.
4. Inculcating life skills and easy tips to overcome the challenges faced by adolescents in their academic and behavioural manifestations.
5. Understanding about specific learning disabilities and effective communication skills in teachers.
6. The role of teachers as a Counselor was developed and focused upon for healthy student-teacher relationship.

The list of students suffering from certain difficulties is mentioned at the back of the feedback form.



Students Workshop at Raiseena Village on 13 September, 2017

The Workshop was held in Senior Secondary School at Raiseena Village. The population of the village was 2000. It was attended by 225 students of the age group 6-13 years.

Sessions were interactive and the topics discussed were-

1. Helping Students to understand key adolescent issues like health and hygiene
2. Helping the girls of the school understand the adolescent sexual health issue.
3. Developing a better understanding of peer influence and the role of family-school partnership in the psychosocial development of students.
4. Helping and assisting students to overcome peer pressure
5. Understanding the role of teachers as a Counselor and facilitator.
6. Bullying...



Methodology used-

1. Audio visual presentation on health and hygiene and menstruation
2. Brain storming on how to deal with the issues regarding keeping our environment clean and health and hygiene.
3. The classroom van and mental health session were conducted.



Learning outcomes and the road ahead-

1. Students expressed their views on variety of issues regarding the health and hygiene.
2. They developed an understanding of peer issues and the family role.
3. They understood the adolescent's sexual health problem issues.

Suggestions: It was observed during the workshop that there was no female teacher or a female staff member present in the school therefore it was difficult for the girls to approach anyone from the teachers about their adolescent sexual problem or any other female issues.

2. There was a suggestion that there should be more workshops and sessions that can educate students regarding the issue of health and hygiene peer influence

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