

# Teacher's Training Program at Gairtpurbas Village on 15<sup>th</sup> Sept, 2017

As per the clusters and schedule of SmartGram project, Expressions India conducted a holistic health and wellbeing program for 10 teachers at GMS Gairtpurbas on 15<sup>th</sup> September 2017.

Teacher's training program took place where resource faculty of Expressions India discussed about the crucial aspects of Emotional, Behavioral & Learning Problems in Children & Adolescent Charms & Challenges.

## **Methodology:**

Experiential & Interactive session via Brainstorming, Focus group discussion based on power point presentation, video and movies relevant to mental health and well-being and development issues.

## **Learning Outcomes:**

1. Learning about the signs and symptoms of emotional and behavioral concerns like anger issues, selective autism, bullying etc.
2. Understanding Adolescents charms and challenges - Physical, Emotional, Cognitive and Sexual Development
3. Sensitizing the teacher's about Adolescent Sexual Health and POCSO act for progressing child's development in a holistic way.
4. Inculcating life skills and value based education system.
5. Identifying ways to overcome the challenges faced by adolescents in their academic and behavioral manifestations.
6. The role of teachers as a Counselor, focusing on healthy student-teacher relationship.

Sessions were interactive wherein all participants were cooperative and forthcoming.



# Students Training Program at Gairtpurbas Village on 15<sup>th</sup> Sept, 2017

As per the clusters and schedule of SmartGram project, Expressions India conducted a holistic health and wellbeing program for 50 students at Gairtpurbas on 15th September 2017.

Student's training program of class 6th to 8th took place where 3 Psychologist of Expressions India discussed about the crucial aspects of Health Hygiene and communicable diseases and adolescent health and well being.

## **Methodology:**

Methodology adopted was Brainstorming, Activities and Role-plays.

## **Learning outcomes:**

1. Developing an understanding of health and healthy lifestyle - Importance of exercise and balance diet
2. Ways of maintaining and promoting hygiene of self and environment
3. Understanding communicable diseases- cure and prevention
4. Psycho-social well- being was explored by identifying their interactions with family
5. Adolescent Sexual Health was discussed and explained.

