

# Student's Training Program at Sampki Nagli Village on 22<sup>nd</sup> September, 2017

The Workshop was held at Government High School. The village has an approximate population of 1755. The school principle Mr. Vijay helped organize the workshop. It was attended by 33 students of age group (12-15 years) of class 6, class 7 and class 8.

Methods/Tools used

1. Interactive session on adolescence, key adolescence issues, basic hygiene, cleanliness and menstrual cycle.
2. Role plays on adolescence issues like peer pressure, aggression and substance abuse.

## **Topic discussed and the learning outcomes:-**

1. Helping the students to understand the significance of adolescence and behavioral issues.
2. Helping students to control the anger through deep breathing.
3. Dealing sensitively with adolescence issues and seeking the parent help to understand the issues in adolescence.
4. Helping girls to understand the changes that occur in adolescence like physical changes and menstrual cycle.