

Student's Training Program at Dhunela Village on 23rd September, 2017

The Workshop was held at Government High School. The village has an approximate population of 1856. The school principle Mr. Karan Singh helped organize the workshop. It was attended by 80 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. Students were engaged in an interactive discussion about the importance of a balanced diet.
3. Helping students to control the anger through deep breathing.
4. Issues with regard to substance abuse and its consequence was discussed.
5. Helping girls to understand the changes that occur in adolescence like physical changes and menstrual cycle.
6. Female students were also informed and advised to get themselves checked for common health issues like thyroid and PCOD.

Teacher's Training Program at Dhunela Village on 23rd September, 2017

As per the clusters and schedule of SmartGram Project for counseling, Expressions India conducted a holistic health and wellbeing program at Dhunela Village on 23 September 2017.

Teachers training program involved a discussion about the crucial aspects of health and wellbeing of children and their families, community at large.

The methodology included a focus group discussion based on a power point presentation which focused on equipping the parents and teachers with the skills of a counselor.

Learning Outcomes:-

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

Health and Hygiene report-Dhunela Village on 23rd September, 2017

There were an approximate of 80 students from classes 6 to 8 between the age range of 11-14 years. Students were educated about the meaning of hygiene and how it is supposed to be maintained personally and environmentally.

They were given tips on the maintenance of oral hygiene, hair hygiene, ear hygiene and hair hygiene.

Information about the causes of diseases like malaria and dengue were given and students were told about the importance of changing the water in coolers, fridges and water tanks regularly.

Significance of washing hands on an hourly basis, using soaps and sanitizers, clean towels and sleeping on clean bed sheets were elaborated on.