

## **Student Training Program at Gairatpur Village**

### **On 27<sup>th</sup> October, 2017**

The workshop was held at Government High School. The school principal helped to organize the workshop. It was attended by 50 students of age group 10-13 years of classes 6<sup>th</sup> to 8<sup>th</sup>.

#### **Methods/ tools used :-**

1. Interactive session on adolescence, key adolescent issues, basic hygiene, cleanliness and menstrual cycle.
2. Role plays on adolescent issues.

#### **Topics Discussed and Learning outcomes :-**

1. Helping the students to understand the significance of adolescence and behavioral issues.
2. Helping girls and boys to understand the changes that occur in adolescence like physical changes and menstrual cycle, usage of sanitary pads.
3. Helping students to control anger through deep breathing and meditation.
4. Students were also told about various diseases like dengue and malaria.
5. Students were involved in the interaction about the importance of balanced diet and exercise.
6. Students were also involved in the interactive session about alcohol, smoking and substance abuse etc.

