

# Student Training Report in Gairatpur Village on 14<sup>th</sup> November, 2017

The workshop was held at Government Senior Secondary School Gairatpur Village. The school principal helped 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> std.

## Methods/tools used :-

1. Interactive session on adolescence, key adolescent issues, cleanliness and menstrual cycle.

## Topics Discussed and the Learning Outcomes :-

1. Helping the students to understand the significance of adolescence and behavioral issues.
2. The significance of family bonding and communication.
3. Helping girls and boys to understand the changes that occur in adolescence like physical changes and menstrual cycle.
4. Helping students to control anger through deep breathing and meditation.
5. Students were told about various diseases like dengue, malaria and chickenpox.
6. Students were involved in the interactive session about the importance of balanced diet and exercise.

