

Student Training Report – Dhaula Village , 16th November,2017

The workshop was held at Government Senior Secondary School Dhaula. The school principal helped organize the workshop. It was attended by 50 students of age group 10 years-13 years of classes 6th std to 8th 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 also told about various diseases like dengue, malaria, chickenpox and chickengunea.
6. Students were involved in the interactive session about the importance of balanced diet and exercise.



Student Training Program at Dhaula Village

On 16th Nov, 2017

Student's Training program was held at Government Senior Secondary school at Dhaula Village on 16th Nov 2017. The Principal of the school helped in organising the program. It was attended by 50 students of age group 10-13 years of classes 6 to 8th.

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. Making aware to students to understand the significance of adolescence and behavioral issues.
2. Understanding adolescence changes and process occur.
3. Helping girls and boys to understand the changes that occur in adolescence like physical changes and menstrual cycle, usage of sanitary pads.
4. Helping students to control anger through deep breathing and meditation.
5. Students were also told about various diseases like dengue, and malaria.
6. Students were involved in the interaction about the importance of balanced diet and exercise.
7. Students were also involved in the interactive session about alcohol, smoking and substance abuse etc.
8. Promoting competencies has the potential to prevent high risk behaviors, psychological problems and enhance resilience among the children and adolescents.

