

# Teacher's Training Program at Jamalpur Village on 28<sup>th</sup> November, 2017

The Workshop was held at Government High School at Jamalpur Village. The village has an approximate population of . Sarpanch (Mr. ) and the Principal (Mr. Kulbhushan ) of the school helped organize the workshop. It was attended by 10 teachers of Govt. High School as well as Govt. Primary School.

## Sessions were interactive and the topics discussed were-

1. Teachers were informed on three main themes common adolescence issues, basic counseling skills and specific learning.
2. Understanding the importance of Classroom Management was focused on in the interactive session.
3. Providing a non judgmental environment and interaction can aid identification of problematic behavior of children.
4. Relationship issues amongst adolescence must be dealt sensitively were emphasised.
5. Ways to Identify developmental disorders and learning disabilities
6. Importance of the role of family-school partnership in the psychosocial development of children and understanding peer influence.
7. Assisting and helping students to manage anger and overcome frustration.
8. The importance of teachers role as a Counselor and facilitator.
9. Early identification of specific learning disabilities was emphasised on So formal assessment and treatment can follow up.



## Methodology used-

1. Audio visual presentation
2. Brain storming
3. Group discussions

## Learning outcomes and the road ahead-

1. A brief was provided on how on the basis of certain expressed behaviors by children an early identification could be done of the problem by the teachers.
2. Psycho-social education of parents was emphasised on since issues of child marriage are still prevalent and girl child drop out happens due to this reason.
4. Substance abuse counseling was suggested to be an integral part of training since age of substance abuse seems to be decreasing.
5. Clinical assessment and follow up can lead to a successful diagnosis and intervention.
6. Child's and the care givers psychosocial and emotional wellbeing both are important for better, progressive and enhanced facilitation of children in today's era.
5. The meaning and identification of specific learning disabilities was described in detail.

# **Student Training Program at Jamalpur Village On 28<sup>th</sup> November, 2017**

The workshop was held at Government High School. The school principal helped to organize the workshop. It was attended by 56 students of age group 14-16 years of age of classes 9<sup>th</sup> to 12<sup>th</sup>

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

1. The sessions were interactive adolescence, key adolescent issues, basic hygiene, cleanliness and menstrual cycle.

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

1. A brief introduction about adolescent issue was presented to the children
2. Major changes such as physical and mental were discussed with them and girls were separately given information about menstrual health how pads are necessary during the flow are important to use
3. Many questions were discussed regarding teenage problems and their solutions were provided to them.
4. In order to cope up with exam stress they were told about the breathing exercises and also demo was given on how to perform them.
5. Importance of balanced diet was told to them and given some information regarding junk food and how it is harmful to our health.
6. Students session included interactive discussion about alcohol, smoking and substance abuse and how they should not get involved in it, also they were told to educate their parents about the ill effects of doing the same
7. Menstrual cycle and health and hygiene was discussed well.

## Health and Hygiene Report – Jamalpur Village on 28th November,2017

There were an approximate of 40 students from classes 6th between the age range of 10 years to 13 years. Students were educated about the meaning of hygiene and how it is supposed to be maintained personally and environmentally. They were given tips to maintenance of oral hygiene, hair hygiene, ear hygiene, water hygiene, food hygiene and sleep hygiene. Information about the causes of diseases like malaria, dengue and chickungunea were given and students were told about the importance of changing water in the coolers, pots, coconut shell etc

Significance of washing hands on an hourly basis, and before and after eating using soaps and sanitizers, clean towels and sleeping on clean bed sheets were elaborated on.they were educated about taking care of the their well being such their eyes, teeth, taking shower regularly, cutting nails of both hands and feet and wearing clean clothes.

