

## **Teacher's Training Program at Taj nagar Village on 5th December, 2017**

The Workshop was held at Government High School at Taj Nagar Village. The village has an approximate population of Sarpanch (Mr. ) and the Principal (Mrs. ) 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. Helping teachers to understand the importance of Classroom Management
2. How expresses behaviors of children can aid identification of problematic behavior
3. Dealing sensitively with relationship issues amongst adolescence.
4. Identification of developmental disorders and learning disabilities
5. Developing a better understanding of peer influence and the role of family-school partnership in the psychosocial development of children.
6. Helping and assisting students to manage anger and overcome frustration.
7. Role of teachers as a Counselor and facilitator.
8. Dessimination of information on how to deal with specific learning disabilities in students.

### **Methodology used-**

1. Audio visual presentation on key childhood and adolescent development, developmental disorders and learning disabilities
2. Role play on substance abuse, aggression and depression
3. Brain storming on cultural norms and gender issues.

### **Learning outcomes and the road ahead-**

1. Teacher's were apprised and briefed on how on the basis of certain expressed behaviors by children an early identification could be done of the problem.
2. Focus also needs to come on psycho-social education of parents since issues of child marriage are still prevalent and girl child drop out happens due to this reason.
4. The age for substance abuse seems to be coming down. Therefore, substance abuse counseling should be an integral part of training.
5. Interventions through clinical assessment and follow up can lead to a successful diagnosis.
6. Psychosocial and emotional wellbeing of the care givers along with the child is very important for better, progressive and enhanced facilitation of children.
7. Impact of support and encouragement as well as early recognition of specific learning disabilities.

## **Student Training Program at Taj Nagar Village 5th December, 2017**

The workshop was held at Government Middle School, Taj Nagar. The village has an approximate population of people. The school principal helped organize the workshop. It was attended by 50 students of age group 10-14 years of classes 5th to 8th.

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

1. Interactive session on adolescence, key adolescent issues, basic hygiene, and cleanliness and menstrual cycle.
2. Slogan writing, painting and story writing on adolescent issues.
3. Role plays on various issues that were discussed.

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

1. Helping the students to understand the significance of adolescence and behavioral issues.
2. Helping boys to understand the changes that occur in adolescence like physical changes.
3. Helping students to control anger through deep breathing and meditation.
4. Students were also told about various diseases like dengue, malaria and chicken Guinea and various other infections such as food poisoning, skin infections and rashes
5. Students were involved in the interaction about the importance of balanced diet, exercise, joining a sport.
6. Students were also involved in the interactive session about alcohol, smoking and substance abuse etc
7. Menstrual cycle , usage of sanitary pads and hygiene during menstruation were explained and informed.

### **Health and Hygiene Report – Taj Nagar Village on 5th December, 2017**

There were an approximate 20 students from classes 1st to 5th between the age range of 6 years to 11 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.