

## STUDENTS TRAINING WORKSHOP, JAINELA

A students' training workshop was conducted on 7th December 2017 at the Government High School, Jainela Cluster. Fifty –six students aged 14 to 16 years from classes 9<sup>th</sup> to 12<sup>th</sup> participated in the workshop.

### Topics discussed along with the learning outcomes and appropriate methodology intact:

- It was a very interactive and thought evoking workshop wherein students expressed their teenage concerns, conflicts and dilemmas regarding issues like peer-pressures, anger, frustration, low self-esteem, personal-hygiene, mental physical and hormonal changes etc and sought guidance for the same.
- Balanced-diet, exercising and Right –Breathing were emphasizes for overall health and for coping with Exam –Related stress and anxiety. Demonstrations were given for right-breathing.
- Students took keen interest in knowing the ill –effects of junk food, smoking, alcohol and substance-abuse and also got motivated to stay away from them and even educate parents and others about the same
- Girls were separately briefed on the importance of essential hygiene required during menstrual-cycle and use of pads to protect themselves from infections and all.
- Workshop indeed left the students enthused to learn more on the discussed issues in future.

