

**Report of the Masters Trainers workshop on
"Promotion Of Mental Health and Psychological well
being of adolescents using Life skills approach"**



Organised by

Department of Community Medicine

Adichunchanagiri Institute of Medical Sciences (AIMS), BG Nagara

in collaboration with

National Institute of Mental Health and Neurosciences, Bengaluru

Date: 8th to 11th April 2019

Venue: MEU Hall, ground floor, AIMS

Guest Speakers from NIMHANS

Dr Vranda MN

Dr Thomas Kishore

Dr Uma Hirisave

Good mental Health during adolescence is a prerequisite for optimal psycho social development. Training teachers and staff as life skills facilitators to implement the programme in schools has a tremendous potential to empower the youth with skills/abilities to cope with developmental as well as societal changes. Thus with the above objective, hands on workshop was organised by department of community medicine for the selected staff of AIMS, BG Nagara.

Masters trainers workshop was organised for 4 days. First day started with registration and distribution of pre assessment forms. First session was on " Prevention of Suicide among students using Life skills approach" by Dr Thomas Kishore. Sir gave a talk emphasizing on the risk factors, the methods of suicide and prevention on the same. After which we had inauguration of the workshop by the respected principal, Dr M G Shivaramu followed by photo session and tea break. Session 2 was handled by Dr Vranda, Associate professor, Department of Psychiatric social work on "Promotion of Mental Health using life skills approach for adolescents - What, why and how?" with introduction on workshop and its rationale. After Lunch we had session on group activity from the manual focussing on facilitation skills- "Problem solving- I can deal" where 4 volunteers were participated and another activity on "Empathy" with group discussion and game. Madam ended the session by giving assignment work for each group.

On the second day, We had Demo session focussing on facilitation skills, experiential learning and life skills approach. 1st group with the leader facilitated the other students to perform role play on the topic "Sexual Harassment and its prevention". Each team was given different situation based on which all the staff participated effectively and came up with the wonderful role play with the messages to handle the same. Post-lunch session was handled by 2nd group who divided the rest of the delegates into two teams. Each team was given group exercise on "Myths and Misconception about sexuality- I Know everything" using myths and facts cards. 3rd group was given to facilitate the team on group discussion on healthy relationships which concluded the day two sessions.

3rd day sessions started with the recap of the second day and continued with the activity demonstration by 4th group and 5th group. 4th group facilitated other members for group discussion on "Coping with Failure and problem- Suicide prevention" with three different situations. Group five was given the activity of role play and discussion on "Prevention of smoking - No Thank you, I do not smoke." which they performed it well with active participation from all the members. Post lunch session was by Dr Uma Hirisave who discussed on "Mental Health Issues in Adolescents" giving importance different approaches

and intervention for the issues. Last session was a lecture by Dr Vranda MN on "Peer Learning and facilitation" after which madam concluded.

On the last day, session started with discussion with all the members on "Self awareness". Each delegate was give 10 minutes to write about their own- What are they proud of?. what are things to be worked upon?. Everyone participated enthusiastically and presented about oneself in the form of the poem. Through this session, everyone understood the importance of self esteem and to love ourselves regardless of what others feel about us. Madam talked on How to implement this programme in different settings with assessment and evaluation of the outcome. Programme ended with discussion on plan of action and logistics of implementation and with valedictory, feedback by the participants and distribution of the certificates.