

Department of Mental Health and Behavioral Sciences

School courses for Students/Parents /Teachers

Objectives

As a part of the School Mental Health Program conducted by the department under guidance of Dr. Samir Parikh, we focus on all aspects of a growing school child, to be able to give him the best individual development and personality with the right coping skills. The courses include sessions for students, teachers and parents, as only in the right liaison can a conducive environment for a child can be possible.

Course Duration

1 day

Learning Objectives

- To give parents and teachers insight into child and adolescent development
- Give parents and teachers the skills to enhance the child development and manage problems effectively
- Give life skills and develop the personality of students

Who Should Attend: Parents, Teachers, students, as per the course design.

Course Content

Parent courses

- Effective Parenting
Understanding child psychological development and developing a better relationship, and learning to manage problems
- Understanding Adolescents

Teacher courses

- Stress management
- Teacher training

Student courses

- Study skills and exam preparation

This course helps the students learn effective ways of learning, memorizing and skills to take exams.

- Relationships

In adolescents peer relationships, and attraction affects the life of the students, this course gives an insight into it and helps a student cope with the issue effectively.

- Life skills education

Life skills help a student enhance their coping skills and develop a stable self and be able to face the challenges of life well.

- Personality enhancement

This course helps develop the students' personality; this includes assertiveness, social and communitarian skills.

- Emotional Intelligence

In today's world emotional intelligence is needed for success, this course helps student adapt to become emotionally intelligent.

- Adolescent education

Adolescence is the age of change, and gives stress to the teenager. This special program deals with the issue of adolescent psychology in detail.

Course Evaluation

1. Attendance through entire program.
2. Participation and completion of related questionnaires done during and post-session