

# 'JEEVAN' - TRAINING PROGRAMME TO CONDUCT LIFE SKILL SESSIONS

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**Conducted by Prafula Psychological Services**

**Facilitator - Shalu Mehrotra**

**Dates: 7<sup>th</sup>, 8<sup>th</sup>, 15<sup>th</sup> of April 2018. Venue: Prafula Psychological Services, Andheri (E)**

There is an increasing need for today's youth to be more equipped in handling life. Life is tough and young people need skills to encounter life productively.

**Prafula Psychological Services** offers 'JEEVAN', a training program for counsellors/teachers trained in counselling/special educators/ social workers who take group sessions, to conduct sessions in Life Skills for students.

Life Skills are abilities for adaptive and empowering behaviour that enable individuals to deal with the demands and challenges of everyday living in a constructive way. Life skills are individual abilities that each one possesses and yet needs to enhance in order to meet the daily challenges of life. Effective acquisition of life skills can influence the way one feels about oneself and others. It enhances one's productivity, efficacy, self-esteem and self-confidence. Life Skills also provide tools and techniques to improve interpersonal relations.

- 'JEEVAN', the Life Skills programme, trains counsellors to take sessions with students on issues like handling peer pressure, coping with stress, handling relationships with the opposite sex, interaction with parents, managing anger, dealing with conflicts and many more
- The programme will give hands on, experiential learning to the participants. The training will have practicum where participants will take sessions during the

programme and receive feedback for it. This experiential methodology will equip them to conduct Life Skills sessions independently in the classrooms.

- Life Skills sessions can also be helpful for adults. This programme can be adapted for that purpose.

(I have been working as a therapist for the last 22 years. My experience at various schools and colleges and supervising work of counsellors has shown that besides individual counselling, students also need group sessions which act as preventive mental health care. Helping students with life skills helps them not reach extreme level of difficulties. Students also enjoy and learn more with peer sharing. Group sessions also help motivate individuals who are unaware that they have problems to seek and receive help they need).

**Programme details:**

**Dates:** 7<sup>th</sup> April (Saturday) 8<sup>th</sup> April (Sunday), 15<sup>th</sup> April (Sunday), 2018.

**Time:** 9.30am - 4.30pm, **Venue:** Prafulta Psychological Services, Andheri (East).

**Cost:** Rs 7000/- per participant

**Cheques to be made in favour of:** 'Prafulta Counselling Centre'

**Application Forms to be sent to:** Prafulta Psychological Services, St Dominic Savio Institution, Off Mahakali Caves Road, Andheri (East), Mumbai – 400093.

**Ph:** 28302323 / 28373739 / 28200248/9769298539

**Email:** [prafultaandheri@gmail.com](mailto:prafultaandheri@gmail.com)

**Web:** [prafultaandheri.org](http://prafultaandheri.org)

**Last Date of registration:** 31<sup>st</sup> March 2018, (first come first serve basis, registration may stop if we are full before last date)

**Details required for registration:** Name, Address, Email Id, Mobile number, Place of work of participant. Please type all these details on a word document and email to the office.