



21st September 2023

Training Programme on Life Skills and Sexual-Reproductive Health

Organized by the Department of Social Work-PG, St. Edmund's
College, Shillong in collaboration with the Adolescent Friendly
Clinic, Ganesh Das Hospital

Table of Content

Introduction 3
Technical Sessions 3
 1. Life Skills Session..... 3
 2. Reproductive and Sexual Health Session 5
Conclusion..... 6
List of Participants 7



Training Programme on Life Skills and Sexual-Reproductive Health

Introduction

The Department of Social Work-PG, St. Edmund's College conducted a **Training Programme on Life Skills and Sexual-Reproductive Health** with Miss Christy Najjar, a counselor from the Adolescent Friendly Clinic at Ganesh Das Hospital, as the resource person. The workshop took place on September 21, 2023, and it's encouraging to know that it provided valuable educational opportunities for the student social workers. The workshop was highly interactive and designed to impart essential life skills and enhance the life skills ability among them.

Target Group: Students social workers

No. of participants: 31 participants

Technical Sessions

The training was divided into two distinct technical sessions:

1. Life Skills Session

Life skills are essential abilities that help individuals adapt to the challenges of daily life. This session likely covered topics such as communication, decision-making, problem-solving, and interpersonal skills. The focus on life skills can empower the students with the necessary tools to navigate their personal and professional lives effectively.

The programme began with a non-verbal communication activity, which involved all students from the 1st semesters. Divided into three groups, the students engaged in a queue-based activity to convey actions or messages through non-verbal cues. This activity likely highlighted the potential for miscommunication and the importance of clarity in conveying messages. The resource person emphasized the transformative power of communication, stressing that effective communication can change situations from

worse to better. An example of non-verbal communication, involving a letter and a real-life story, was shared to illustrate the concept.



Students participated in an interpersonal communication activity where they were paired up. Each pair had to describe a word to their partner without using the exact word, showcasing their ability to connect and understand each other. This activity likely enhanced their communication and listening skills. In another interpersonal communication exercise, students had to write three positive things about their partners. This activity promoted a positive atmosphere, improved self-awareness, and encouraged the expression of appreciation. The programme underlined the vital role of effective communication in various relationships in a person's life, emphasizing that clear and respectful communication is essential for building and maintaining healthy relationships.

The resource person shared her experiences as a counselor, offering practical insights into how she communicates with clients in different cases, further emphasizing the importance of communication skills.

The programme concluded by reinforcing the central theme of communication's significance in everyone's life. Students likely left with a deeper understanding of the role of effective communication in personal and professional growth.

2. Reproductive and Sexual Health Session:

The inclusion of this session is crucial in providing comprehensive knowledge to the students. It appears to have been a continuation of the programme's theme on reproductive and sexual health, building on the foundation laid in the previous session.

She highlighted on the work of the clinic and also made the student social workers' understand and created awareness on Sex Education. She started the session by distributing the diagram of the human Reproductive system and made the students label them. The



resource person talked about STD, HIV and AIDS, Teenage pregnancy, safe sex and unsafe sex and many other reproductive health issues.

The programme concluded with a group discussion session where Miss Christy presented questions that young people often asked when they visit the Adolescent Friendly Clinic Such as: Why should I save sex until marriage?, What's wrong in watching pornography?, What steps can I take to save sex for marriage?, Is everybody really having sex?, A friend keeps asking me to have sex. How do I make him stop?, What are the consequences of unsafe sex?, Where do I go for help? , Today's sensitive, caring man is?, and What is intimacy?. These questions were discussed with the students to provide them with insights and guidance on how to respond to such queries.

The questions asked in the group discussion highlighted the diverse concerns and curiosities that young people may have about sexual health and relationships. Miss Christy likely encouraged open and non-judgmental discussions to empower the students with knowledge and communication skills to address these important issues.

Conclusion

The training provides a holistic approach to personal development, ensuring that the students not only understand key life skills but also gain important insights into reproductive and sexual health issues. This knowledge equips them to be well-rounded social workers who can address a wide range of concerns and provide valuable support to the individuals they serve in the future.

The presence of Miss Christy Najjar, an experienced counselor from the Adolescent Friendly Clinic, as the resource person adds credibility and real-world expertise to the programme. Her guidance and insights would have been invaluable in enhancing the students' understanding of these important topics.

Overall, the programme successfully covered a wide range of communication-related topics and life skills, providing students with practical knowledge and tools to enhance their communication abilities and navigate various aspects of life effectively. It is an informative and interactive platform for the students to learn about reproductive and sexual health, helping them gain a better understanding of these crucial topics and preparing them to provide valuable support to individuals seeking guidance in the future. This programme is an excellent example of how educational institutions can provide practical and relevant training to students in the field of social work, ensuring they are well-prepared to make a positive impact in their future careers.



List of Participants



TRAINING ON
LIFE SKILLS & SEXUAL-REPRODUCTIVE HEALTH
ORGANISED BY
DEPARTMENT OF SOCIAL WORK - PG
ST. EDMUND'S COLLEGE, SHILLONG
DATE: 21ST SEPTEMBER, 2023

PARTICIPANT'S LIST

SL. NO	NAME	SIGNATURE
1.	Athan . H . Kharkongor	Athan
2.	Ban Kitbarlang Hynriesta	Ban Kitbarlang
3.	Rebecca Warjui	R. Warjui
4.	Kevin Pdang.	Kevin Pdang
5.	Josephine . Mary . Rydem	J. Rydem
6.	Johnnya Pdalkariej	Johnnya
7.	Pynshogainlangki Suting	P. Suting
8.	Menmayuui Hati'kawan	M. Hati'kawan
9.	Marseillis Pahlong	M. Pahlong
10.	Balakordor .D. Parlong	B. Parlong
11.	Priyanka Phukon	P. Phukon
12.	Eliana Rikmilchi Akongh	E. Akongh
13.	Graceful Suting	G. Suting
14.	Kimberly Pyntub	K. Pyntub
15.	Jnimeiki - Siya	J. Siya
16.	Kiiveimai Helena Ng	K. Helena
17.	Maphili Khartlangmaaw	M. Khartlangmaaw
18.	Siddhant Das	Siddhant
19.	Detisha Nongang	D. Nongang

