

Life Skills Training Program

**Organized by Friends Corner (ARSH) Clinic,
Ganesh Das Hospital in Collaboration with the
Department of Social Work-PG St. Edmund's
College, Shillong**



**Venue: Department of Social Work-PG St.
Edmund's College**

Date: 8th February 2023

INAUGURAL SESSION

A Life Skills Training Program was organized by the Friends Corner (Adolescent Reproductive and Sexual Health) Clinic at Ganesh Das Hospital in collaboration with the Department of Social Work-PG at St Edmund's College Shillong as part of the ongoing Centenary Celebration on February 8, 2023. The Program was hosted by Mr George K Sunn, Fieldwork Coordinator of the Department of Social Work-PG. The program started with the welcome address by the Head of Department, Social Work –PG, Dr Rituparna Rajendra which was followed by the Inaugural Speech given by Dr B. War Nongbri, the Dean of St Edmund's College.



Towards the end of the Inaugural Session, Ms Christy Najjar took the stage to introduce the participants about the Life Skill Training Program. This program was attended by the MSW students (Both 1st and 4th semester), the Dean of St Edmund's College, the Head of Department, Social Work-PG, the faculties of the Department Social Work-PG and the Social Work Interns of Friends Corner from Mizoram University and Martin Luther Christian University (MLCU).

ABOUT THE TECHNICAL SESSION ON LIFESKILLS

The Resource Person for this program was Ms. Christy Najjar, a counselor of Friends Corner, (Adolescent Reproductive and Sexual Health) Clinic of Ganesh Das Hospital, Shillong. The



program divided into two sessions, the first session was on Basic Sex Education, Misconception on Sex, Menstruation, Conception, Pregnancy, HIV/STDs and Uses of Contraceptives. The second session was on stress management. The participants undertook exercises on stress management and a role play was also performed by the Social Work Interns from Mizoram University and Martin Luther Christian University.

The Life Skills Training Program started with an activity where the MSW students of 1st and 4th Semester participated in this activity. In this activity, they were given 2 diagrams of the male and the female reproductive organs respectively, and the students were asked to name them. This was done to assess the

knowledge of the students regarding their own reproductive organs. After the activity, a questionnaire regarding various myths related to Sex was distributed with an intention to understand their opinions and awareness about Sex Education. The resource person, Ms Christy explained and made the students aware about the various Myths about the Menstruation and Periods and pregnancy with educative diagrams that she drew on the board. This enabled the students to understand the period cycle and menstruation. Furthermore, she enlightened the students on Sexually Transmitted Infection (STI) and HIV and their causes, preventive and curative measures. Towards the end of the first session, Ms Christie showed the students the various types of Contraceptive methods such as pills, condoms, copper-T and other methods which she further explained the students what they are used for.



The second session was on Stress Management. In order to make the session lively and educative, the social work internship students from Mizoram University and Martin Luther Christian University performed a role play on the **Stressful impact of social media on a student's life**. After the role play, it was followed by an activity whereby the students were asked to be in pairs and they were told to ask each other questions about their good and bad qualities and their coping mechanism of stress.



This activity was done to find out how students can cope up with their problems and challenges in life. The resource person started with the exercise on stress management where she taught the students a breathing exercise which they can use to cope with stress. She then proceeded to explain and make the students aware about the various coping strategies which one can use. Eventually, the students were asked to form a circle and hold each other's hands and then give each other some positive vibes and energy.

Towards the end of the program, the Faculty member (Assistant Professor) of the Department Social Work-PG, Ms Ainamlin Dkhar delivered the vote of



thanks to the participants who participated in the Life Skills Training Programme. From the feedback given by the participants, it can be concluded that the program was enriching, productive and educative with lots of knowledge and practices to carry back from their experiences of the training program.