

Topics for Workshops and Seminars (School Mental Health Program)

For Students:

1. Good touch and bad touch for the young ones (Primary school)
2. Preparing for exams - role of study skills
3. Effective time management
4. Managing anger – the aggression management tool kit
5. On being assertive – coping with peer pressure
6. Building effective communication skills
7. Life skills training for adolescents
8. Sex education for adolescents (Middle school)
9. Effective stress management
10. Media literacy
11. Relationships and attraction (Senior school)
12. Risky behavior in adolescents
13. Emotions and you
14. Bullying and it's prevention
15. Body image and the self
16. Preventing substance use and abuse
17. Practices to improve creative thinking
18. Personality development
19. Building self-esteem

For Teachers:

1. Effective teaching methodologies and skills
2. Handling difficult classroom situations
3. Learning disability in the classroom
4. Early detection and intervention of psychological problems in pre-primary and primary classes

5. Understanding adolescence and adolescence related issues
6. Classroom interventions for students with clinical problems
7. Behavioural management in the classroom
8. Positive behavior support (PBS)
9. Application of basic counselling skills
10. Stress management and coping for the self
11. Understanding emotions and emotional intelligence
12. Creating a stimulating environment in the classroom
13. Building self-esteem in the classroom
14. An introduction to special education
15. Early identification and intervention of children with special needs
16. Classroom management of children with autism
17. Managing burnout
18. Integrating art into learning – working with visual, auditory and kinesthetic learners
19. Effective arts based creative teaching methodology
20. Leadership building

For Parents:

1. Positive parenting approaches
2. Working with children with behavioural difficulties
3. Managing your child's learning problems
4. Promoting your child's well being
5. Understanding and handling adolescents
6. Helping children manage exams effectively
7. Signs to be aware of which signal mental health concerns
8. Managing parental stress
9. Building your child's emotional intelligence

10. Building resilience in your child
11. Managing your parenting style across time
12. Building your relationship with your child
13. Gifts and challenges – a child with special needs in your family