

PROGRAM REPORT

**NAME : BEING A MINDFUL TEENAGER THROUGH
PRACTICING LIFE SKILLS**

DATE : 16-12-21

VENUE : THE YENENOYA SCHOOL

RESOURCE PERSONS : MPSW TRAINEES

**TRAINEES : Arlincy, Clint, Elizabeth, Hitha, Jesvin,
Neenumol, Nivedhitha, Rosa, Sheyona, Swati,
& Theertha**

On 16th December 2021, the medical and psychiatry social work trainees of St Aloysius college (autonomous) college organized sessions for the students of The Yenepoya school of classes 9th and 10th on the topic 'Being a mindful teenager through practicing life skills'. Around 120 students participated from this programme.

The program started with the principal and teaching faculty guiding the social work trainees to place for the session to be conducted and introducing them to the students and handing over the stage for the sessions to begin. The program was divided into 3 sessions focusing on the topics - **Stress management, Conflict management and Critical thinking**. Students were divided into 3 groups for the sessions to happen simultaneously.

The first team took up the topic **Stress management** and encouraged students into a interactive discussion talking about the causes of stress and giving them tips of managing stress, after which a short session of tapping therapy was conducted and the students were introduced to the benefits of the same as well and encouraged to practice the therapy to relax and release stress. The second team took up the topic of **Critical thinking** where mind games were conducted and the students were motivated to critically analyze the situations given to them. Later the social work trainees explained the importance of critical thinking as a life

skill that will help them throughout their lives. The third team dealt on the topic **Conflict management**, here the students were initially given paper life jackets and instructions to save their respective jackets for 1minute, as the trainees observed the students. It was observed that because students did not pay attention to the instructions, instead of saving their own jackets, decided to attack other's jackets. Taking the activity as the base the students were taught the concept of conflict management, what causes conflict, the ways to effectively avoid and more importantly managing situations of conflict. The trainee resource persons dealt with their topics to all groups alternatively. In this way all groups were given inputs and activities on all three topics.

After all the sessions the students were encouraged to speak about their learning experiences. A lot of students came up and shared their personal learnings and lessons they were taking away from the session.

The day ended with the trainees thanking the teaching faculty and the Principal of Yenepoya School for the opportunity to interact with the students and for the privilege of conducting the session.

Later after leaving the campus, the trainees got together and discussed the events of the day and evaluated the team's planning processes, effectiveness and appreciated everyone's contribution.
