



NATIONAL INSTITUTE OF MENTAL HEALTH AND NEUROSCIENCES

(Institute of National Importance)

BENGALURU - 560 029



Workshop on Promotion of Mental Health and Psychological Well-Being of Adolescents Using Life Skills Approach

16th, 17th & 18th September 2019

About the Workshop

Adolescence is a period of transition with significant changes happening in different facets of a person's life. The process of growing and adjusting to changing surroundings, coping with the pressure of academics and increasing competition, tension of social relations with peer group and parents, are all serious challenges and threats to the mental health of children and adolescents. Involving in risk taking behaviours to become a part of the peer group and to gain their approval is a common feature of early adolescence. Many of the mental, behavioural and psychological problems among children and adolescents can be prevented if it is intervened at an early stage through promoting life skills.

The Promotion of Mental Health and Well-Being (PMHWB) programme is a universal comprehensive school promotive mental health programme designed to reduce risks and enhance psychosocial competencies and resiliency of adolescents in schools. It is universal as it applies to all students. This programme is designed to work with adolescents to deal with major developmental challenges before their behaviour escalates to the point of needing help from mental health professionals.

The PMHWB program is a highly interactive, skills based program designed to promote positive mental health and psychological well-being of adolescents using teachers, school counsellors, educators, paediatricians, social workers, nurses, and other mental health professional as the facilitators in the schools. The program addresses the various developmental, behavioural and psychological issues and concerns of adolescents that affect their mental health and resilience. Empowerment of adolescents with LIFE SKILLS is the GOAL of PMHWB.

Who can Attend?

Teachers, school counsellors, psychologists, professional social workers, psychiatrists, doctors, research scholars, educationalists, special teachers and other health care professionals.

Workshop Coverage:

Interactive, hand on participatory skills-based training on issues of children and adolescents using life skills approach, sharing of NIMHANS promotive mental health and life skills modules, and a certificate.

Time: 9.30 am to 5.00 pm

Workshop Co-ordinator: Dr. Vranda M N

Joint Co-ordinator: Mr. James Ranjith

Registration: A maximum of 40 participants will be accommodated on a first come first serve basis. The confirmation of registration will be communicated after the receipt of the registration fee and registration form. The last date for the registration is **8th August 2019**. The registration fee has to be paid through online NEFT transfer to the given bank details:

Account Name: Director, NIMHANS

Bank Name: State Bank of India, NIMHANS Branch

Bank Address: NIMHANS Branch, Hosur Road, Bangalore – 560 029

Branch Code: 40675

SB A/C No: 54004640402

IFSC Code: SBIN0040675

MICR Code: 560002480

Account Type: Savings

The completed registration forms along with bank transfer details (or acknowledgment slip) have to be sent to the email ID: **drvrandamn@gmail.com**

Registration Fees: Rs. 3,500/- (includes training, NIMHANS Life Skills Training Kit, a certificate, and hospitality during the day).

The Venue:

Dr. M.V. Govindaswamy Centre (Next to State Bank of Mysore)

R.No: 120, Seminar Hall,

Department of Psychiatric Social Work

2nd Floor, NIMHANS, Bangalore - 560029

Accommodation: The outstation participants and local participants have to make their own arrangements for their **journey and accommodation** only after receiving confirmation of their registration from the co-ordinator.

Contact:

Dr. Vranda M N, Associate Professor, Department of Psychiatric Social Work, NIMHANS, Bengaluru – 560029

Email: **drvrandamn@gmail.com**

Phone: 080 26995236

REGISTRATION FORM

Name:

Age:

Sex:

Address:

Permanent Address:

Phone:

Email:

Qualifications:

Profession:

Are you working with adolescents now? Yes . If 'Yes' please share details

Have you undergone training in mental health and life skills: Yes/No

If Yes briefly mention nature of training:

Given details of NEFT Transfer:

Signature of the Participant

Registration form along with the Bank transfer details has to be sent as an email attachment to: drvindamn@gmail.com

Dr. Vranda MN, Associate Professor, Dr. M V Govindaswamy Centre, 2nd floor, R.N. 123, Department of Psychiatric Social Work, NIMHANS, Bengaluru - 5600029

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