

***Proposed workshop plan on life skills and self defense techniques for
'Beneficiaries of NISHTHA in collaboration with ASHA FOR EDUCATION'***

***Let's Learn: How to 'Be Healthy', 'Stay Safe', 'Enjoy life', 'Achieve goal' and
'Make a Positive Contribution for self and society'***

Mission

- To prevent and stop violence as a means to resolve conflict, be that internal or external conflict, and to support young people to empower themselves in order to manage their lives in society positively with the belief and hope of personal development.

Objectives

- It seeks to achieve its aims by educating vulnerable young people about the obvious and hidden dangers of violence and support them to identify the challenges and hurdles that block them from empowering themselves and how to overcome them.
- It seeks to provide constructive and sustainable alternative way-out to manage the real issues they face on a daily basis.

Methodology

- It involves carefully structured interactive workshops, thematically linked ice breakers, facilitated debates and discussions, questions and answers, power point presentations, self-exploratory exercises; skills practice exercises, quizzes, etc.

Expected learning outcome:

- How fear directs destructive thinking and behavior
- Ways to keep safe
- Responsibility towards self and others
- Identifying issues for personal growth
- Distinction between healthy fear and unhealthy fear, emotional and psychological fear

- The effects that anger/resentments has on the decisions and choices that young people make
- How resentment fuels anger
- Educate the young people about the science of money

Module	Title	Focus	No of Workshops
One	Gender sensitivity, Social Awareness & Consequences	Awareness	1
Two	True Life Story	Prevention	1
Three	Addressing Fear	Personal Development	1
Four	Anger / Resentment	Personal Development	1
Five	Self Defense skills	Physical Safety and Confidence	1
Six	Journey from Victim self to survivor	Developing Insight	1
Seven	Financial decisions	Dignity of labour and Value for money	1

Total No. of Group: 4

Total no. of proposed workshop sessions /group: 10 [Along with the above mentioned seven sessions , three more sessions, one for introduction and group specific need assessment, one for closure and (at least) one for follow up after 3 months of finishing of the course]

Focus: To develop clarity of self and social identity as well as holistic sense of security and confidence (of body, mind and soul)

Session Duration: 2-3 hours /group (according to requirement)
[Sessions for 2 groups may be accommodated in one day (in two halves), hence twice visit in a month may cover proposed 4 groups at least once]

Training dates to be negotiated mutually according to the convenience of facilitator/s and the organisation

Training Facilitation Fees: Rs. 3000/-per session (including co-facilitator, if any)
[excluding traveling arrangements]

Training aids to be organized by Nishtha :

- White/Black board with respective board pens, arrangement of projector to show relevant audio-visual clippings

Budget from HIJLI INSPIRATION (organizer of the training)

Sl No	Head of Expenditure	Unit	Cost per Unit	No of Units	Total
1	Facilitation Fees	Session	3000	40 (10 for each Group)	120000.00
2	Travel Cost	Trips	1500	20 (considering 2 sessions in one day)	30000.00
3	Training material	Session	250	40	10000.00
4	Organisational Overhead				10000.00
	Total				1700000.00

(Rupees one lakh seventy thousand only)

Profiles of the Trainers/Workshop-organizers

Kasturi Mukherjee, Consultant Mental Health Professional

Kasturi Mukherjee has Post Graduate degree in Economics and Applied Psychology. She has also completed professional courses like B. Ed., Post Graduate Diploma in Psychological Counselling and Diploma in social work and community services. She has also participated and participates in different short term courses relevant to mental health and social field on regular basis. She has also attended “Training of Trainers” programmes as well as sessions on trauma therapy, art based therapy and drama therapy. She is providing her services in different activities -- individually or at organisational level towards people suffering from any kind of distress for more than 24 years (different NGOs working with people in need with children/ adolescents/people with special need/ community development programmes). She also acts as a supervisor for junior counsellors to guide them in handling challenging cases as well as facilitating them to resolve their own significant personal issues. She is also associated with different training courses (especially Teachers/parents/caregivers/social workers training programmes) together with Private chamber and clinics as a consultant counsellor. She also has administrative experiences of shelter homes who are working with survivors from trauma as well as in community development programmes. She also has experience and exposure of handling patients having terminal/critical illness and their families to the extent of providing psychological support to them as a part of the overall therapeutic intervention required.

Her areas of professional interest are addressing social issues & exploring their origins at the macro levels and understanding & accepting individuals as they are at micro levels.

Her Objective is:

To generate awareness and eradicate misconceptions about mental health and promotion of positive ways for holistic well-being.

Anindita Mukherjee, Psychotherapist and Trainer

Anindita Mukherjee has successfully completed her Masters degree in Psychology and Diploma in Psychological counseling course. She is a practicing counselor and associated with different mental health training programme in different community based organizations. She Provides **psychometric counseling, psychotherapy, couple therapy ,play therapy specially on trauma victims, stress management, psychotherapy to the aged persons communication, evaluation & crisis intervention services for adults, families, youth and children, “Life skills training” to children and adolescents, Individual and Group counseling for more than last 20 years. She has also attended ‘training of trainers’ programme as well as sessions on trauma therapy and art therapy. She is presently associated with a government shelter home last 10 years as well as practicing in different private chambers and clinics.** She also conducts personal growth sessions for staff in different organisations. Her objective is to be a competent psychotherapist who contributes towards a process of social change by sharing her skills, expertise, and dreams with the very society from where they were imbibed. She has interests in the field of art and culture.

Udita Boral, Psychologist

Presently she is holding the post of Head of the Department of Psychology in Maharani Kasiswari College and also teaching Post Graduate students in the Psychology department of West Bengal State University, Barasat. She is also associated with various Social Organizations and School as Consultant Psychologist and Trainer. She has completed her Masters in Applied Psychology with the specialization in Human Resource Management and Organizational Development from University of Calcutta and M. Phil in HRM from West Bengal University of Technology. She has also completed the Diploma Course on Rehabilitation Psychology under Rehabilitation Council of India (RCI). Currently, she is pursuing her PhD from University of Calcutta. She is having working experience for last three and half years. Her interest lies in working with the children, adolescence and young adults through individual as well as group counselling to enable and empower them with effective skills to lead a better live. She is also a trained graphologist.

Debjani Mitra, Psychologist

Presently she is a Guest Lecturer in two of the colleges namely Jogamaya Devi College and Jaipuria College. She is also associated with Umeed, Social Organizations and various schools as Consultant Psychologist and Trainer. She has completed her Masters in Applied Psychology with the specialization in Stress Management from University of Calcutta and M. Phil in HRM from West Bengal University of Technology. She has also completed the Diploma Course on Rehabilitation Psychology under Rehabilitation Council of India (RCI). She is also a trained graphologist. Currently, she is pursuing her PhD from University of Calcutta. She is having working experience for last three and half years. Her interest lies in working with the children, adolescence and young adults through individual as well as group counseling to enable and empower them with effective skills to lead a better live.

Tandra Bhattacharya, Social Worker

Tandra Bhattacharya had completed her Bachelors degree with Honours in literature and Masters degree in classical dance. Presently she is pursuing MSW course to enhance her professional skills. She is associated with a reputed shelter home for around last 15 years as educator and outreach worker. She is an effective communicator with creative skills and natural ability to build rapport with children, teenagers and adolescent age groups.