

Peer Counseling training 27,28,29 August 2019

Organized by

Mahila Sarvangeen Utkarsh Mandal (MASUM)

And PDEA'S Waghire College, Saswad

And Sharadchandra Pawar College, Jejuri

Date and Day	Time	Topic	Resource Person
27.08.2019 Tuesday	9.00 10.15	Breakfast	
	10.15 – 10.30	Welcome and Introduction of Masum	Vaishali
	10.30- 10.40	Introduction of training	Shital
	10.40 - 10.50	Timetable	Priya
	10.50 - 11.20	Introduction of students	Abhijeet and Yogesh
	11.20 - 11.30	Rules for residential training	Vaishali
	11.30 - 11.45	Warm-up and breath exercise	All sessions of this day will conduct by Sangeeta Karkhanis
	11.45 - 12.30	Emotion Collage technique – Talking about difficult emotions like anger, fear, guilt, sadness	
	12.30 - 1.00	Meditation	
	1.00 – 2.00	Lunch	
	2.00 – 3.00	What is mindfulness and how do we practice it in our daily routine	
	3.00- 4.00	EFT- Emotional Freedom technique – a self care mothod	
	4.00- 4.15	Tea break	
	5.00 – 7.00	Screening and Discussion on Sexuality films by Prayas	Prayas team
	8.00- 9.00	Dinner	
28.8.2019 Wednesday	8.00-9.00	Breakfast	
	9.00-9.30	Revision	
	9.30-9.45	Centering (Peer Counselling)	Anupama Jha will conduct this whole day session
	9:45 – 10.30	Types and identifying the signs and symptoms	
	10.30 – 11.00	Myths, Risks and Warning signs	
	11.00 -11.15	Tea Break	
	11.15 – 1.00	Understanding and responding to the distress behavior	

	1.00 – 2.00	Lunch	
	2.00 – 4.00	Peer counselors and exploring their roles and skill sets	
	4.00 – 4.15	Tea Break	
	5.00 -7.00	Screening and Discussion on Sexuality films by Prayas	Prayas team
	7.00 – 8.00	Dinner	
	8.00 -9.00 pm	Cultural Program	
29.08.2019 Thursday	8.00 – 9.00	Breakfast	
	9.00 – 9.30	Revision	
	9.30 – 11.00	Play on Public safety of girls and boys And its discussion	Masum team
	11.00 - 11.15	Tea Break	
	11.00 – 12.00	Planning about peer group, group Discussion.	
	12.00 – 1.30	Feedback and Closing	
	1.30 – 2.30	Lunch	