



राष्ट्रीय जन सहयोग एवं बाल विकास संस्थान

पश्चिमी क्षेत्रीय केन्द्र, इन्दौर

महिला एवं बाल विकास मंत्रालय, भारत सरकार



National Institute of Public Cooperation and Child Development

Western Regional Centre, Indore

Ministry of Women and Child Development, Govt. of India

डॉ. मीनाक्षि रेगन
उप निदेशक

क्र. एनआई/आरसी(आई)/एलएस-टीआरबी-वीओ/04/एमआर/2021-22 | 25

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विषय:- पश्चिमी राज्यों के स्वैच्छिक संगठनों के कार्यकर्ताओं के लिए किशोरी बालिकाओं को सशक्त बनाने हेतु जीवन कौशल शिक्षा पर प्रशिक्षण कार्यक्रम (दिनांक : 23 – 25 जून, 2021; ऑनलाइन प्रशिक्षण कार्यक्रम)

महोदय/महोदया,

राष्ट्रीय जन सहयोग एवं बाल विकास संस्थान (निपसिड), महिला एवं बाल विकास मंत्रालय, भारत सरकार के अंतर्गत कार्यरत एक राष्ट्रीय स्वायत्तशासी संस्थान है, जो की देश के विभिन्न राज्य एवं केंद्र शासित प्रदेशों में महिला एवं बाल विकास के क्षेत्र में प्रशिक्षण, अनुसंधान एवं प्रलेखन को बढ़ावा देने के लिए समर्पित है। संस्थान का मुख्यालय (1966) नई दिल्ली में स्थापित है। विभिन्न क्षेत्रीय आवश्यकताएं पूरी करने हेतु गुवाहाटी (1978), बेंगलूर (1980), लखनऊ (1982), इंदौर (2001) एवं मोहाली (2019) में क्षेत्रीय केंद्र स्थापित किए हुए हैं। निपसिड, पश्चिमी क्षेत्रीय केंद्र, इंदौर के कार्यक्षेत्र में राज्य मध्यप्रदेश, छत्तीसगढ़, गुजरात, महाराष्ट्र, राजस्थान एवं केंद्र शासित प्रदेश दादरा नगर हवेली एवं दमन दीव सम्मिलित हैं।

2. कोविड – 19 महामारी के कारण वर्तमान स्थिति को ध्यान में रखते हुए, निपसिड क्षेत्रीय केंद्र, इंदौर द्वारा दिनांक 23 – 25 जून, 2021 तक उपर्युक्त तीन दिवसीय ऑनलाइन प्रशिक्षण कार्यक्रम का आयोजन किया जा रहा है। कार्यक्रम के उद्देश्य हैं:- किशोरियों पर विशेष ध्यान देने के साथ – साथ किशोरों के बीच बढ़ती समस्याओं और चुनौतियों पर प्रतिभागियों को संवेदनशील बनाना; किशोरियों को सशक्त बनाने के लिए जीवन कौशल शिक्षा दृष्टिकोण को एक उपकरण के रूप पर प्रतिभागियों को उन्मुख करना; तथा किशोरियों के विकास में आने वाली चुनौतियों के प्रति रणनीति बनाने और सामुदायिक स्तर पर जीवन कौशल शिक्षा कार्यक्रम के कार्यान्वयन के बारे में प्रतिभागियों की क्षमता का विकसित करना। कार्यक्रम रुपरेखा संलग्न है।

3. उक्त सन्दर्भ में आपसे अनुरोध है कि उपर्युक्त ऑनलाइन प्रशिक्षण पाठ्यक्रम में भाग लेने हेतु आप अपनी संस्था से 01 वरिष्ठ पदाधिकारी को नामांकित करें। साथ ही नामांकन उन्ही प्रतिभागी का करें, जिन्होंने पिछले दो वर्षों में संस्थान के किसी प्रशिक्षण कार्यक्रम में भाग नहीं लिया गया है। नामांकित पदाधिकारी का पूर्ण विवरण गूगल फॉर्म लिंक https://docs.google.com/forms/d/e/1FAIpQLScK-45JP9I7PyVBQYDfgP7kmGR1RqqDsXS3NEc7vFgFJ6ltbg/viewform?usp=sf_link में भरकर कृपया संस्थान को दिनांक 25 मई, 2021 तक भेजने का कष्ट करें।

4. यह उल्लेखित किया जा सकता है, कि उक्त ऑनलाइन प्रशिक्षण पाठ्यक्रमों में भाग लेने के लिए इन सभी नामांकित प्रतिभागियों के पास स्मार्ट मोबाइल फोन/लैपटॉप होना चाहिए। ऑनलाइन प्रशिक्षण कार्यक्रम प्रतिदिन सुबह 10 बजे से शुरू होगा, जो लगभग 3 – 4 घंटे तक चलेगा। कार्यक्रम अनुसूची, बैठक कोड (Meeting Link, Password) आदि का विवरण कार्यक्रम के एक दिन पहले प्रतिभागियों के साथ साझा किया जाएगा। आपसे अनुरोध है कि उक्त ऑनलाइन प्रशिक्षण कार्यक्रमों में भाग लेने के लिए सभी प्रतिभागियों को अपने स्मार्ट फोन/लैपटॉप में गूगल मीट एप डाउनलोड करने हेतु सूचित करने का कष्ट करें।

धन्यवाद,

भवदीया,
मीनाक्षि रेगन
उप निदेशक

प्रति,

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Training Programme on Life Skills Education for Empowering Adolescent Girls for the Functionaries of Voluntary Organizations of Western States

(June 23-25, 2021)

Programme Design

Adolescence is the phase of life between childhood and adulthood. It is a unique stage of human development and an important time for laying the foundations of good physical and mental health. The World Health Organisation (WHO) defines adolescence both in terms of age (covering the ages between 10 and 19 years) and in terms of a phase of life marked by special traits like – rapid physical growth and development, physical, social and psychological maturity, sexual maturity and the sexual activity, experimentation and development of adult mental processes and adult identity. All these traits affects the adolescents on how they feel, think, make decisions and interact with the world around them. Even though it is thought that adolescents possess full of energy and are healthy compared to other stages of life, but, there is illness, malnutrition, injury and mortality among the adolescents. Many of such factors are preventable, treatable and manageable. Certain behavior patterns like food habits, physical activities, use of substance/drugs, sexual activities, etc. are set during Adolescence period. Adopting appropriate behavior pattern can protect their own health and the health of others around them and reverse they may put their physical as well as mental health of self an others at peril.

To grow and develop in an appropriate manner in terms of physical and mental health, adolescents need certain information, like – good health, nutrition, ARSH, education, etc. Besides, they also need to access the health services that are acceptable, equitable, appropriate and effective and a safe and supportive environment as well. Further, the adolescents also need opportunities to meaningfully participate in various life skills required in day to day life for leading and maintaining healthy life. Expanding such opportunities is key to responding specific needs and rights to adolescents.

In India, according to 2011 census adolescents comprise 20.9 per cent of total population. Since adolescence period is a critical stage of life, they need proper guidance

and support in respect of physical and mental health. According to Comprehensive National Nutrition Survey (2016-18), with regard to visible form malnutrition among adolescents, it is found that, five per cent each of adolescent (10-19 years) boys and girls are overweight, 19 per cent girls and 29 per cent boys are too thin and 29 per cent girls and 25 per cent boys are too short. The study also found that, only 14 per cent girls and 21 per cent adolescent boys had no micronutrient deficiencies and rest of the studied population showed 1-5 micronutrient deficiencies. As far as mental health of the adolescents (below 18 years of age) is concerned, according to NCRB report (2019), suicidal cases among girls (5208 cases) were more than boys (4405 cases). In all suicidal cases by profession, the report reveals that, 7.4 per cent were students.

The World Health Organization defines life-skills as, "abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life." Thus, life skills are basic skills that help individuals in leading a meaningful life and better adjustment in the society. Such skills involve myriad of positive aspects of life of an individual, such as-the values and ethics, the proactive attitude that one keep towards the society, various interpersonal and psychosocial skills, etc. Life skills are also termed as abilities and thus it should be possible to practice the life skills as abilities. The core life skills are Self-awareness, Empathy, Creative thinking, Critical thinking, Problem solving, Decision making, Coping with stress, Coping with emotions, Healthy interpersonal relationship and Effective communications. Besides, self-esteem, sociability, tolerance, etc. facilitate learning and practicing life skills. Development of appropriate life skills enables the adolescents to lead a healthy life.

Many countries are now considering the development of life skills education in response to the need to reform traditional education systems. The comprehensive applications of life skills education lays the foundation for learning skills that are in great demand in today's job markets.

It has been observed that many of the adolescents have poor knowledge and lack of awareness about physical and psychological changes that occurs during adolescence and the ill health affecting them. Many of them are also greatly lack of information related to proper age of marriage and child birth. Since adolescent girls would be the

mothers of future generation, thus it is imperative to generate information of life skills education among the girls so that they can empower themselves to cope up with such issues and can live life meaningfully. In India, Voluntary Organisations (VO) have been contributing to a great extent towards the development of societies. Many of such VOs are working for the upliftment of tribal population in western region of the country. Therefore, it would be worthy if the functionaries of VOs are trained in the subject matter so that they can contribute further for empowering the tribal adolescent girls.

Keeping the above in view, and reaching to adolescent population, NIPCCD, Indore is organizing this **Training Programme on Life Skills Education for Empowering Adolescent Girls for the Functionaries of Voluntary Organizations of Western States** from June 23-25, 2021.

Objectives

The main objectives of the programme would be to:

- sensitize the participants on the growing problems and challenges among Adolescents with special emphasis on Adolescent girls;
- orient the participants on approaches to Life Skill Education as a tool for empowering Adolescents Girls; and
- develop capacities of the participants about coping up strategies towards challenges in developments of Adolescent Girls and also implementation of Life Skill Education programme at community level.

Content

The course content would broadly include: situational analysis of adolescents in India with special reference to Western Region, contextual situation in the settings of schools, home and society, challenges in terms of health/nutrition (with ARSH) and psychological aspects towards development of adolescents in general and adolescent girls in specific, need, importance and dimensions of life skill education; methods and techniques of like skill education; role and responsibilities of family, institutions and

community; interpersonal relations among parents, counsellor and adolescents; psychological barriers/gaps and their Management in LSE Approach and allied issues, etc.

Outcome

After attending the programme the participants would be able to understand, explain and cope with challenges towards adolescents especially adolescent girls. They would also understand and work on core components of life skills required for adolescent in general and adolescent girls in specific. Further, the participants would be able to develop networking among the institutions, family and society for holistic development of adolescents using Life skills dimensions as tool.

Participants

The programme would be attended by 35-40 Functionaries of Voluntary organizations of Western states.

Resource Persons

NIPCCD faculty and subject matter specialists would conduct the sessions.

Mode of Training

Online training at RC-I using *Google Meet* application. Lecture cum discussion, power point presentation and interaction with participants.

Duration

Three days (four hours each day)