

STUDENTS COUNSELOR MASTER TRAINING FOR TEACHERS OF CHENNAI SCHOOLS

Greater Chennai Corporation, Education Department in Collaboration with CMC, Vellore, organised a training and orientation programme for the teachers working in the Chennai Schools at Amma Auditorium, Ripon building. It was a two day Workshop conducted on 02.04.2018 & 03.04.2018 with 300 teachers as participants.

Commissioner, Greater Chennai Corporation inaugurated the Workshop & instructed the Teachers to address the psychological needs of the students studying in Chennai schools. The children, for those who come from less educated and aware backgrounds or broken homes, schools are the place of growth for students. Hence, Commissioner instructed the Teachers to attend the Workshop and put this knowledge base gained for the welfare of the students.

The Chief guest, Th. Vallalar I.A.S. (Director of Minorities Welfare Department) addressed the gathering. He insisted that the teachers who attended the Workshop as teacher counsellor. Counselling skills are a tool for change. It is essential that professionals like teachers willing to help children are trained professionally so that they have necessary skills that equip them, to bring positive changes with regard to mental health & wellness in the children community.

D.C. (Education) Mrs. Mageswari Ravikumar, IAS., addressed the gathering, stressing the importance of the training. She emphasised that early intervention is very much essential when it comes to any illness, psychological, behaviour or any common health disorders. At this juncture school-based interventions, by teachers, will definitely serve as a ubiquitous tool that promotes positive mental health. She introduced the dignitaries.

- Dr. Satya Raj who is a Consultant in the Child and Adolescent Psychiatry Unit, as well as the Faculty for

Children with Intellectual Disabilities, Christian Medical College, Vellore

- Dr.Shinika is currently pursuing her post doctoral fellowship in child psychiatry at the prestigious CMC, Vellore. Her fields of interest include child psychiatry and neuro psychiatry
- Mrs.Merlin Thanka Jemi is the Lecturer of Clinical Psychology at the Department of Child and Adolescent Psychiatry, CMC, Vellore.

Day -1

Dr.Satya Raj, consultant in the child and Adolescent Psychiatry unit from Christian Medical College, Vellore addressed the gathering .

She explained about the following facts.

1. Depression and suicide.
2. Psychoses , mental status examination.
3. Pervasive development disorders, general appearance.
4. Attachment disorders
5. Conduct disorders
6. Substance abuse
7. Eating disorders

Then she elaborated about the life skill education. In the questionnaire session teachers interacted with the doctor.

Dr.Shinika Rajagopal took over the next session. She explained about the Delusion , Hallucination , Mood, Judgement, Insight, depression anxiety etc.

Afternoon session started with the intellectual speech of Mr.Ravi, Regional Manager , NIOS, Chennai.

He gave a detailed explanation about the organization.

- How to help the drop out children to re-appear for the exam
- Minimum age limit is 14 years to appear X std.
- Vocational subjects like Arts, Cookery, Music , DTP etc. can be chosen by the children

- Problems faced by adolescent group of children.
- Website address of that organization is nios.ac.in

Day -2

Dr.Satya Raj recapped the facts which were discussed on the previous day.

1. Knowing your students learning
2. Intellectual disability.
3. Specific learning disorders.
4. Behaviour problems

Mental Status Examination

- General appearance
- Gait walking
- Way of grooming /dress.
- Levels of anxiety
- Mania

Primary mental functions

- Attention
- Concentration.
- Orientation
- Memory

Types of Memories

- Immediate memory
- Reason memory
- Remote memory

Schizophrenia

- Delusion
- Hallucination
- Suicide and self harm

Dr. Merlin Thanga Jemi, Lecturer, Clinical Psychology , Dept of child & adolescent psychiatry, CMC, Vellore addressed the gathering. She discussed about the following topics.

Knowing the students

1. Right/ Left Brain (Detail)
2. Types of Intelligence.

Intelligence

1. Linguistic
2. Arts & Sports
3. Interpersonal Intelligence- people smart
4. Self smart
5. Nature smart
6. Visual Learner
7. Auditory Learner
8. Kinesthetic Learner (Touch)

Different types & Thinking

Abstract Thinking



Concrete thinking



Experimental thinking.

Types of Processing

1. Sequential Processor
2. Global Processor

This was explained with the help of Pie chart -Work, Sleep & Selfcare.

Time Stealers

Plan your study time(2Hrs. Per day)

½ hr- New Learning

½ hr New making

½ hr Revision

½ hr Homework

Behaviour

1.Adaptive

2.Maladaptive

In this aspect a teacher explained how she brought up her 2 kids in spite of their physical illness who became blind at their Mid -ages

Many teachers interacted with the doctors actively and got their doubts clarified . Experiences were shared and discussed effectively

The ideas given by the doctors be followed in the schools so that we can bring up the Younger generation in a effective way.

Finally the session ended with distribution of Handbook/Guide for Students Counsellor and Master Trainees for teachers of Chennai Schools.

Deputy Commissioner (Edn.)











