

Adapt, Accept and Accomplish A workshop on Adolescent Behaviour and Management

Adolescent Behaviour Management Workshop: Adapt, Accept and Accomplish' was an Ummeed initiative to empower educators with tact and techniques in association with Sri Sri Academy School, Calcutta, on June 17, 2023. The event was held at the Sri Sri Academy school hall. The workshop was moderated by Salony Priya, a renowned psychologist.

The aim of the workshop was to sensitize and orient teachers about adolescent problems and associated issues, the need and relevance of reproductive health education, and the crucial role of young minds for bringing about a change. The workshop also impressed upon the significance of listening, understanding, appreciating and suitably incorporating the adolescent's viewpoints. Various topics such as adolescent development from the cognitive, social, physical and emotional perspective, enhancement of classroom learning in adolescents and emotional and behavioural problems in children were covered. Anger thermometer, introduced by Salony Priya, will be a help to students as they can themselves understand the depth of their emotions and how powerful their anger could be.

Teachers were also taught a relaxation breathing exercise which has the main purpose of making the sensory inputs alive and promote anxiety reduction.

Salony Priya concluded this session of holistic approach of managing adolescents by an exceptional and commendable thought - "This is the beginning; a workshop will have its true meaning when we explore beyond it, when we actually put it to use in our classrooms."

After this, teachers were presented with their certificates and each one of them expressed their gratitude to her for sharing her wisdom with them. The teachers went back well equipped and aware about sensitive adolescent issues, psychology and concerns.



Fatalictory ceremony



Relaxation technique being taught



Tiger Reporters with Salony Priya and Payel Chatterjee



Tiger Reporter Srijita with Trina Guha Thakurta

using the words 'mental health' more than ever. There are a lot of stigmas associated with mental health. Psychology is for 'mad people' - these stigmas are there - but at the same time there are many who have started talking about it and understanding the importance of mental health. It's not only related to disorders but also is required for day-to-day life situations, to know how to deal with our life situations in better way. Working in this field I am very optimistic that this area is definitely progressing and for the better.

Face to Face with PAYEL CHATTERJEE

Payel Chatterjee is a Counsellor and Life-Skill Trainer at the Ummeed Counselling and Consultancy Services.

Mental health is a stigma. Do you think it has changed over the years?

I think it is still there. I have been a school counsellor working in this field for the last 6-7 years and I feel that in certain aspects we are still lagging.

Do you think this workshop will help teachers as well as parents to help their children in the future?

This kind of awareness programme is very much needed because it is not just a workshop - it is developing an insight. Knowledge we have but insight is something we need to understand.

Ma'am, in India, not everybody can afford counselling. Are there any methods to self-counsel themselves?

No, as then there will be no need for mental health professionals because we are not doing any such random courses and coming into this profession. I have started my study in this field from Grade 11 itself. After completing my masters, I have gone into certain therapies which we are calling expressive therapy. Expressive therapies are certain things, few basic things which you can learn, which you can practise, because we always suggest an alternative method. This is something which you can do at home. When you are doing self-assessment, you need somebody to guide you. There are some kinds of expressive techniques which might help during your low times.

How can someone get help from Ummeed?

We are conducting these awareness programmes. You can even go through our website as well and if anyone needs help but cannot afford it, they can automatically connect with us through the Ummeed Foundation and we can carry forward with them and help them in any way possible for us.

Srijita Talukdar, Senior Tiger Reporter; Koushiki Saha, XII, M.P.Birla Foundation H.S. School; Suhana Saha, Senior Tiger reporter; Adrija Saha, Senior Tiger reporter; Edited and compiled by Oindri Kundu

Face to Face with SALONY PRIYA

Salony Priya is a counselling psychologist working in the area of Education Management, Human Development & Training, student empowerment & comprehensive counseling for more than 24 years and her interventions have reached out to several educational institutions, corporate and social organizations. She is Founder Director of Ummeed Counselling & Consulting services, a multispecialty positive psychology institution based in Calcutta where she empowers, enables and energizes populace with trainings, capacity building initiatives, undertakes therapies, workshops and individualized sessions.

What are the most challenging aspects of working as a psychologist?

I have been in this career for more than 25 years and covered 18 states in India. The challenge I face is that there are a lot of myths associated with it. We have to first create head and mind space which I think I have been able to do. One challenging fact being a psychologist is that we have a very diverse population to deal with in India. We are very large mass with very diversified value systems. This is a phase of transition. Working in this field is challenging as we can become personally taxed. UNICEF has already written in their documents that in next 10 years, the maximum engagement in a career will be mental health issues. Hence we need more psychologists. There are so many wrong practices which people are doing absolutely mindlessly. More than one to one conversation, I think

TEACHERS SPEAK

"The workshop will help us develop an insight to deal with the challenges faced by these youngsters and promote mental health among them," REETI ROY, Counsellor, DPS Newtown.

"It was a very knowledgeable session. The more we will be able to solve behavioural issues of adolescent and we'll be able to make their life happy and peaceful and they will get the strength to solve their problems on their own." **RANJITA ROY CHOWDHURY**, Principal, Gyan Bharati Prathamik Vidyalaya

"I have personally learned a whole lot of things from Salony Ma'am. Every time I have attended her insightful sessions, it's a new thing that I have learned and it helps me to equip myself as an educator." **MUNMUN NANDY**, English teacher, Sri Sri Academy School

advocacy, training, empowerment are important. That's why Ummeed's tagline is - Enable, Empower, Energise.

Any word of advice for people who wish to make a career in Psychology?

It's a very promising field right from social psychology, educational psychology to forensic psychology. It is a place where you can make a difference in people's lives. It is hugely satisfying. There are many interns in Ummeed as well. It's a huge field with tremendous potential but you cannot become a psychologist by mugging up books. They have to develop their skills right from the beginning. They have to be open to very diverse socio-economic groups to work with. Some of my toughest calls were when I dealt with people in an orphanage. If you want to take up this career, be research-oriented, observant, explore, always learn. I keep saying my books are people.

What is your message for the TTIS readers?

Be come champions of change and then your peers, friends know that when you have an issue, talking about it is important. Don't hide it. Talk to anybody you trust - a counsellor, friend, parent, whoever you are comfortable with and know. If you are a friend in need and a friend in deed, help your friends to talk, don't hide it.

Face to Face with TRINA GUHA THAKURTA

Trina Guha Thakurta is a Counsellor and Life-Skill Trainer at the Ummeed Counselling and Consultancy Services.

What is the aim behind this workshop?

This workshop is primarily focusing on adolescents' behaviour management. The positive side of today's adolescents is that they are ready to open up, to share their side of the story with mental health professionals. As a visiting counsellor of one of the renowned colleges in Calcutta, I have observed that self-referrals are increasing day by day. After covid-19 we know that the gadget use is increasing. Some people are using it in a very positive way - e-resources, the digital resources are useful for students. But there is a concern about addiction. In this workshop we are primarily addressing common aggressive behaviour, the aggression seen in adolescence. We are aware that these things are happening but how we deal with that, primarily as mental health professionals, as teachers, that is necessary.

According to you, what traits does it take to be a good psychologist?

They need to be genuine. We need to be empathetic and show genuine concern and understand someone else's situation. We need to be keen listeners.

What do you think the future of psychology in India looks like? And are you optimistic about it?

In the last 2-2.5 years, people have started