

Mentoring the Teacher-Mentors: Capacity Building Programme

Auditorium, Gargi College, DU

Day 1: 19th January 2018

Session 1- A-V presentation by Izhaar, Psychology students - Voices of students



IZHAAR is a group of volunteers from the Department of Psychology. Their main mission is to spread awareness about mental health amongst college students. They believe this is the only way the stigma associated with mental health can be removed. They achieve their mission through small workshops with Gargi College students. They also conduct awareness campaigns throughout college through walks and impromptu interactions with students. On World Health Day 2017, they created awareness about depression as it was also the WHO theme. They formed peer-to-peer support groups to help students in some form of distress. When the UGC counselling system was introduced, Izhaar members encouraged students to go and meet their mentors. They are available through the social media to students via WhatsApp as well as Google docs. They will be sharing their experiences through their presentation "Student Voices". The presenters, Aaradhya Sharma, Bhavya Arora, Spriha Singh, Varnika Rastogi and Vibhuti Mehta, are third year students and have been associated with Izhaar since its inception in 2015.

Session 2- Navigating sexuality, gender and socialization

The need to interrogate sexuality in an environment of openness, listening and care is essential for the growth of an adolescent and a young adult. If issues of sexuality are repressed, and not confronted and resolved, they can create a major crisis within a person. It is also important to understand the need and choices of persons who have different sexual orientations than your own. This can happen in an environment of deeper listening and dialogue. The need for this dialogue is imperative today to heal the disbalance that is created in the lives of persons excluded from society for being transgender or having different sexual orientations.



NAMITA RANGANATHAN is the Dean & Professor at the Department of Education, Central Institute of Education, University of Delhi. She has extensively engaged with schools across the country through various projects with UNFPA, CARE India, Aga Khan Foundation, and Save the Children, among others. She has also been on several management bodies of Kendriya Vidyalayas and several private schools. Her research interests include childhood and adolescence studies, psychological foundations of education, guidance, counselling and mental health.

Session 3 – The tapestry of socio-cultural identities

The process of mentoring is embedded in the complex tapestry of the psycho-social world that we inhabit. The space-time web in which mentor and student are located can be marked by issues of power-hierarchies, intergenerational issues, changing vocabularies and challenges of creating shared psychological spaces and meaning making. There is a need to understand how the hidden hierarchies of gender, caste, class, religion, region, disability influence our identities and can operate within the relational context of a mentor and student. We examine the ways in which these hierarchies can be understood, negotiated and challenged to create a positive facilitative environment for personal growth.



JAYA IYER has been exploring the warp and weft of world art, social development and ecological integrity. She was awarded UNESCO Aschberg bursary to study the Theater of the Oppressed with Augusto Boal and WISCOMP scholar of peace fellowship. Her play 'Trojan Women', which received the best production of the year award of Sahitya Kala Parishad in 1998 and Lal Batti Express, was showcased in Edinburgh Fringe festival in 2017. She received from USAID the Show of Force Award of recognition.

During her tenure as the CEO of Pravah the organization received Sanskriti Award. She led the process to set up a national centre for children and youth in Nehru Memorial Museum and Library. Has been associated with Rainbow Home Foundation, Pradan, Mittika and several other non-profits organisations. She is a guest faculty at Delhi University and at the National Museum Institute. She has also taught in Bosco Institute, NSD's TIE and Ambedkar University.



GOURAN DHAWAN LAL - With a background in education, management and media, Gouran Lal has been working with Institutes of Learning and Development and the Electronic Media for more than 25 years. From facilitating, designing and delivering instructional modules to engaging with different aspects of the print and electronic media like anchoring, commentating, news reading and scripting, she enjoys being involved in different aspects of these fields. Consulting with organizations in areas of policy development, conflict resolution and human resource management have helped her gain a deep understanding of the dynamics of people engagement. She is a Founder and Board member of Pravah, an NGO that works in

the area of active citizenship with young people, focusing on instructional design, facilitation skills and capacity building. She is also a resource person and visiting faculty with corporations, educational institutions and civil society organizations. Having always believed that both, the corporate and social sectors can add tremendous value to each other and are strongly linked to creating value based socially and economically meaningful higher education, she continues to engage across sectors to build meaningful connections for these sectors.

Session 3- Abuse and violence: Issues and resolution

Dr Amit Sen will focus his talk on relationship issues and abuse and violence in the lives of youngsters. He will help us understand the complexities and trajectories of relationships across families, peer groups and intimate space. What are the common problem areas in a relationship? Are intimate relationships a 'get away' or rebellion? Do adolescents get into relationships as a fad (number of social media friends/followers etc)? What is the role of dysfunctional families, live-in relationships, social media, distorted beliefs and intimacy-related issues? He would also be elaborating on the extent and impact of abuse in the lives of young adults. Dr Sen shall be integrating specific techniques based on the cognitive behavioural approach to use in day to day living. He will be sharing his experiences of working with young adults and how simple mechanisms have helped them lead a better life. His approach will be case-study based and his talk will benefit us in functioning as an institution, to help our students and ourselves with in the given constraints of our reality.



DR AMIT SEN, Director, Senior Child & Adolescent Psychiatrist. MD, MRCPsych, CCST in child & adolescent psychiatry. Dr Sen has been practicing child psychiatry for 15 years. He proudly believes that he has ADHD. As a child, Dr. Sen started by wanting to become a bus driver, changed to a doctor at an epiphanous moment, was driven to become a footballer through adolescent years, dreamt of being a rock star during medical college days till he realized that he had no talent for it, and finally reconciled to becoming a doctor after all. After finishing medicine from AFMC Pune, he went to NIMHANS Bangalore for an MD in Psychiatry and had a blast for the next 3 years. A longish stint in Newcastle UK made him serious about life and proud of his country.

Day 2- 20th January 2018

Session 1- Legal literacy: Basic knowledge of Indian legal procedures for young adults

In view of the kinds of abuse rampant in our society, issues ranging from direct assault to potential harm/threats to harm, it is necessary to be equipped with basic legal literacy. The purpose of this session is to know the legalities which would be crucial in the event of face-to-face violence. Teacher mentors would like to know about the legal rights available to students grappling with physical and mental health issues, particularly those arising from relationship/sexual abuse. Basic knowledge of the Indian legal procedures for women students is probably the need of the hour.



REBECCA JOHN is a distinguished criminal lawyer with many years of experience before the High Court of Delhi and the Supreme Court of India. She has been involved as a defense counsel in several prominent and high-impact criminal law cases, such as the Aarushi Talwar murder trial, the Delhi serial bomb blasts of 2005, and the Ishrat Jehan encounter case. Rebecca is also the first woman lawyer to become a senior advocate in the field of criminal law. She joined the profession in 1988, at a time when there were hardly any women lawyers taking up criminal law.

Session 2- Understanding the dynamics of counselling

The relationship between the teacher and the student has a powerful influence on the student's behavior. The process of mentoring can impart confidence and positivity to a student's life as she deals with the challenges of youth. The personal and professional qualities of counsellors are significant in facilitating an enabling relationship. A teacher as a counsellor must be well equipped to assist students in making adjustments and live a happy and harmonious life. The focus of the presentation will be field experiences in multiple institutional contexts.



DR. V. S. RAVINDRAN is a renowned educational psychologist, counsellor, trainer and teacher educator who conducts workshops on 'Basic Counselling' for teachers. He believes that in recent times the role of teachers has changed from being 'the source of knowledge' to one of a 'facilitator and guide' for students. A teacher's role has now widened and the need to build values in students has become imperative in a fast-growing and competitive world. By counselling students timely, they become empowered to solve their own problems instead of relying on teachers or parents to directly intervene and make decisions for them. Imbibing skills of counselling has hence become a necessity to become an effective teacher.

Session 3- Active listening, conscious reflections

Listening and responding are essential for effective communication. It is not enough to simply hear, it is essential to be able to listen to what is being communicated. Empathetic listening requires trying to understand the world from the eyes of the speaker. How do we listen with awareness? How can we be alert to the subtext of the spoken word? How can we keep our internal commentary aside and listen with attention? How do we show our attention and openness in our body? How do we make the listener feel safe to share? How do we respond with sensitivity and respect? How do we communicate an unconditional acceptance of the speaker? How must we respond to empower the speaker to find the way forward in whatever is troubling her?



KAVITA ARORA Child & Adolescent Psychiatrist, MBBS, MD (Psy), CCST (Psy, UK). Dr Arora is a child and adolescent psychiatrist associated with the Sitaram Bhartia hospital in Delhi as well as Children First, a specialized center offering child and adolescent mental health services in Delhi. She has taken part in several interviews, panel discussions in TV programmes involving child mental health issues on topics like exam stress and parenting on NDTV, CNN-IBN, and Star News etc. She has a website column as an expert with NDTV (India) called Salam Zindagi. Kavita loves to connect with children and young people. She is of the firm belief that youngsters today are far smarter and quicker to learn and evolved than previous generations! She attempts to create spaces where understanding, respect and open communication about different ways of being can be attempted.

Registration Fees for the seminar: INR 500

Registration Link: <https://goo.gl/forms/WNecOduM00Tq7jnu2>

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