

**ORGANISED BY
Nodal Office**

CHRIST (Deemed to be University)
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CHRIST
(DEEMED TO BE UNIVERSITY)
NODAL OFFICE, TRIVANDRUM

Adolescent Mental Health & Well-being: A Virtual Training Workshop for Teachers

Teachers with prior experience of working with adolescents (secondary and higher secondary teachers) can join.

Resource Persons

Dr MANJUSHA WARRIER



Dr SADANANDA REDDY A



Dr DIVYA BALLAL



From Department of Psychology CHRIST (Deemed to be University)

From JULY.17 .2021. Every Saturday
05.00PM-07.00 PM /IST
12 HRS, 30 SEATS

CLICK TO REGISTER

<https://forms.gle/Vmm2uMnTqsr8NpQV9>

This is a Give Back and a Knowledge Sharing Initiative by Nodal Office , CHRIST (Deemed to be University).



Workshop Content

::Adolescent development and adjustment issues

::Mental health issues among adolescents

::Proactive communication skills and strategies for working with adolescents I

::Proactive communication skills and strategies for working with adolescents-II

::Promoting student well-being

:: Teacher self-care and well-being

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