

WORKSHOP ON CHILD & ADOLESCENT -- Challenges & Outcomes

- 30.04.23 Sunday at 5pm-7pm (offline)

Day 1-- INTRODUCTION

- 06.05.23 Saturday at 7.30pm-9.30pm (Online)

Day 2-- Normal child

A normal child has regular phases or stages of development to an adult individual. Perception of each experience the child has is colored by the stage of development he/she is in. All of us process our experiences according to our stage of maturity. That creates dissonance between parents and child. Hence to understand the child we must understand the normal development so that we can set our expectations right.

Resource person: Dr Anirban Ray

Moderator: Dr Amit Chakraborty

- 07.05.23 Sunday at 7.30pm- 9.30pm (online)

Day 3-- Anxious child

One of the earliest anxieties to appear in a child is that of separation. Socialization also begins from an early age. With socialization comes the need to perform adequately, not to fall behind, to be appreciated and these needs generate anxiety. What if I can't?? His quavering self-image, his self-doubt influence all his future performances. Free and happy childhood is sadly not always so. This condition can be largely prevented by sensitive and understanding caregivers.

Resource person: Dr.sheila Banerjee

Moderator: Mrs Ratna Mitra

- 13.05.23 Saturday at 7.30pm-9.30pm (online)

Day 4-- Lonely child

Today maximum child is single child. Not only that, we all are very busy, the life is too fast. Hence, we really have very less time for each other. So are our children. Most of the time they fail to find the trusted adult they can clear their confusion with. Same stands for the whole peer group. Hence, they become a whole group of confused and unguided youngsters, who do not know what they want to do. Hence sometimes makes mistakes. Thus, it is important to understand the bewilderedness to understand and guide the child.

Resource person: Dr Anirban Ray

Moderator: Dr Gautam Bandopadhyay

- 14.05.23 Sunday at 7.30pm-9.30pm (online)

Day 5-- Mobile and children

Mobile phones with their multipronged attractive attachments have made our Children vulnerable to a variable range of problems including behavioral addiction. Parents are distressed as they don't know what maybe the solution.

Dr. Bandyopadhyay, who is working for more than 3 decades in this field, might have the answer to the queries. Please join

Resource person:

Dr.Goutam Bandopadhyay

Moderator: Mrs Bandana Mukherjee

- 20.05.23 Saturday at 7.30pm-9.30pm (online)

Day 6-- Parental behaviour: Impact on child and adolescent.

Parent-child interaction is a source of pain as well as the most wonderful, keenly felt love and devotion. Parental conflict causes serious mental health issues of child and adolescent.

Resource person: Dr. Amit Chakraborty

Moderator: Mrs. Ratna Mitra

- 21.05.23 Sunday at 7.30pm-9.30pm (online)

Day 7--Hyperactive child

The hyperactive child has difficulty in attention and concentration and he also suffers from hyperactivity and impulsivity but there is more to it than Attention Deficit Hyperactivity Disorder

Resource person: Dr. Sayandip Ghosh

Moderator: Dr Sheila Banerjee

- 27.05.23 Saturday at 7.30pm-9.30pm (online)

Day 8--Special child

Sometimes child development does not go as per expectation. Hence, there are challenges in social integration of the child. Parents are stressed even more than the children. Life goes difficult. Society also has difficulty to accept them, as they are. Hence it is imperative for all of us to have the basic literacy about the special children to diffuse the taboo the society harbor. If we have one child with neurodiversity then it is all the more essential.

Resource person: Dr. Anirban Ray

Moderator: Dr. Sayandip Ghosh

- 28.05.23 Sunday at 7.30pm-9.30pm (online)

Day 9-- Failures and child

What we call failure and what we don't, is a big question. However, we can never deny that the family and the society have a roll to play in this context. In our society these days competition is given a lot of importance, only the winner of the competition gets honour. What is the position of the contestants who do not win. Failure in one area cannot preclude other successes in life. Let's look for the reason of failures.

Resource person: Mrs. Rita Roy

Moderator: Mrs. Bandana Mukherjee

- 03.06.23 Saturday at 7.30pm-9.30pm (online)

Day 10-- Say "yes" to life

We know that we're mortal. Still we long for life, that's our survival instincts. Sometimes, in the phases of stress or depression, we think life is not worth living, we feel like burdens and we justify ourselves again and again.

How to overcome such feelings, thoughts and behavior is the essence of this class, ie. Say YES to life!

Resource person: Dr Gautam Bandopadhyay

Moderator: Mrs Pallabi Mukhopadhyay

- 04.06.23 Sunday at 7.30pm-9.30pm(online)

Day 11-- Break ups and patch ups

Break up is a very sensitive terms in any age. But it can cause significant emotional impacts mostly on teenage .We will discuss about the teenage break up, common reasons behind it and it's effects to the individuals.

There is nothing wrong in a patch-up (after a breakup), but sometimes a few mistakes may lead to hazardous results. To deal with (a problem, disagreement, etc.) in order to improve or repair a relationship.

Resource persons: Mrs. Subhra Pal Banerjee & Mrs. Pallabi Mukhopadhyay

Moderator: Dr Amit Chakraborty.

- 11.06.23 Sunday at 11am-4pm (offline)

Day 12--Project Presentations, Interaction and Valedictory Session
