

Jeevan Sanchar

A Manual to enhance emotional resilience for holistic development, by the youth, for the youth

Major Highlights of Jeevan Sanchar Manual

- Complementing the education policy of Government of India
- Promoting holistic development of youth
- Ensuring academic excellence, emotional stability and value based life skills
- Equipping the youth to shape the future of the Nation

I. The purpose of Manual

To encourage youth to engage wisely and proactively with the issues which confront them

II. Why this revised manual?

Jeevan Sanchar Module is an outcome of years of experiences of SHIFA mental health and disability project which works with youth, associating with their families and learning through community interactions. In the year 2014, the first edition of this module was developed and implemented for the youth in different rural locations in the target communities. The insight gained by the facilitators during the course of interactions with the youth explicitly revealed mental, social and emotional issues crucial for the growth and development of youth. Reflecting on such issues, there arose an emerging need to review the existing module in response to the emerging challenges faced by youth and incorporate additional information.

III. The construction of manual is the outcome of Community Social Action and Research Process

a. Manual design with the inputs of Psychologists

The initiative of SHIFA project staff and leadership resulted into a research based manual with the inputs of qualified and experienced psychologists, trainer, social and development workers.

b. Manual design with the participation of community stakeholders

In depth discussions with the project staff and community facilitators were insightful. The inputs of the ex-participants and their parents enhanced the relevance of the module. Community consultation helped in reframing the content, methodology and relevance of the manual. The advice of teachers and principals of local schools endorsed the authenticity of the manual and its contextual alignment. We express our gratefulness to all those who participated in this process.

IV. Who will benefit from the Manual

The manual is beneficial for all with special reference to the youth in the community and those undergoing academic studies in the schools.

V. Equipping youth to grow and thrive

The manual offers a platform for collective learning, self exploration and rational thinking. The barriers and obstacles to growth and self confidence can be destroyed by a robust support system. The processes outlined in the manual will stimulate growth and well being resulting in greater emotional stability, informed decision making and stronger problem solving skills.

VI. The learning methodology through the manual

Self learning and self exploration is the key theme of the manual. The Manual offers a learning platform promoting issue based discussions, pooling collective knowledge/wisdom and encouraging healthy coping and well being. The role played by the group facilitator is an enabler who journeys with the participants towards a path of learning and growing together. Ongoing guidance and support to the participants enables deeper understanding of issues.

VII. A Glimpse of the learning topics

- Self awareness and helping others to understand you, your strengths and skills.
- Improving self confidence and sharpening stress management skills
- Mastering emotional resilience and responding favourably to the change in and around us.
- Developments during adolescence and good upbringing
- Making choices wisely and understanding gender equality
- Making the best use of modern technology and shielding yourself from harmful content and substances.

VIII. Manual facilitator's short term training

The organizations, schools and NGO's desirous of using the manual for their participants can approach the “Shifa” project for a short term training of trainer's facility.

Certificate of participation will be awarded for regular and full participation Publisher:

Published, promoted and facilitated by “SHIFA” mental health and disability project, Herbertpur.

Research based feedback, professional inputs and wider consultation has enhanced the authenticity of the manual.

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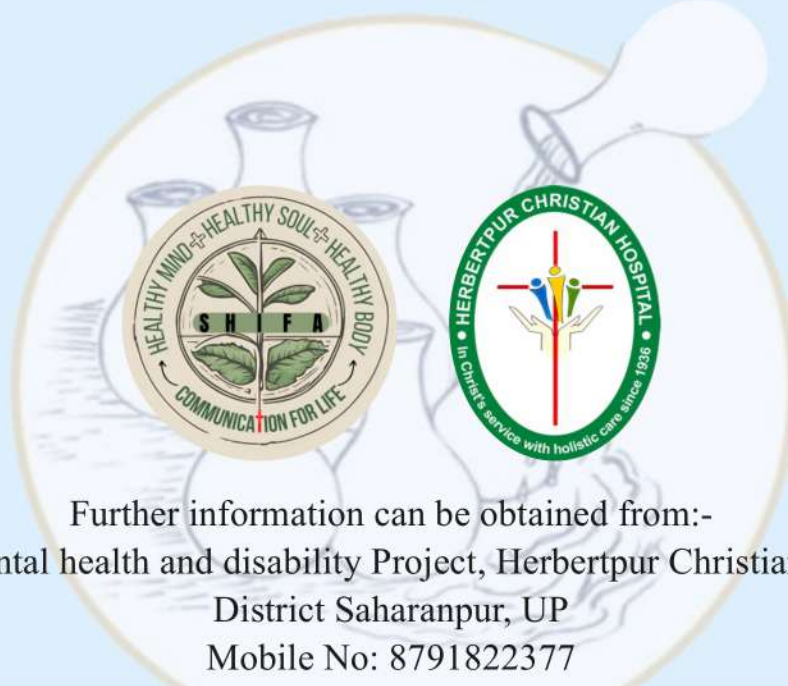
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Support- Promote –Participate!



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