



Family and Child Enrichment Center

2020

OUR FOCUS

Enhancing wellbeing of children, adolescents and families

Providing guidance, counselling and support as per need

Focussing on preventive and facilitative approach for enhancing emotional and physical well being

Identifying students with emotional difficulties for support and intervention

Programs & Services

- Workshops - Students and Teachers
- Orientation Program for Students
- Individual Student Counselling
- Student Emotional Well Being (SEHW) - Screening and Identifying needs for Support and Intervention

WEBINAR (for All Departments)

These Webinars were conducted to help the students broaden their skills, as well as their understanding of their field of interest. This also allows students to attain new knowledge and skills that can supplement or complement their main field of study


Knowing the Learner – Creating and Contributing to a Learner Profile for Students with Learning Disability / difficulty

- To provide students with a tool to identify and explore their individual preference for visual, auditory, or kinesthetic learning
- To provide an opportunity for students to discover and share strategies that are compatible with their individual learning preferences and that will enhance their learning outcomes


Strategies for the Kinesthetic Learner

(learns best by doing — “hands on”)

- Pace or walk around while referencing your notes and reciting to yourself.
- If you need to fidget, try doing so in a way which will not disturb others. Use the Wikki Sticks, or a stress ball.
- You might not study best while at a desk. Try lying on your stomach or back on a comfortable lounge chair.
- Studying with music in the background might suit you (instrumental music is best – as opposed to heavily rhythm-based music).
- While studying, take frequent breaks. A reasonable schedule would be 20-30 minutes of study, and 5 minutes of break time.




Navleen Chandra



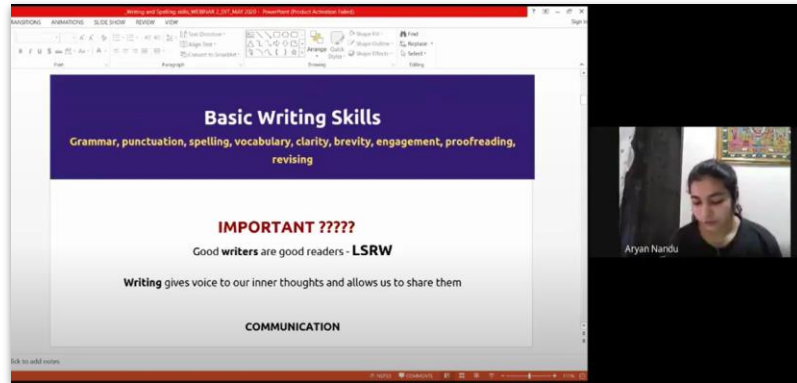
Reliable	Respect for others	Truthful	Tactful
Accept responsibility	Thoughtful	Calm in difficult situations	Accept constructive criticism well
Supportive	Hard working	Confident	Positive
Encouraging to others	Helpful	Persistent	Determined
Give attention to detail	Polite	Energetic	Respect differences
'People' person	Realistic	Flexible	

disha_zataia



Inspiring ideas to help students with Learning difficulties succeed - Writing and Spelling skills

- To provide an opportunity for students to identify and understand the difficulties they are facing related to writing and spellings
- To provide students with various activities to be implemented and practiced for improving writing and spellings skills



Basic Writing Skills

Grammar, punctuation, spelling, vocabulary, clarity, brevity, engagement, proofreading, revising

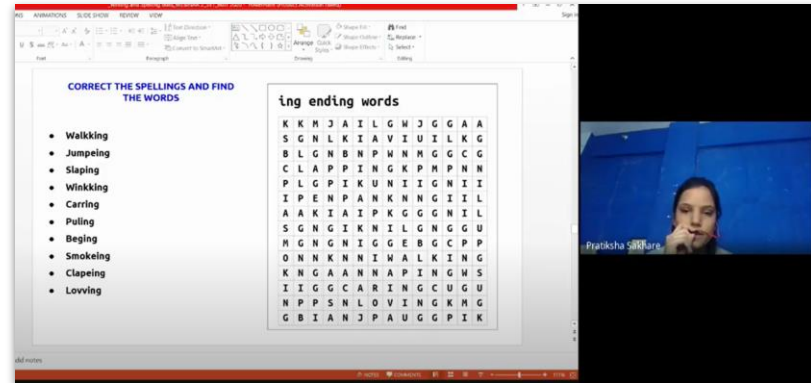
IMPORTANT ?????

Good **writers** are good readers - **LSRW**

Writing gives voice to our inner thoughts and allows us to share them

COMMUNICATION

Aryan Nandu



CORRECT THE SPELLINGS AND FIND THE WORDS

- Walking
- Jumping
- Slapping
- Winking
- Carrying
- Pulling
- Begging
- Smoking
- Clapping
- Loving

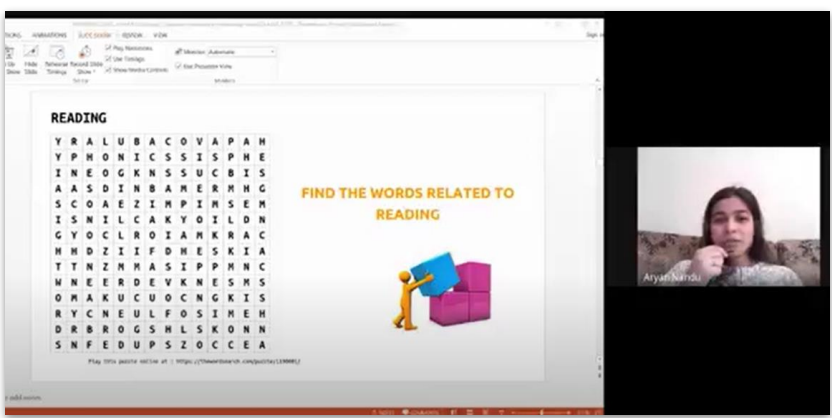
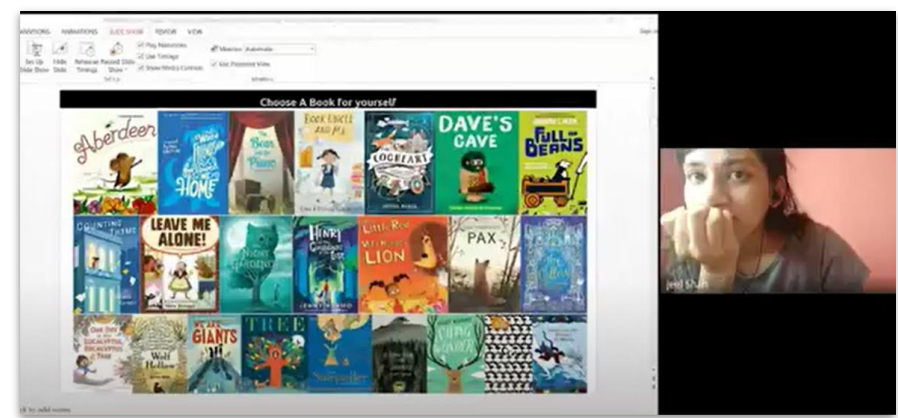
ing ending words

K	M	J	A	I	L	G	W	J	G	G	A	A	
S	G	N	L	K	I	A	V	I	U	I	L	K	G
B	L	G	N	B	N	P	W	M	M	G	G	C	G
C	L	A	P	P	I	N	G	K	P	M	P	N	
P	L	O	P	I	K	U	N	I	I	G	N	I	
I	P	E	N	P	A	N	K	N	N	G	I	L	
A	A	K	T	A	I	P	K	G	G	G	N	I	L
S	G	N	G	I	K	N	I	L	G	N	G	G	U
N	G	N	G	N	I	G	G	E	B	G	C	P	P
O	N	N	K	N	N	I	W	A	L	K	I	N	G
K	N	G	A	A	N	N	A	P	I	N	G	M	S
I	G	G	C	A	R	I	N	G	C	U	G	U	
N	P	P	S	N	L	O	V	I	N	G	K	M	G
G	B	I	A	N	J	P	A	U	G	G	P	I	K

Pratiksha Sharma

Read for Success: Improve Proficiency in Reading Skills

- To provide an opportunity for students to identify and understand the difficulties they are facing related to reading
- To provide students with various activities to be implemented and practiced for improving their reading skills



- To understand their own skill of managing time
- To learn to make timely decisions and deal with procrastination
- To recognize the key components of effective goal setting through time management
- To develop a plan / strategy for aligning their daily activities to support various goals

Creating and Using a Schedule

Study at a regular time and in a regular place - **Planning your study time**

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Remember To set priorities

Four-square grid
Write down your tasks within this grid. First do the things that are both urgent AND important!

Adapted from Stephen Covey (1989) The Seven Habits of Highly Effective People.

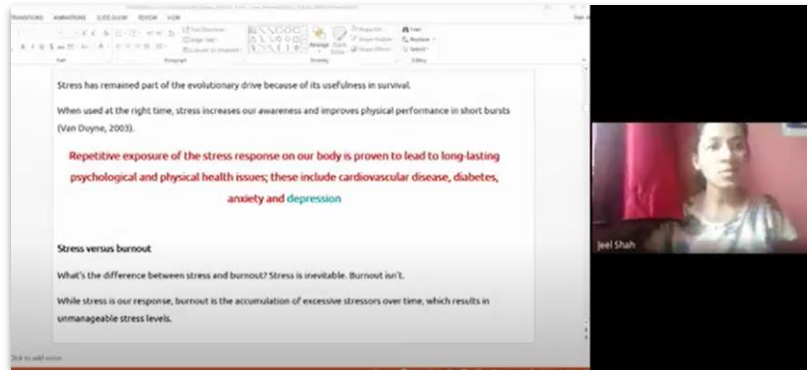
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	Important	Unimportant
Urgent		
Not urgent		



Dealing with Stress: Exams/Tests/Class Presentations

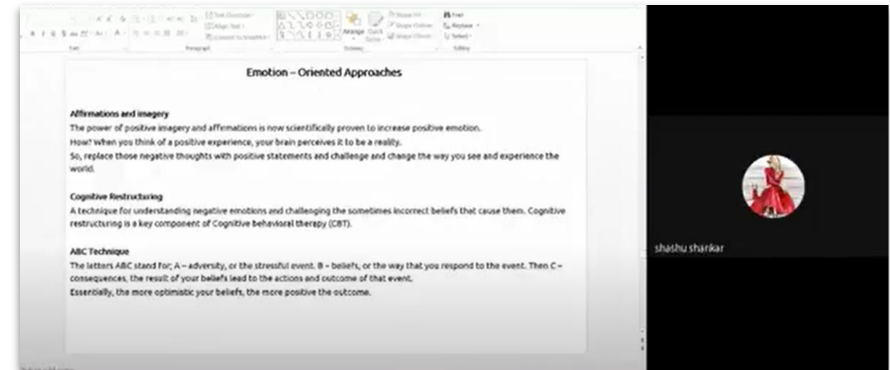
- To understand and recognize signs of stress
- To educate students on ways with which they can deal and relieve stress to excel in their day to day activities
- To guide the students how to deal with exam stress and anxiety related to presentations



The screenshot shows a presentation slide titled "Stress". The text on the slide includes:

- "Stress has remained part of the evolutionary drive because of its usefulness in survival."
- "When used at the right time, stress increases our awareness and improves physical performance in short bursts (Van Doyne, 2003)."
- "Repetitive exposure of the stress response on our body is proven to lead to long-lasting psychological and physical health issues; these include cardiovascular disease, diabetes, anxiety and depression"
- "Stress versus burnout"
- "What's the difference between stress and burnout? Stress is inevitable. Burnout isn't."
- "While stress is our response, burnout is the accumulation of excessive stressors over time, which results in unmanageable stress levels."

A video inset on the right side of the slide shows a woman with dark hair, wearing a light blue shirt, speaking. The name "Ivel Shah" is visible below the video.



The screenshot shows a presentation slide titled "Emotion - Oriented Approaches". The text on the slide includes:

- Affirmations and Imagery**
The power of positive imagery and affirmations is now scientifically proven to increase positive emotion. How? When you think of a positive experience, your brain perceives it to be a reality. So, replace those negative thoughts with positive statements and challenge and change the way you see and experience the world.
- Cognitive Restructuring**
A technique for understanding negative emotions and challenging the sometimes incorrect beliefs that cause them. Cognitive restructuring is a key component of Cognitive Behavioral Therapy (CBT).
- ABC Technique**
The letters ABC stand for: A - adversity, or the stressful event. B - beliefs, or the way that you respond to the event. Then C - consequences, the result of your beliefs lead to the actions and outcome of that event. Essentially, the more optimistic your beliefs, the more positive the outcome.

A video inset on the right side of the slide shows a woman with dark hair, wearing a red sari, speaking. The name "shashu shankar" is visible below the video.

Embracing Change, Embracing Uncertainty

6 sessions were conducted (as per Department)

Welcome note and short orientation about the new way of learning and their curriculum by their HOD

Introduction to their department teachers

Introducing the FACE Center and the college counsellor

A brief talk with the students regarding exam stress and stress management

Focusing and providing strategies to handle their individual concerns

ORIENTATION PROGRAM - Students

The Student Orientation Program was planned and conducted on 21st September 2020. This was a live Webinar which was broadcasted on Facebook

Our respected principal introduced the various departments and welcomed all the students and parents for the program

Faculty head/members from all the departments were given the opportunity to speak about their respective departments

FACE Center was also a focus and Ms Navleen Chandhok (coordinator) also spoke about the purpose and need of various services provided at the centre

Happy to Know YOU (SIP)



The purpose of this workshop was to orient the teachers about the content and activity to be implemented during the SIP

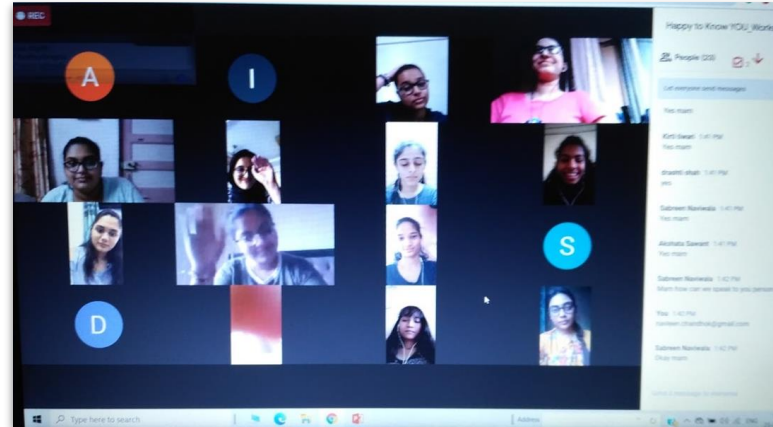


STUDENT INDUCTION PROGRAM

Happy to Know YOU (SIP)



- To create a warm friendly and personal learning environment
- To help the endgame the students to get to know each other
- To build rapport and get the students talking, generate laughter, and help all to get comfortable with each other

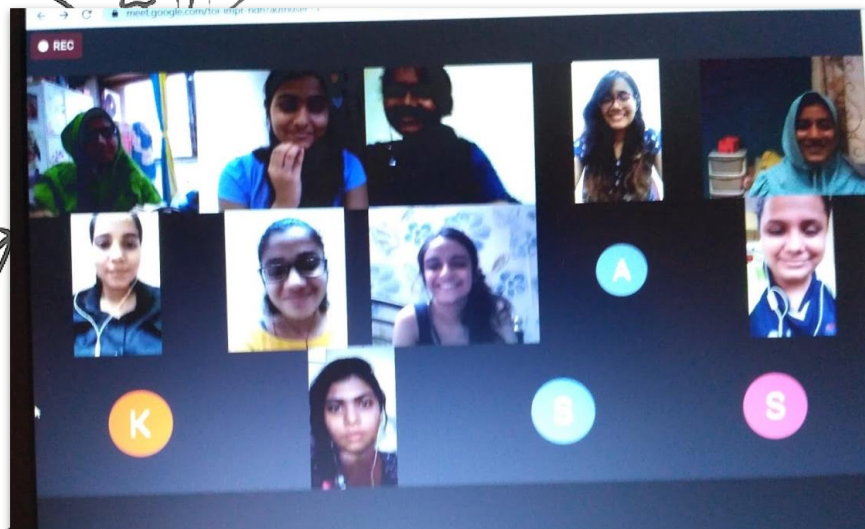
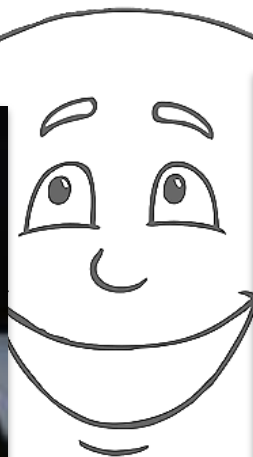
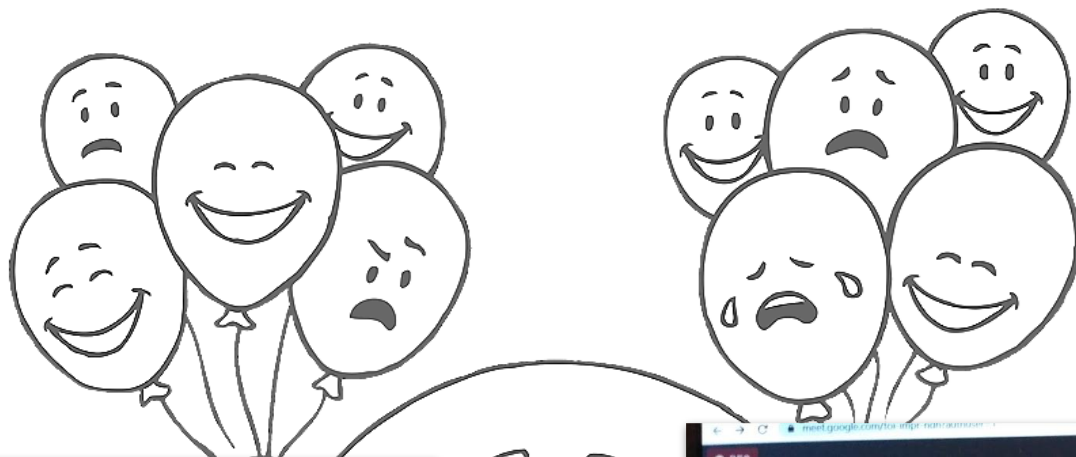


STUDENT EMOTIONAL HEALTH WELLBEING (SEHW)

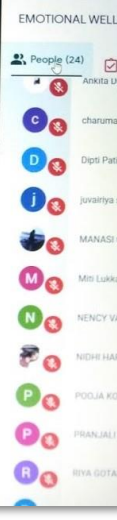
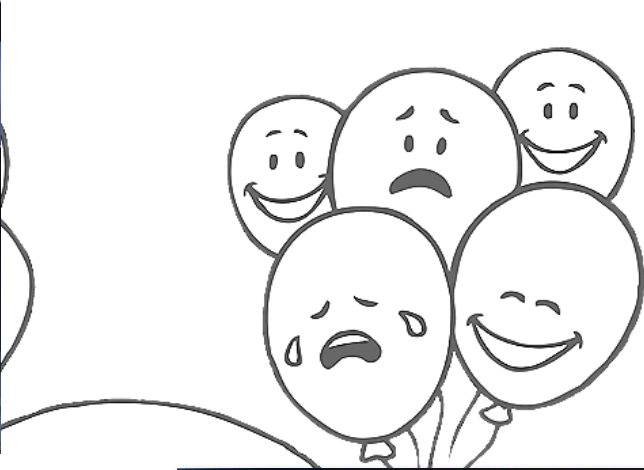
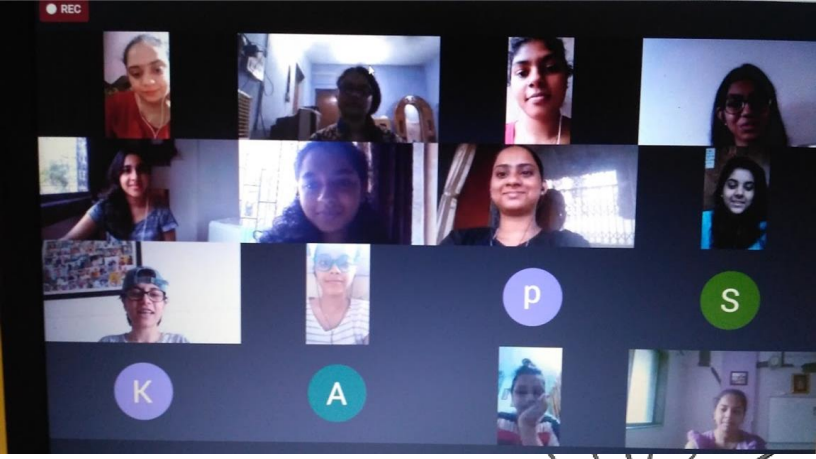


The college constantly endeavours to enhance the process of the students academic and personal growth and introduces programs to understand and help students enhance their emotional well being.

The workshop was implemented to orient the FY students (senior college) regarding the two new programs that are initiated by SVT college.



SEHW workshop - ALL Departments



SEHW workshop - ALL Departments

LD Friendly Initiative Orientation Program - students and parents

The college provides equal opportunities to all students of the college in congruence with the guidelines given by the State government.

The Orientation Program was planned for students and their parents to understand the concessions and support that will be provided to the students by the college.



INDIVIDUAL COUNSELLING SESSIONS - July to December 2020

JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
10	8	11	10	11	12

Total number of students approached for counselling / support - 26

