

## **SAMADHAN** "An Approach towards Betterment of Child and Family health "

In order to reduce the tension and turmoil's at home and work towards betterment of family health, a group of professionals decided to work on the child and adolescent health. and thus "SAMADHAN "was formed. It is a team of consultants from the medical field, work with the students, parents and teachers towards the betterment of family health. This is actively e is working in different schools and hospitals of Gurgaon for the last 4-5 years. The group consists of :

Manisha Kulkarni : Co- coordinator of 'SAMADHANA ' counsellar experience of 10 years

Dr. Premlata Krishnan : Pediatrician experience of 20years

Dr. Sunita Manchanda : Pediatrician experience of 15 years.

Dr. Ashwini Sachdeva : General Practitioner and a child specialist experience of 10years.

Dr. Gyendra Rao : Psychiatrist experience of 10 years.

Priyanka Verma : Nutriionst experience of -10 years.

The objectives of the group are :

1. To work with younger children with **Positive Energy Program (PEP)**
2. To provide correct information on physical and mental development during adolescence Phase.
3. To equip children with positive knowledge, skills and attitude towards self and others.
4. To help them understand all the life skills, which will help them be positive and confident individuals?
5. To provide a platform for all the parents to shave their worries and feelings.
6. To establish Teachers Training Program in different Schools; to improve students' academic performance and personality development.

The modules of all the Interactive workshops are based on

- : Stress and Time mgt.
- : Interpersonal Relationships
- : Communication Skills.

The members of SAMADHAN recently presented a paper on "Life skills Education Program for kids "This was the International Conference Life skill education at Chennai