

The children of today in school and the adolescents in college are facing tremendous competitions and severe academic stress.

This atmosphere has resulted in maladjustment and poor psycho-social adaptation. There is increase in mental health problems like anxiety depression and suicide even amongst very young children. Bullying, violence, aggression and even murders are haunting some of our schools and colleges.

Working parents and disintegrated joint families that have no grandparents but only domestic servants for child care, leads to a lack of bonding in a family. Research all over has shown that a well knit family is the foundation of happiness in a child life. Children from dysfunctional families have tremendous difficulty in adjusting to the real world and be happy and successful. The sedentary life style is giving rise to obesity and related problems like diabetes, hypertension and cardiac diseases in younger and younger people in our country.

Children and adolescents of today need to develop the skill and abilities to take the right decisions in life whether it is their career, their health, saying no to drugs, coping with peer pressure, protecting themselves from the adverse effects of internet and the MMS. In this project we also plan to sensitize the teachers and students about relationship of psychosocial issues and mental health.

The core group of AACCI consists of specialists from all branches of medicine, Teachers, Educators, Lawyers and Parents. AACCI has come out with publications for parents in the form of FAQ's and children and Teens in the form of booklets of Tips.

AACCI plans to start a "Parent Forum". Those who wish to join can write to us at aacciindia@gmail.com

AACCI also plans to conduct research to see the impact of these interventions in the betterment of the life of the students and teachers.



AACCI - ASSOCIATION OF ADOLESCENT AND CHILD CARE IN INDIA

AACCI is a newly developed NGO in Mumbai working for the holistic health of children and adolescents through parents and teachers who are the main pillars of their wellbeing.

The first phase of its activities is creating awareness and education on various issues through Interactive workshops with children and teens and also with parents and teachers both in schools and colleges and the community.

It will begin its LSE program in Mumbai in July 2008 and then in various parts of the country from 2009.

AACCI will work in collaboration with Dr. Jitendra Nagpal Psychiatrist, New Delhi and Program Director of the LSE wing of ECHO, (Expressions Children Homes Organisation of India) which has been doing LSE programs in Delhi State School children from July 1998.

Dr. Swati Y. Bhave Executive Director AACCI is actively working with "Expressions" from 2003.

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AACCI-ASSOCIATION OF ADOLESCENT AND CHILD CARE IN INDIA

AACCI Project (2008-2009)

Life Skill Education Program

For

Colleges & Schools



Life is  as..we make it 

AACCI Project (2008-2012)
Life Skill Education Program (LSE)
 For
Colleges & Schools

What are Life Skills?

WHO defines life skills as “abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life”. Life skills are a group of psychosocial competencies and interpersonal skills that help people make informed decisions, communicate effectively and develop coping and self management skills to lead a healthy and productive life.

These skills are inter related and reinforce each other. Together, they are responsible for our psycho social competence, building our self esteem and self efficacy to nurture holistic development.

The 10 Generic Life skills are :

- 1 **Decision Making:** Dealing constructively with decisions and their consequences.
- 2 **Problem Solving:** Dealing constructively with problems of everyday life to avoid mental stress.
- 3 **Creative Thinking:** Exploring alternatives and responding adaptively and with flexibility to problems of everyday life.
- 4 **Critical Thinking:** Analyzing experience and assessing the factors influencing attitudes and behaviour.
- 5 **Effective Communication:** Expressing ourselves in ways that are appropriate to our cultural situations.
- 6 **Inter Personal Relations:** Relating in a positive way to the people we interact with.
- 7 **Self Awareness:** Recognition of ourselves, our character, strengths and weaknesses, desires & dislikes.

- 8 **Empathy:** Ability to imagine what life is like for another person, even in a situation that we may not be familiar with.
- 9 **Coping with Emotions:** Recognizing our emotions, being aware of how they influence our behaviour and being able to respond to them appropriately.
- 10 **Coping with Stress:** Recognising sources of stress in our lives, awareness of how they affect us and acting in ways that help control our levels of stress.

LSE Prevent High risk behaviour in teenagers and children

Due to curiosity and peer pressure children and teens are tempted to try out drinking, smoking and drugs and casual sex. They can also get bored and tired of academic pressures and go astray. Low self esteem can result in anxiety and depression, which in severe cases can lead to suicide. Frustrations and anger can lead to bullying, violence and aggression. The main reason for indulging in high risk behaviour is the inability to tackle emotional pain, conflicts, frustrations and anxieties about the future. Life skills training empowers to act responsibly, take initiative and take control of life.

Life skills program is applicable to all age groups but mainly targets the 13-17, adolescent years, since young people of this age group seem to be most vulnerable to behaviour related health problems. It is mainly a school based program where life skills are imparted in a supportive learning environment.

AACCI is planning to do it for Adolescents in college where we feel it should be equally effective. The program is for the promotion of health and well being both as prevention and also as an intervention to those already at risk or those who already have a problem.

The workshop methodology includes

- ◆ Mini lecture
- ◆ Interactive sessions
- ◆ Group discussions
- ◆ Brainstorming
- ◆ Role play
- ◆ Group tasks and activities

AACCI plans hold pilot workshops on LSE in various schools and colleges . We do not want to just do isolated workshops as events. We also aim to do capacity building and so in the same school or college we will also train teachers as Master Trainers and Students as Peer Educators who will continue to do these projects independently in their school or college. This will have a cascade effects of having LSE on a regular basis in their school and college.

We hope more and more schools and colleges will start these programs in their Institutions and promote the mental and physical well being of their students.

