

“Teen Healthy – Go! How to build an effective partnership between young people and professionals in training programs”



Workshop Dates : July 6-9, 2017

Participants : from India and France

- Young people in the age group of 18-25 years
- Delegates/ Professionals
- Medical students

Organizers :

French Society for Adolescent Health(SFSA);

University of Evry;

District Council of Essonne;

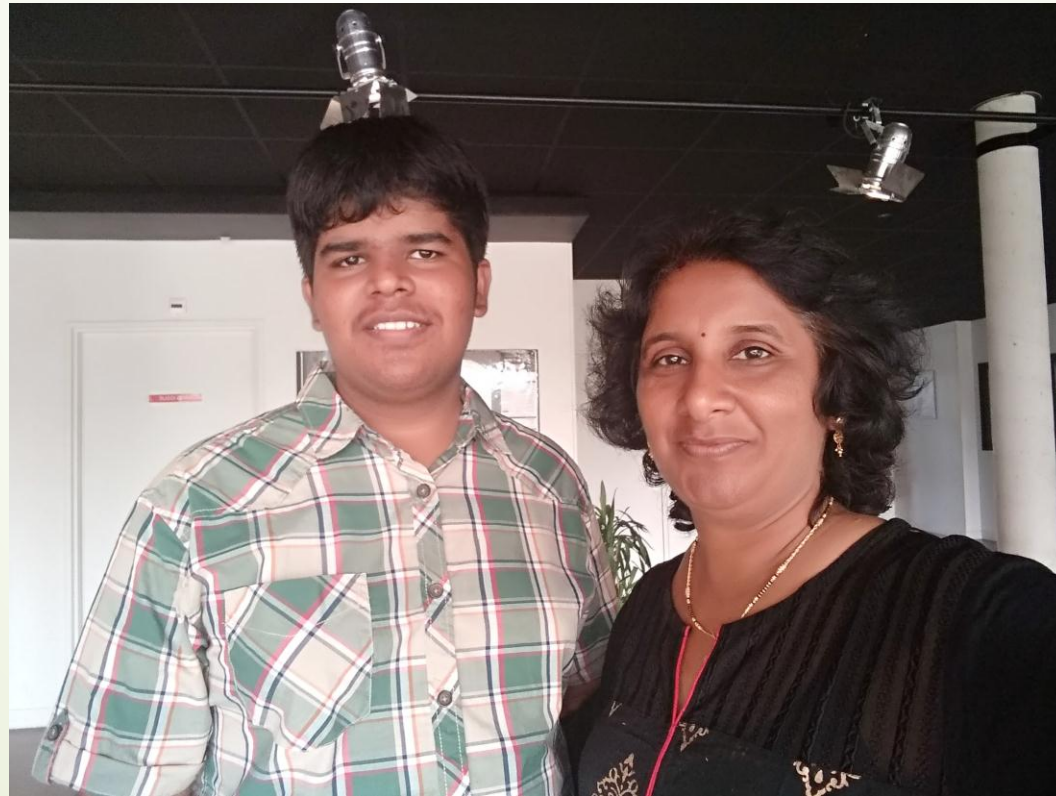
Adolescent Unit(UACA)-Neuilly sur Seine Hospital;

Middle School; College Victor Hugo Issy les Moulinaux

Beautiful Venue : Mandres les Roses



Participants : Savita Atul Itkarkar (Adult)
Anmol Atul Itkarkar (Adolescent)



Savita Atul Itkarkar

- ▶ Working as Associate Professor in Bharati Vidyapeeth College of Engineering for Women, Pune (India)
- ▶ 25 years teaching experience
- ▶ Age group of students : 16 – 21 years
- ▶ Working as Area Co-ordinator of National Service Scheme (NSS) of Savitribai Phule Pune University - SPPU (Formerly known as University of Pune)
- ▶ NSS – Social work by the college students as co-curricular activity mainly in undeveloped and Rural area
- ▶ Awarded as “Best Change maker” by NSS

Anmol Atul Itkarkar

- ▶ Completed Tenth standard Examination

Workshop started by Common Meeting of all participants from India and France



- Introduction
- Discussion : Common Problems of adolescents
- Team Formation – three mix teams were formed
- Topics were allotted to teams
- Guidance was provided

Working of Team 1 : Guided and supervised by Professionals – It helped them to interact with each other , get familiar to each other



Working of Team 2 : Guided and supervised by Professionals – It also developed thinking ability towards problem solving, finding the solutions



Working of Team 3 : Guided and supervised by Professionals – Many technical ideas were discussed – use of internet, website creation etc



The result of team work reflected : all the participants mixed well in spite of many differences



Presentations prepared by young people :
e.g. Anmol – Topic : Importance of Yoga for
adolescent



Team Presentations : Guided and supervised by Professionals



Betterment of ideas presented by teams is done through discussion



Essence of the workshop : Involvement of adults and young people towards progress



Time utilization for the target to achieve : Every break time was utilized for discussion and interaction



All the facilitators were working in a team to discuss various social issues



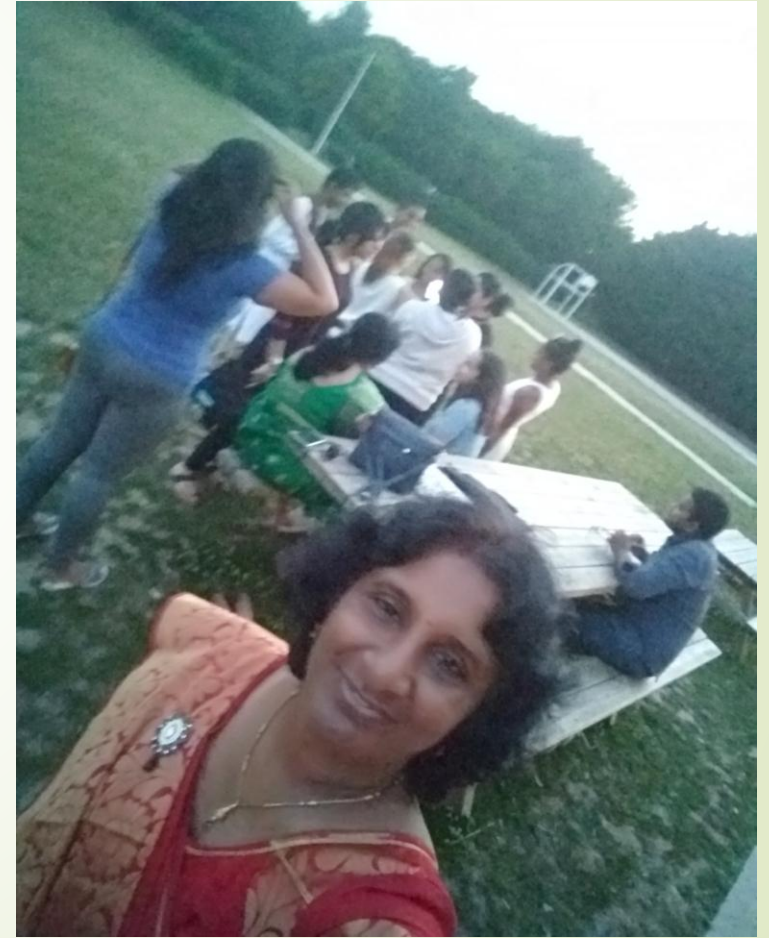
Facilitators at work : Discussion related to family and women related problems



Interaction with the Organizing Team members



Everybody mixed up so well as we were knowing each other from years



Workshop taught us : The importance of involvement of young people to solve their own age group problems



Takeaways From Workshop: About adolescent

- Adolescence is an unavoidable phase in the life and it occurs to every human.
- Problems of all adolescent are similar- irrespective of geographical, cultural, economical etc. differences.
- The correct knowledge and guidance can impact your personality positively.
- If used properly, this energy has far reaching impact on one's personality.
- Sharing of other's experiences can make you aware of issues around you and can prepare you for challenges.

Takeaways From Workshop: About Organizers

- ▶ Very warm welcome and through out care taking by the organizing team members
- ▶ Involvement of families to support our stay will be always remembered and honored
- ▶ We were not having any doubts about safety and security issues as we were treated as family members
- ▶ I appreciate the Time management and Hard work by all
- ▶ All humans are same irrespective of many barriers
- ▶ Language is not a barrier to interact with each other
- ▶ Only love is sufficient to overcome all barriers
- ▶ Active involvement of 'young by heart' people will be inspiration for me

Parent Feedback: By Atul Itkarkar (Father of Anmol)

- I take this opportunity to thank the family members who made Anmol's stay enjoyable although first time staying away from parents.

Changes observed in Anmol after workshop

- ❖ Confidence is increased.
- ❖ Communication is improved.
- ❖ Self awareness is enhanced.
- ❖ Recognition of strengths and weaknesses has started and
- ❖ Some actions started to reduce weakness and enriching strengths.



Our Gratitude are due to:

- All Organizers
- Active Team members
- All families supported our stay happily
- All young people
- All those who helped us directly or indirectly
- Don't want to mention the names because I am not able to mention all of you here



THANK
YOU