

Training Report

Development Support Team (DST), Pune

Community Workers' Training under Mental Health - Jagruti II Project

Dates: 8th & 9th April 2026

Venue: DST Office, Aundh, Pune

Development Support Team (DST), Pune successfully conducted a intensive two-day training programme for Community Workers (CWs) working with children and adolescents (8–14 years) in community settings like Dapodi and Juni Sangvi in the PCMC area. The objective of the training was to build the capacity of CWs to effectively deliver structured, engaging and appropriate sessions for the adolescents listed down from family survey.

The training was facilitated by DST trustees **Ms. Medha Ranade**, **Dr. Anil Paranjape**, and Project Coordinator **Ms. Deepali Kshirsagar**, who brought in a strong blend of field experience and technical expertise in mental health and community facilitation. Seven CWs participated in the training.

Taking into consideration the objectives of the Jagruti II project, it is planned to have 20 to 30 sessions per group of adolescents. Hence it is necessary to organize series (at least 3 to 4) of training programmes for CWs so as to cover several topics. In the beginning of the group sessions programme we will start with two groups i.e. 8-11 years and 12-14 years. The sessions will be conducted twice a week for each group in 7 areas by 7 CWs. In this context this was the first training programme where we could cover topics like personal hygiene, self awareness, emotions and feelings, facilitation skills etc.

The training began with icebreakers and rapport-building activities to create a safe and participatory learning environment. In the first session the objectives of the project were shared and discussed. Foundational concepts such as ethics in community work were introduced, with a focus on confidentiality, respect, maintaining safe boundaries, and effective communication. Participants were oriented towards the importance of personal hygiene, self-awareness, and emotional literacy in children and adolescents. The approach of the training was highly interactive and practice-oriented. CWs were actively engaged in mock sessions on the topics like “Self-Awareness”, “Personal hygiene” and “Understanding Emotions and Feelings,” followed by structured feedback from facilitators and peer participants. This process helped participants reflect on their communication styles, facilitation techniques, and important points to be covered under each topic/subject.

The second day focused on developing participants' understanding of emotional management with special attention on 'dealing with anger'. After sharing and interacting on this topic they were asked to develop similar sessions on other emotions like jealousy, anxiousness etc.

Sessions covered how to help children identify and manage their emotions, responding appropriately to emotional outbursts and also addressing the challenges. Special emphasis was given to age-appropriate communication, icebreakers activities, building rapport with children, and handling group dynamics in community settings. The training also introduced a variety of activity-based methodologies including storytelling, games, and body-based interactive exercises, enabling CWs to conduct sessions in an engaging and child-friendly manner. We also explored different activities that children can engage in without using mobile phones, which can help them build stronger bonds with each other including friends and family members.

In addition, practical guidance was provided on planning and executing group sessions, conducting home visits, organizing parent meetings, obtaining informed consent, and ensuring proper listing and registration of children. It was also decided to develop separate format for registration of each child/adolescent where his/her family background, details of mobile use by them etc. will be recorded. Participants were oriented on logistical planning such as finalization of venue, scheduling, coordination with community stakeholders, and effective communication with parents and children.

Throughout the training, the time was allocated for preparation and practice, ensuring that participants not only understood the concepts but were also able to apply them confidently and will also learn to deal with different types of children behaviors. Reflection sessions at the end of each day allowed participants to share their learning, challenges, and personal insights.

Overall, the training programme was successful in enhancing the knowledge, skills, and confidence of CWs. It equipped them with practical tools and structured approaches to conduct meaningful sessions that support the emotional and social development of children and adolescents. The initiative marks a significant step towards strengthening community-based mental health promotion under the **Mental Health Jagruti II Project**.

Next steps-

The next phase will focus on starting regular community sessions (most probably in the last week of May) with children aged 8–11 and 12-14 years in selected areas, ensuring that the learning from the training are implemented effectively at the field level. CWs will conduct home visits and organize parent meetings to build trust, take consent, and ensure continuous participation of children.

Along with this, 2nd and 3rd training programmes will also be organised for CWs as and when necessary through which guidance and supervision will be given. Continuing support will be provided to CWs in their ongoing work and to address challenges faced during sessions.

As all the children and adolescents are having school holidays in month of May, we are planning to conduct two summer camps of three days duration (4 to 5 hours a day) at Dapodi and Juni Sangavi area in the month May 2026. Tentative dates and timings are as follows:

Dapodi: 13,14, and 15 May from 11 to 4 pm

Juni Sangvi: 20, 21 and 22 May from 2 to 6 pm

These camps will help CWs to enhance rapport with parents and children in the community. It will also help to enhance the participation of adolescents for group sessions.

Regular monitoring will be done through field visits and feedback to maintain the quality of sessions. Special support will be given to CWs in handling difficult situations, especially emotional or sensitive cases among children. Proper documentation and reporting of all sessions will be ensured for tracking progress and learning. Overall, continuous efforts will be made to build strong community relationships and ensure meaningful engagement with children and families.

Below are some photos from the trainings where participants are taking active participation in the activities and discussion.



