

DST- Adolescent health awareness in urban communities of Pune city.

Community Workers' Training – Project Orientation and Capacity Building on Mental Health

Dates: 11th & 12th February 2026

Venue: Pooja Heritage, Lane No. 3, Anand Park, Aundh, Pune

Development Support Team (DST), Pune conducted a two-day extensive training programme on 11th and 12th February 2026 at its Aundh, Pune office premises. The training was organized for newly joined community workers who will be working on the Adolescent mental Health Project in urban communities especially in PCMC (Sangavi and Dapodi) area. The main focus was on mental health awareness and responsible use of Mobile and social media among adolescents and their families to address the issues arising from overuse of these communication means. The training was facilitated by DST Trustees Ms. Medha Ranade and Dr. Anil Paranjpe. Project Coordinator Ms. Deepali Kshirsagar also provided inputs.



Dr. Manasee Deshmukh orienting on mobile and social media addiction and redressal mechanisms.



Dr Anil Paranjape facilitating a session on role of community workers in the field and team building.

Subject expert Dr. Manasee Deshmukh was specially invited to orient the project team about the subject and equip them with basic concepts of the mental health issues arising from overuse of mobile and social media and redressal mechanisms. More specifically, Dr. Deshmukh provided inputs on impact of mobile phone addiction and social media on young people and how one can overcome such addiction. Sessions also covered topics on communication skills, teamwork, and

the roles and responsibilities of community workers, rapport building with community and maintaining need-based records of the project field processes. Equal emphasis was given on practical discussions on engaging with target families, addressing challenges arising at community level, home visits, identifying community spaces for meeting/project activities and contact building with stakeholders and planning socio-economic survey when undertaken.



Ms Deepali Kshirsagar conducting a session on Mental health and wellbeing at the communities



Ms Medha Ranade conducting a session on Survey tool form filing with community workers

The training also focused on understanding mental health, child protection and safety measures, survey methodology with practical exercises and ethical data collection. The inputs also included about self-care of Community Workers, peer support and Reporting System. The programme concluded with feedback session and helping community workers feel more confident and prepared to work with adolescents and families in the community.
