National Seminar on

Creating Safety Nets for Adolescents and Youth: Building Counselling Networks

February 18, 19 and 20, 2013

Organised by

Tata Institute of Social Sciences
Counselling Centre
The Tata Institute of Social Sciences (TISS) was established in 1936, the first school of social work in India and was a pioneering effort with the objective of Social Welfare through academic excellence.

Since then and after it became a Deemed University in 1964, TISS has been expanding continuously in terms of educational programmes and infrastructure. While responding to the changing needs of the social and educational system in the country, the Institute has gone far beyond the initial concern of social work education.

Over the years, the Institute has, among other thrusts, made a significant contribution to policy, planning, action strategies and human resource development, in several areas, ranging from sustainable rural and urban development to education, health, communal harmony, human rights and industrial relations. In all cases, the focus has been on the disadvantaged and marginalised sections of society, such as organised and unorganised labour, women, children, Dalits, and tribals.

The Tata Institute of Social Sciences being a premier institution of Social Science attracts students from all over India, across a wide range of socio-cultural strata. An increasing number of international students too enroll for various courses. The students are all young adults. The campus life is a unique phase of excitement, adjustments and academic challenges. In addition, they face transitions through significant psychological and emotional changes. The Counselling Centre endeavours to enable students make these significant transitions smoothly.

The Counselling service at the Tata Institute of Social Sciences is available to both students and staff and is a free service. It is open six days a week and its hours are adapted to students needs. The services of one full-time Counsellor and five part-time Counsellors are provided by the institute. The Counsellors help the students in their day- to- day concerns and also enhance their overall functioning. The Centre has always believed in preventive mental health work and thus organises programmes promoting positive emotional health on the campus. Workshops on topics relevant to increasing the capacities of the students are regularly conducted by the Counsellors.
In today’s world, the biggest challenge that lies in front of Colleges and Universities is to listen and address the concerns of youth. The potential that lies within the adolescents and youth can blossom with understanding and support networks that mental health professionals provide.

I take immense pleasure to invite you and your colleagues for a three day National Seminar on “Creating Safety nets for Adolescents and Youth” to be held at The Tata Institute of Social Sciences, Mumbai on 18th, 19th and 20th February 2013. The seminar is organized by the Counselling Centre, which has been functional since last 15 years. It caters to the mental health needs of the TISS family.

This seminar aims to appreciate and highlight the role that counsellors and mental health professionals play in the positive wellbeing of the youth today. It is an attempt to acknowledge the efforts and challenges mental health professionals face while working with youth and adolescents.

The upcoming seminar focuses on sharing of knowledge and resources, paper presentations, skill building and an opportunity to network and learn from fellow professionals. The seminar intends to bring mental health professionals from different fields and explore various approaches on working with adolescents and youth.

See you at the seminar

Dr. Katy Gandevia

Seminar Convener

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To be left alone on the tightrope of youthful unknowing is to experience the excruciating beauty of full freedom and the threat of eternal indecision.” Maya Angelou [6], _I Know Why the Caged Bird Sings_ [7]

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Convener’s Message

“...” Maya Angelou [6], _I Know Why the Caged Bird Sings_ [7]

Organising Committee

**Convenor**

Dr. Katy Gandevia  
Professor, School of Social Work and Coordinator, Medical and Counselling Services

**Organising Secretary**

Swapna Redij  
Counsellor, Full time

**Part - Time Counsellors**

Niyati Gandhi | Swapnil Pange | Sonali Gupta | Manisha Varma  
Bindiya Hosabettu
Adolescents and Youth today face ever increasing challenges. They have access to better resources, better opportunities in education and employment. They have the support of advanced technology, infinite information at their fingertips and live in an increasingly globalised world. The pressures of constantly competing, striving to be better than the rest and trying to stay afloat, can all take a toll of the emotional and mental health of individuals. They need ongoing training for Life Skills and for building resilience. In this context, it is important to

- Understand the role of Academic institutions and Professional Counsellors to help reduce the pressures faced by youth today
- Explore areas that can be developed to provide adequate support systems for our youth

About the Seminar

Objectives

- To emphasize the need and promote Counselling services in High Schools and Colleges
- To learn and share Effective Counselling Practices and Approaches
- To disseminate knowledge and highlight the role of Documentation and Research
- To develop better and more effective supportive services

Key Note Address

COUNSELLING SERVICES FOR ADOLESCENTS AND YOUTH - THE NEED OF THE HOUR
by Ms. Vandana Thapar, Deputy Director, NIPCCD, New Delhi

Sub - Themes

- Influence of Media and technology on Mental health of Adolescents
- Vocational Guidance
- Learning Disability
- Substance abuse in Adolescents and Youth
- Emergence of psychopathology in adolescence
- Adolescent sexuality and Mental health
- Navigating systems
- Innovative Practices in Adolescent and Youth Counselling
- Emerging Counselling Trends
- Documentation and Research
Who Can Participate?

- Social workers, Psychologists, Counsellors and Mental health professionals working with issues of Adolescents and Youth
- Professionals/Counsellors working in Educational Institutions
- Heads of Colleges, Universities and Academic Institutions

Registration

- Registration fee per person for the seminar: Rs 2,500/- till January 31st, 2013
- Late Registration fee after (January 31st, 2013): Rs 3,000/- till February 15th, 2013
- Registration Fees is inclusive of Seminar Kit, hospitality and participation certificate
- The Registration fee along with the Registration form for outstation participants should be sent by Demand Draft addressed to “Tata Institute of Social Sciences” payable at Mumbai. Kindly mention your name on the back of the Demand Draft along with the name of the Seminar
- Participants from Mumbai can pay by Pay order
- Send your Demand Drafts or Pay order to:

  The Counselling Centre
  Tata Institute of Social Sciences
  V. N. Purav Marg, Deonar, Mumbai – 400088
  www.tiss.edu

Accommodation

- Accommodation for outstation participants is limited and will be provided to registered outstation participants on first come first served basis and on prior request
- References of other accommodation in the vicinity will be provided. The charges for the same will be borne by the participant

For further information contact:

Dr. Katy Gandevia - 09819140820 | Ms. Swapna Redij - 09820640344
Ms. Niyati Gandhi - 09820940079 | Mr. Swapnil Pange - 09967290449 | Ms. Sonali Gupta - 09819733002

OR
022-25525612
Tentative Programme Schedule

**DAY 1**

09.00 – 09:45 a.m. Registration and Fellowship  
09.45 – 10:30 a.m. Welcome and Introduction to the Seminar  
10.30 – 11:00 a.m. Inaugural Address  
11.00 – 11:45 a.m. Keynote Address  
11.45 – 12:00 p.m. Tea Break  
12.00 – 12:30 p.m. Plenary 1: “Current scenario of Counselling services in Schools and Colleges”  
12.30 – 01:30 p.m. Paper Presentations  
01.30 – 02:30 p.m. Lunch Break  
02.30 – 03:30 p.m. Paper Presentations (continued)  
03.30 – 05:30 p.m. Parallel Workshops on “Current approaches in counselling adolescents and youth”  
  - CBT  
  - Family Therapy  
  - Arts Based Therapy  
  - Dance Movement Therapy  
  - EMDR  
  - Positive Psychology

**DAY 2**

09.30 – 11:00 a.m. Panel Presentation on “Emergence of Psychopathology in adolescents”  
11.00 – 11:15 a.m. Tea Break  
11.15 – 12:00 p.m. Plenary 2: “Understanding specific issues of adolescents and youth that require attention: Suicide, Substance abuse, Violence”  
12.00 – 01:30 p.m. Paper Presentations  
01.30 – 02:30 p.m. Lunch Break  
02.30 – 03.30 p.m. Paper Presentations (continued)  
03.30 – 05:30 p.m. Parallel Workshops on “Dealing with issues of adolescents and youth”  
  - Dealing with Disability  
  - Dealing with Anger  
  - Substance Abuse  
  - Sexuality  
  - Learning Disability  
  - Suicide Prevention

**DAY 3**

09.30 – 11:00 a.m. Panel Presentation on “Influence of Media and technology on mental health of adolescents and youth”  
11:00 – 11:15 a.m. Tea Break  
11:15 – 12:15 p.m. Paper Presentations  
12:15 – 01:00 p.m. Guest Speaker: “Importance of Documentation and Research”  
01.00 – 01:30 p.m. Guest Speaker: Dealing with systems  
01.30 – 02:30 p.m. Lunch Break  
02.30 – 03:45 p.m. Guest Presentations: Dealing with Systems  
03.45 – 04:30 p.m. Open Forum  
04.30 – 05:15 p.m. Seminar Summary and recommendations  
05.15 – 05:30 p.m. Vote of Thanks
Tata Institute of Social Sciences
The Counselling Centre

**Registration Form**

National Seminar on
Creating Safety Nets for Adolescents and Youth
18th, 19th and 20th February 2013

**Registration Fees:** Rs 2,500 per participant

**Serial No.**

(For office use)

Name (In capitals—your certificate to be issued in this name)

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Address:

________________________________________________________________________________

_______________________________________________________________________________________

Contact Details:

Phone: ________________________________

Email: ________________________________

Gender:  

[ ] Male  [ ] Female

Educational Qualifications: ________________________________

Organization: ________________________________

Designation: ________________________________

Contact Details of the organization (Address, Phone and Email/web)

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Work Profile: ________________________________

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Accommodation Needed :  

[ ] Yes  [ ] No
Registration Payment Details:

(Participants from Mumbai to pay by Payorder. Outstation participants should send Demand Draft addressed to “Tata Institute of Social Sciences” payable at Mumbai. Kindly mention your name on the back of the Demand Draft along with the name of the Seminar)

Mode of Payment:  □ Pay Order  □ Demand Draft

Pay Order/Demand Draft No: ______________________  Drawn on Bank: ______________________

Dated: ______________________  Amount: ______________________

_________________________________________  ______________________
Signature of Delegate                     Date

(Please mail the completed Registration Form to The Counselling Centre, Tata Institute of Social Sciences, V.N.Purav Marg, Deonar, Mumbai – 400088)