

Students of grade 7-10 are participated in Life Skills and Social Emotional Learning. It was a 10 day program at Heart Land School, Bafhal, Kathmandu, Nepal.



With this TRT has conducted preventive awareness programme focusing to the youth problems the topic of the Talk programme on "**Understanding my Teenage Child**," was conducted at GEMS College on February 18, 2009 (Phalgun 7, 2065). More than 50 parents of A Level students were participated in the programme. The programme was facilitated by Chetana Lokshum and Dr. Chuda Bahadur Shrestha.

One day workshop on "**Understanding Teenage Years**," was organized to the students from different colleges with the objective of creating awareness teenage students on their physical/mental changes and their impact on themselves, their relationships, work/studies, etc. This programme was conducted at TRT office in February 4, 2008 (Magh 21, 2064). Facilitators were Chetana Lokshum and Seema Parween.

Similarly, one day workshop on the same issue was conducted at community centre, Vanasthali, Kathmandu, on January 12, 2008 (Poush 28, 2064) where 12 students participated from different schools (public and private). Facilitators were Chetana Lokshum and Seema Parween.



Awareness programme on "**Reproductive Health**," was conducted at Underprivileged Children Education Programme-Nepal (UCEP) on October 25, 2008 (Kartik 8, 2065). UCEP-Nepal have a shelter home for the Children Having Conflict with Law where 86 juvenile delinquent live. TRT members; Chetana Lokshum, Bina Katuwal, Aruna Thapa and Dr. Chuda Bahadur Shrestha provided orientation on the topic.

Subharambha, hopes that the programme will bring peace culture in youth. Children who are socially and emotionally competent have better self awareness and self regulation. They are found to deal with interpersonal problems, perform better in school, avert the increased risk for problems of

aggression/disruption, conflictual relationships with teachers and parents, problem solving and effective in decision making so as to build and maintain healthy and supportive relationships with others.

Therefore, Subharambha believes that providing awareness and working with youth is not enough, involving parents and teachers in a must. Hence, we do have programmes for the parents and teachers to go side by side.