

Course Coordinating Team

Course Coordinator	Prof. Rajni Bagga
Course Co-coordinator	Prof. V.K.Tiwari
Course Associate	Mrs. Vaishali Jaiswal Mr Sherin Raj

Duration
5 days (7th–11th November, 2016)

"One cool judgment is worth a thousand hasty counsels. The thing to do is to supply light and not heat."

Nature and Number of Participants

One or two from each state or organization to be nominated (and total 20-25 participants would be recruited).

- Medical and Nursing Professionals from medical colleges and govt. /analogous hospitals.
- Medical and Nursing faculty from state and regional institutions of health and family welfare.

Accommodation

Moderate hostel accommodation on payment basis would be provided, to the participants only, within the Institute's campus.

Last date for sending nomination

25th October, 2016

Venue

Teaching Block,
National Institute of Health and Family Welfare,
Munirka, New Delhi-110067.

Course Fee

Rs. 5,000/- per participants will be charged as course fee. The TA/DA expenditure of the participants will be borne by the respective States/Organizations.

For details please see the brochure at this link : <http://nihfw.org/Activities/Training.html>

Specific Objectives

At the end of the training course the participants should be able to:

- Discuss the importance of counselling skills to promote quality of health care;
- Explain the types of counselling and their appropriate use in health care issues;
- Explain the process of counseling and the appropriate use of its steps in health care issues;
- Demonstrate the use of the effective counselling skills for health care issues, particularly such as Reproductive and Child Health programmes including FW services, Adolescent Health, HIV/AIDS etc.;
- Learn to practice Yoga to release burnout and work stress in order to quality of health care services
- Develop an action plan for the use of counseling skills for promoting quality of health care in their respective places of work.

Course Contents

1. Promoting Self-understanding and Building Positive Attitude;
2. Building Emotional Intelligence;
3. Importance of counseling for promoting quality of health care services
4. Types of counseling
5. Myths about counseling
6. Do's and Don'ts of counseling
7. Steps and process of counseling
8. Key skills in counseling
9. Managing Feelings and Emotions of Clients
10. Importance of Counseling under NRHM
11. Counseling for Sex and Sexuality issues for adolescents
12. Counseling the sick and their family members
13. Application of counseling for HIV/AIDS

Course Methodology

This particular skill oriented training cum workshop is based on participatory process with course coordinators playing the role of true facilitators. This learner centered approach adopted by facilitators includes activities designed as interactive and experiential with the resulting emphasis on learning by doing by employing the following methods:

- i. Role play, case study
- ii. Exercise/Games
- iii. Micro Teaching
- iv. Group discussion

For details, please see the brochure at this link : <http://nhfw.org/Activities/Training.html>