

**ONLINE TRAINING PROGRAMME
OF MATRONS
ON LIFE SKILLS AND
COUNSELLING**

INITIATIVE BY:

UNFPA (UNITED NATIONS
POPULATION FUND)

SCSTRTI AND ST & SC DEV.DEPT.

GOVT. OF ODISHA

BATCHES-6

DATE: 21.07.2020 TO
29.08.2020

BACKGROUND

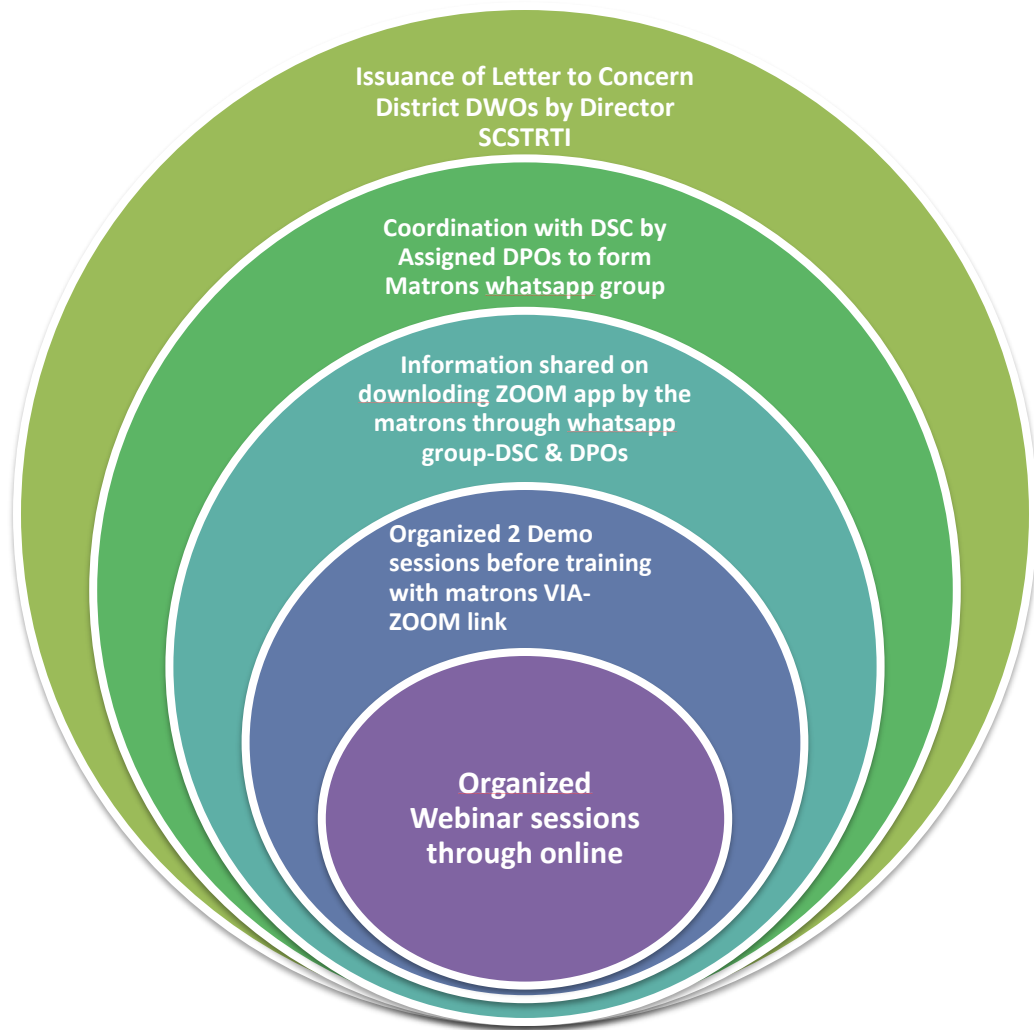
Schools under ST& SC development department is functioning across the state, where the department established residential education system for the students who are inaccessible to get the education in a continuity basis due to remote locations, lack of road facilities and poor family conditions. A large chunk of students from tribal communities are accessing these facilities and continuing their education by residing in school hostels. There are approximately 6500 numbers of hostels functioning under SSD departments, where approximately 5.50 lakh students getting their education. To look after the students, residing in hostels by ensuring their health, hygiene, safety and security, department has appointed matrons, who are act like mothers & caretakers of students in hostels. They are ensuring the overall care of the students and provide necessary supports to schools for smooth functioning of the hostels.

Objective

For providing ultimate care and support to students residing in SSD hostels, matrons' positions have been created and posting of matrons in all SSD hostels are being initiated by the Department. It is observed that though matrons are posted in schools but to provide effective psycho-socio care for the students in hostels by matrons are not effective. There are several challenges in hostels for the students like Health, hygiene, Safety and security, where matrons need to act as the first hand support providers. Therefore an advance level of training relating to ensuring proper health and hygiene, safety and security, counseling support to overcome depression, ensuring mental health, coping with stress and anxiety is designed by the Department with the support of UNFPA. This model of training programme will enable the matrons to provide support to students by ensuring their proper health, hygiene, nutrition, identification of students who are mentally depressed, first hand basic counseling to students to overcome from their worries and anxieties by effectively following the department's standard S.O.Ps.

The Process

As due to the current pandemic of COVID-19, it is not possible to provide in house training programme for the matrons at state level. So with the support of SCSTRTI, ST& SC dev. Department, UNFPA has designed online training programme for the matrons.



As per the above given graph, the process of the training programme has been initiated with a letter issued by the Director, SCSTRTI to concern districts for provide necessary arrangement and support for organizing virtual training programme. The D.P.Os are assigned districts to coordinate with District scholarship coordinators to form untrained matrons Whatsapp group. After that formation of district groups, the matrons are advised to download ZOOM application in their smart phones, which will enable them to participate in the training programme. After that a two days demonstration training programme has been organized for the matrons to enable them to ease with usage of ZOOM and access the ZOOM training links for entering the virtual meeting room. Here the DPOs and DSCs provided hands on support to matrons by using of ZOOM, entering the meeting room by their district name and own name, using the options of mute and unmute during participation. Concern DPOs of assigned districts also collected day wise registered participation with the support of District scholarship coordinators. For collecting the pre and post answers from participants, State TSU have created a Google Form and Link, by which the participants are able to submit their answers via online which will make ease to access their answers centrally.

Day-1

Session-1: Principle & Ethics of Counseling

The 1st day's training programme is started with a welcome note from the Director SCSTRTI. He emphasized that due to the current pandemic situation, now onwards most of the training programme will be conducted through virtual platforms. This training programme will be really helpful for the matrons to deal with the situation effectively after reopening of the schools. So the matrons need to be attentive and try to understand the programme. After that DPO Sanjeeb Mishra and Debasish Pradhan have discussed the pre-assessment questionnaires and how the participants share their answer sheets before the training programme with the support of their DCs and group admin. Dr. Chayanika Mishra and Sushant Panda also welcomed the participants and motivated the participants to share their thoughts and questions during the meetings.



The 1st session of the training programme was taken by Snehaprava Mohapatra (Resource Person) on “principle & Ethics of Counseling”. In this session she has highlighted on various attributes of counseling, what is counseling, aspects of positive counseling, how to deal with a situation. She has stressed upon that the role of matron in counseling is not to solve one's problem, but to enable them in such a way, that he/she can take his/her own decision. She has also explained minimum requirements for counseling where 3 major components create an chance for counseling i.e a problem, a counselor, and a person who needs counseling support. Elaborated discussion have made on individual counseling methods and group counseling methods. She has explained it by sighting several examples like upon menstrual hygiene a group counseling session can be organized, where as counseling on abuses and harassments can be personal or one to one interaction. She also explained the personality of a counselor and different process of counseling. Discussion made upon Dos and don'ts in counseling. As per her counseling is a process and matrons need to identify the need and provide counseling support in regular basis.

Session-2: Understanding the need as aspiration of children & adolescent and the process of rapport building

The second session of the training programme has been facilitated by Reeta Das (Resource Person). She has discussed the changes during Adolescence where Physical changes like weight, body proportion, sex organs, and secondary sex characteristics of both Girls & boys changed during this period. In emotional changes they tend to be more sensitive to their emotions, more self conscious as they move through the teenage years. (experiences all emotions like a child but stimuli causing emotions are different; instead of temper tantrums, expresses anger by being sulky, refusing to speak and loudly criticizing others; Child-like intense anger, rebellion) The decision making skills are developing. Moral relativism, formal operational period, punish for deviations without explaining

right and wrong, inconsistencies in standards set by parents, teachers and peers; apparently moral, double standards, condemn lying but tells social lies. Seeking more independence, identity crisis, Tends to explore the sexual identity/ romantic relationship. The internet, mobile phones and social media significantly influence how they are communicating with their friends and learn about the world. In family aspects they are relatively poor because of double standard, peer pressure, generation gap, parent-child relationship becomes better after adolescence. She has also discussed upon basic needs required during adolescent where diet food, good health, education, safety-security, good relation with family & society along with love, affection and respect during their physical & psychological changes. The teenager wants the respect and attention of their family members which also helps to develop close and co-operative relationships to builds their confidence and self esteem. Adolescence is the time for choice; it's when they have to decide what courses they will study with whom they will set their friendship/relationship. All these things along with proper counseling are highly essential to overcome the challenges in their life towards a bright future. She has also elaborated the interests of adolescents where the interest of boys and girls are usually different from each other. They are engaged themselves in new innovation / recreation of their life, play, as it triggers feeling of intense engagement, also consumptive and interactive media such as TV, Smart phones etc. Peer in school and out of school friends and love affairs also interested for taking alcohol, cigarettes or drugs, engage in risk taking behaviors, sexual relation & spending of time with friend. They are very cautious about their own identity, self-respect and education during this period. Their criticisms are generally destructive rather than constructive, for which the Life Skills Education will help them to choose the best one in their life. She also shared that problem during adolescent age, where their behavior is tend to be more aggressive drug & substance use, obesity, most common problems among adolescents relate to their growth & development, risky or illegal behaviors including early age marriage, teen age-pregnancy, infectious diseases, RTI/STI, interpersonal violence, eating disorder, poor diet leads to anemia and health problem. Menstrual hygiene and its proper management, myths. Engaged in sexual activities without proper knowledge of the outcomes from those kind of acts. Psychological adjustment is most important during this phase because even normal teenagers struggle with issue of identity, autonomy, sexuality and relationship, self accreditation. So constant counseling support is important for them provided by schools though their immediate care takers. After that in an open chat room discussion, Dr. chayanika mishra and Mr. sushant panda answers the questions asked by the participants. Then the 1st day's session came to an end with the end note by DPO sanjeeb mishra.

Day-2

Session-3: Psychological counseling & management of risky behavior of adolescents

After setting up the ground rules for the training programme by Debasish Paradhan & Sanjeeb Mishra, Director SCSTRTI greeted the participants and shared the designated roles & responsibilities of matrons towards the boarders of SSD hostels in this pandemic situation of outburst of nCovid-19 virus worldwide and along with that DWO Dhenkanal also provided a glimpse of the usability of such training programme for matrons and how matrons can encash such knowledge getting from this webinar in school by providing basic counseling support to the students in need.

The first session was conducted by Snehaprava Mohapatra (Resource Person). She has elaborated that in adolescent age one is trying to explore many of such things associated with his/her social environment and he/she is constantly in a search to find his/her own existence. This search leads to many confusions and the quest to know, experience new things sometimes leads to adolescents into such paths where their behavior, mental ability is at stake and confusion leads to depression, anxiety. This leads to a lethal behavioral changes in adolescents like resistance, tends to commit crimes, more reactive, engaging in anti social activities, substance misuse, illicit sexual practices, suicidal tendencies. More discussion made upon the reasons of such behaviors where negative attributes in socio-environmental factors leads to such tendencies. Then the discussion is upon mental health and why it is more necessary for a adolescent. Lastly she has discussed upon various points on psychological counseling.

Session:4- Personal Hygiene & Environmental Sanitation

Citing few examples of Cleanliness & Hygiene as key responsibilities of every individual for health & wellbeing Mr. Sushant Kumar Panda, State Program Manager, Life Skill Education Program supported by UNFPA India facilitated the online orientation program.

Delivering her key address to the participants, Mrs. Rita Rani Sahu, empanelled resource person initiated her session with the key aspect of cleanliness & hygiene linking to the holistic development of personality of adolescent boarders towards increasing the productivity for the society. Describing the significance of personal hygiene, she emphasized on maintaining physical hygiene & cleanliness in personal belongings like comb, dress, inner wear, shoes, bed sheets etc. Maintaining a physical hygiene over ensuring cleanliness in regular combing, cleaning of hair twice in a week, brushing of teeth, cutting of nail, cleaning of ear using ear buds, cleaning private parts with normal water, usages & changing of sanitary pads during menstruation etc.

Along with maintaining personal cleanliness, all participants were oriented on counseling the boarders on maintaining hygiene in nearby environment for maintaining a healthy life. Measures like cleaning of drain for easy flow of blocked water, cutting of bush in the nearby playground, restricting urinating in public, adhering the standard operating procedure for Waste Management, usages of dustbin for disposing used sanitary pad, restricting usages of plastic bags by using paper & other bio degradable materials, planting trees must be made understood for boarders for practicing for living a healthier life in the society.

Inviting queries from participants on the theme, the session ended with vote of thanks.

Day-3

Session-5- Nutritional counseling and control of Anemia

The 3rd day's webinar started with a greeting note from Miss Rashmita Behera. In beginning of the webinar Sanjeeb Mishra District programme officer of Kandhamal given welcome address to the participants. He has requested to resource person miss Snehaprabha Mahapatro to take the session.

She narrated about the importance of food in human life as well as very importantly in adolescent period. She also narrated why nutrition, balanced diet and iron is important during adolescent period. She has explained about importance of nutrition with focused on psychology depends on food habits. Next she explained the need of balanced diet and benefit of balanced diet. Attributes on balance diet like Energy building, Enhance of immunity system, Physical development, Cell development and building are being discussed. After that the session is moreover focused on nutritional deficiencies and what are its causes. Then the discussion is mainly upon what are the adverse effects of nutritional deficiency in adolescent age.

The next session is on anemia and the causes and adverse effect of anemia. As the matrons are working for the student's wellbeing in school, they should have common knowledge on anemia. Resource person Snehaprava mahapatra very meticulously describes on what is anemia, why this is very prone in adolescent and also prone in rural tribal communities. She has also elaborated various govt. initiatives to control anemia among adolescents and the nutrition supplement programme (WIFS), and observance of deworming days in schools.

Session-6: Counseling for management of menstruation and menstrual hygiene, overcoming traditional practice, myths associated with menstruation

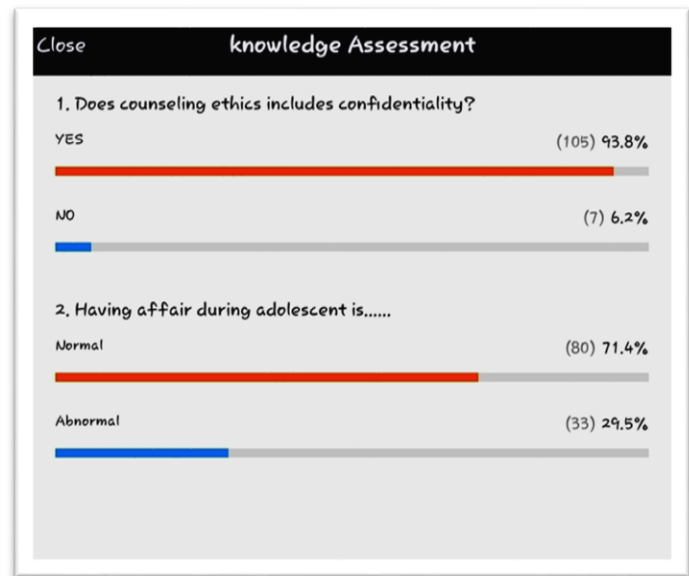
The second session has taken by Resource person Reeta Das, She narrated menstruations is normal and natural process. The concept of impure blood is a myth. Numbers of myth and misconception are associated with menstruation that needs to be stopped at any cost because the activity based with myth gives adverse effect to a girl. She mentioned the layer/cover of blood that means to protect zygote, if remain unrequited it get releases through vagina. This is known as menstrual cycle. Due to contraction and relaxation of blood layer, the girl feels stomach ache. Then she shared the information internal reproductive system and its functions. After that he focused on menstruation, the age of puberty, problems during menstruation, menstruation associated with pregnancy, proper use of sanitary pads and its disposal mechanism, causes of irregular period, myth and misconception associated with menstruation. After the chart room question and answering session by Dr.Chayanika Mishra & Sushant Panda, the programme ended up with vote of thanks by Rashmita Behera.

Day-4

Session-7: Adolescent counseling for coping with changes during adolescent and attraction towards opposite sex

The session has started with the welcome note presented by DPO Sanjeeb Mishra, followed by the introduction of Blasore DWO Mr. Rajib Ku. Sahu by SPM-TSU Sushant Panda. Balasore DWO accredited Director SCSTRTI Prof. Dr. A.B. Ota for creation of matrons position in SSD hostels, with this initiative the students feel more homely environment in hostels. He emphasized that the role of matrons in hostels is very crucial in order to ensure health, hygiene, safety & security of students in hostels. He has appreciated the new approach of training programme through virtual platform which will enable the matrons getting more informative and building of capacity for conducting basic counseling sessions with students.

Then after SPM-TSU Susant Panda has taken the session with presenting various situational analyses (Actor Sushant Singh Rajput and Arunima Sinha) co-related with factors causing stress and how the both case studies are contradictory with each other having same background like trust with destiny and positive coping skills to deal with the situation. He also focused on the reason of stress and possible negative social impacts to the adolescents. After that he elaborated the appropriate counseling support to be provided by matrons to students by identifying their behavior by citing a situational analysis. After that Mr. Panda has introduced an opinion poll by presenting two basic questions from the session and asked the participants to select the correct answer from each question.



Then R.P Snehaprava Mahapatra has summed up the session with points highlighting on various coping skills.

Session-8: Counseling for management of RTI/STI during adolescent

The session has been conducted by R.P Reeta Rani Das with focus on the basic concept of RTI & STI. She shared the reasons of RTI & STI and how it is more important to provide information to students relating to this by matrons. She correlates the STI & RTI with human reproductive system & how those kinds of infection hampering the reproductive health. Then she shared the symptoms of RTI & STI and how the students can identify the infection by analyzing the symptoms. Then she has explained the basics of HIV/ AIDs to the participants.

After addressing the chat room questions by Dr.Chayanika Mshra & Sushant Panda, the day's programme ended up with vote of thanks.

Day-5

Session-9: Counseling for overcoming the challenges for early marriage and teenage pregnancy

Delivering his key note on the alarming situation of 21.3% of early marriage in the state of Odisha as against the national average of 26.8% in India, Dr. A.B.Ota, Director, SCSTRTI welcomed and addressed the participants. Mrs. Rita Sahu, empanelled resource person welcome again the participants & took their views on this social issues & its preventions. Defining the term Early Marriage, she made understood of the emergence & articulating of Law under Prevention of Early Marriage Act-2006, where marriage of a girl below 18 years old & boy below 21 years old has been made strictly prohibited. As per National Family Health Survey (2015-16), Odisha witnessed with 21.3% of early marriage of girl below 18 years old as against the national average of 26.8%. 11.9% of girls between 15-19 years & 7% of girls below 15 years are getting married in India. Highlighting on the key

reasons such as Lack of Awareness of Literacy & Information, Social Peer Pressure, Weak financial position for dowry, Insecurity, Gender discrimination & love affair at teenage prevails for this early marriage in Indian society, as a result of which the girl child unable to take any decision maturely neither for continuing her study nor taking responsibilities for a healthy wedded relationship nor capable to take decisions for giving birth to children. This also involves a high risk factor of inviting many health issues related to Reproductive Transitory Infection/ Sexual Transmission Infection, weakness causing from low immunity. Then she focused on law enforcements and acts for preventing such criminal acts.

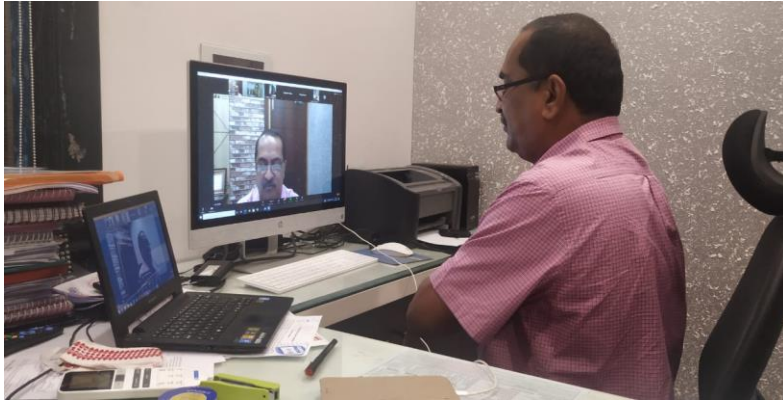
Then she highlighted issues and reasons relating to teen age pregnancy and early marriage. As per empanelment of Medical Termination of Pregnancy (MTP) Act-1971, any pregnancy related to early unwilling full marriage & pregnancy, pregnancy related to girl child with absurd health & mental status, delivery causing life threat to mother & child, pregnancy causing from sexual exploitation has been provisioned for abortion under the strict supervision of specialized doctors at government hospitals. Then she shared the roles and responsibilities of matrons in schools to adhere the issue and what are the possible counseling mechanism to aware the students about the negative consequences of teen age pregnancy.

Session-10: Counseling for understanding abuses and overcoming harassment including sexual harassment

The session has been conducted by Snehaprava Mahapatra (R.P). she started the session by presenting a case study to analyze, whether the case is associated with harassment and trying to get feedback from the participants. Then she highlighted the definition of a child as per POCSO act, what is called a sexual harassment. She elaborated the govt. guidelines mentioning and defining the sexual harassment. She has very meticulously highlighted various possible reasons for sexual harassment. The role of matrons to identify sexual harassment in school is really a challenging task. She focused on what are the counseling elements and adoption of strategies to identify and counsel the students by matrons by adhering govt. guidelines and SOPs. She narrated that psychological counseling is foremost important for a student's gone through this dilemma. And how a matron can identify and provide basic counseling to the students. She narrated the POCSO act 2012, its penalties, and punishment provisions and how the school can rely on this act if such situation arises.

The final day's session ended up with valedictory remarks by Director SCSTRTI, Prof. Dr. A.B.Ota, followed by vote of thanks by Dr. Chayanika Mishra, Sushant Panda, Rashmita Behera and Sanjeeb Mishra.

Programme Photographs (Screenshots)



Director, SCSTRTI, Prof. Dr. A.B.Ota, addressing the meeting



Dr, A.B.Ota



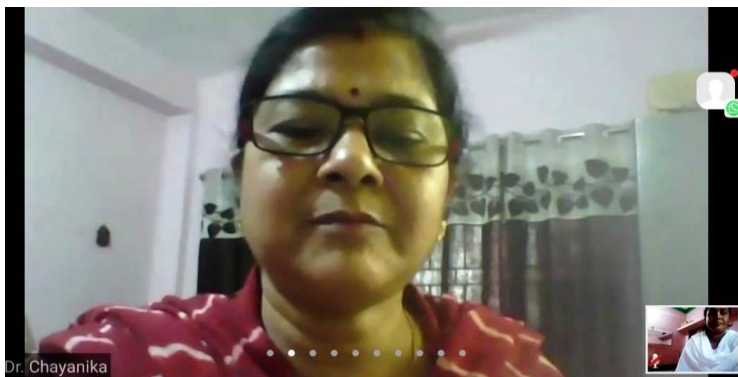
BLS, DWO, RAJEEB SAHU

DWO Balasore, Mr. Rajeeb Sahu, addressing the meeting



Mr. Sushanta Panda

SPM-TSU, Mr. Sushant Panda during taking a session



Dr. Chayanika

Dr.Chayanika Mishra during taking up a session



Participants from different districts

GOVERNMENT OF ODISHA
Sch.Castes & Sch. Tribes Research and Training Institute (SCSTRTI)
CRPF Square, Bhubaneswar-751 003,
Telephone No- 0674-2563649/Fax No.-0674-2561635
Email.ID-scstrti@yahoo.co.in

Letter No...2224..

Date.....14.11.2020

From
Prof. (Dr.) A. B. Ota, IAS (Retd)
Advisor-cum-Director & Spl. Secretary, SCSTRTI, Bhubaneswar

To
All District Welfare Officers

Sub: - Online training Programme for Matrons on Counseling and Life Skills Education
Ref: - Minutes of meeting under the Chairperson of Principal Secretary dated 4th June 2020 and This Directorate Letter No 2091 dated 25th June 2020

Dear Madam/Sir,

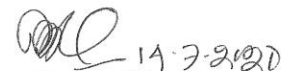
With reference to the above-mentioned subject and reference, as per guidance of Principal Secretary, ST and SC Development Department, Government of Odisha it was decided for organization of capacity building programme for Teachers, ANMs and Matrons through online web based platform. In this regard the SCSTRTI is planning to organize a series of webinar for Teachers, Matrons and ANMS through online platform.

As you are aware SCSTRTI has recently completed TOT programme for Matrons on Counselling and life skills education in which 608 matrons across the state have attended the training programme. It was decided to train remaining matrons through web-based platform. As per data received from your end around **** remaining matrons are available and they can join web based training programme. The SCSTRTI will organize six batches of training programme for these Matrons as per enclosed schedule (annexure-I). This will be a five days training programme which will commence from 21st of July 2020. You are requested to instruct the matrons of your respective districts to join the online training programme without fail. This training programme will enable the participating matrons to promote enabling platform in hostels and ensure safety, health and wellbeing of boarders.

You are requested to monitor the training programme for your respective districts and may join some sessions to encourage the participating matrons. The district coordinators nominated by you may be instructed to submit attendance of the participating matrons on daily basis. For further information you can coordinate with - Dr. Chayanika Mishra -7008456517(M)

Looking forward your cooperation

Yours faithfully



Advisor-cum-Director & Spl. Secretary

Training of Matrons on Counseling				
Trainings Schedule				
	Duration : 5 days @ 2 sessions each day		Batch-1 (9 Districts)	21.7.2020 to 25.7.2020
Training Session Plan				
Day: I				
Session Sr. No	Time	Topic	Facilitators	Remark
	3 PM to 3:10 PM	Discussion on pre assessment and establishing norms for smooth management of web based training programme.	Sanjeeb Mishra/Debasis Pradhan	
Session - 1	3:10 PM to 4:30 PM	Principle and ethics of counseling	Dr. Chayanika Mishra /RPs	After each training session at least half an hour shall be spend for taking feedback from participants and responding to the questions
Session - 2	4:30 PM to 6 PM	Understanding the need as aspiration of children and adolescents and process of Rapport building	RPs	
Day: II				
Session - 4	3 PM to 4:30 PM	Psychological counseling and management of risky behavior of children/adolescent	RPs	After each training session at least half an hour shall be spend for taking feedback from participants and responding to the questions
Session - 5	4:30 PM to 6 PM	Counseling on personal hygiene and environmental sanitation	RPs	
Day III				
Session - 7	3 PM to 4:30 PM	Nutritional counseling and control of anemia	RPs	After each training session at least half an hour shall be spend for taking feedback from participants and responding to the questions
Session - 8	4:30 PM to 6 PM	Counseling for management of menstruation and menstrual hygiene, overcoming traditional practice, myths associated with menstruation	RPs	
Day IV				

Session - 10	3 PM to 4:30 PM	Adolescent counseling for coping with changes during adolescent and attraction towards opposite sex	RPs	After each training session at least half an hour shall be spend for taking feedback from participants and responding to the questions
Session - 11	4:30 PM to 6 PM	Counseling for management of RTI/STI during adolescent	RPs	
	Day V			
Session - 13	3 PM to 4:30 PM	Counseling for overcoming the challenges for early marriage and teenage pregnancy	RPs	After each training session at least half an hour shall be spend for taking feedback from participants and responding to the questions
Session - 14	4:30 PM to 5:45 PM	Counseling for understanding abuses and overcoming harassment including sexual harassment	RPs	
	5:45 PM to 6 PM	Valedictory remarks	Director, SCSTRTI	

Note :-

1. Pre Assessment questioner to be shared evening before the training programme (the participant will send their answer in a sheet duly signed by them with name and telephone No through whatsapp to state PMU)
2. The soft copy of training manual through PDF version will be send to participating matrons and hard copy will be send to DWO office, which can be collected by the matrons

Moderators:

- Mr. Sushant Panda (SPM-TSU) UNFPA
- Dr. Chayanika Mishra (PM-TSU) UNFPA
- Mrs. Snehaprava Mohapatra (R.P)
- Mrs. Reeta Das (R.P)

Facilitators:

- Mrs. Anita Nanda (M&E) TSU, UNFPA
- Mrs. Rashmita Behera (Training & Logistics) TSU,UNFPA
- Sanjeeb Mishra (D.P.O) Kandhamal
- Mr. Debasish Paradhan (D.P.O) UNFPA

Supported By:

- Santosh Dash (D.P.O),Koraput
- Sudarshan Ray (D.P.O) Koraput
- Deepali Das (D.P.O) Keonjhar
- Asish Mohanty (D.P.O) Keonjhar

Annexure: Consolidated Attendance sheet

Pre-Post Assessment Sheet

This Programme has been organized by UNFPA (United Nations Population Fund) with Support of SCSTRTI (Scheduled caste Scheduled Tribe Research & Training Institute) and ST & SC Development Department, Govt. Of Odisha



**ST & SC Development Department,
Government of Odisha**



United Nations Population Fund