

Child: 2 - 10 yrs. of age

TARGET POPULATION: Parents of  
School going children upto 10 yrs

DAY: }  
TIMINGS: } Details to be available on  
website by end Jan. 2010



CHARGES PER INTERACTION:

- Charges of Rs. 500/- per person or Rs. 800/- per family per interaction.
- Parents have the option of paying charges per session or at the beginning of the series.

VENUE: Vimhans Hospital, No. 1, Institutional Area, Opp.  
Srinivaspuri, New Delhi-110065,

Coordinator for workshop: **Dr. Monalisa Palit**, *Consultant Psychologist*, Vimhans

**For Information / Clarification please use:-**

**Web.: [www.VHchildclinic.com](http://www.VHchildclinic.com), E-mail: [childissues@vimhans.com](mailto:childissues@vimhans.com)**

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011-29849010-20  
**Helpline:** 1800-11-3444  
**Mr. Sunil:** 9818799559, 9911295908  
**Time:** 9.00 am to 9.00 pm

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## OPEN DISCUSSION GROUPS AT VIMHANS

Weekend Interactive Workshops (WIW)  
on Parenting in relation to Children's Issues



**Vidyasagar Institute for  
Mental Health Neuro & Allied sciences**

**Organized by: SCHOOL OF MENTAL HEALTH**  
[somh@vimhans.com](mailto:somh@vimhans.com)

Child: 2 - 10 yrs. of age

INTRODUCTION : Within each child is a powerful inclination to continuously strive towards independence and self direction. They can at times be delightfully happy or despairingly sad. (Virginia Axline, 1969).



WHY? The impact of the forces of life, the interaction of individuals around them & the very nature of his / her personality, bring about this constantly changing integration within the child.

Many times these children feel confused, not understood, restricted; find it difficult to focus on important issues and these may result in maladaptive behavior.

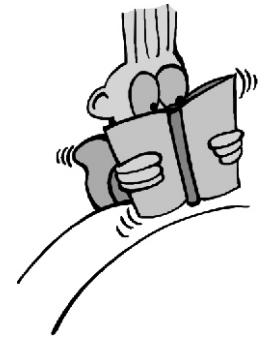


When there is a barrier or a block to their growth, due to the pressures from the environment; various types of emotional upheaval are experienced &

manifested in inappropriate behaviour - such as daydreaming, withdrawal, projection, aggression, regression, repression etc.

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METHODOLOGY : The workshop will focus on this roller coaster of Physical, Cognitive & Emotional Development in children -- a spiraling process of experiences that is constantly changing the child's perspective & focus. Everything is evolving, & assuming varying degrees of importance to the child in the light of the reorganization & integration of his / her attitude, thoughts & feelings.



Aim:- The aim is to create awareness & understanding among parents and enhancing their skills in diverse issues associated with children of today's fast changing society.

### Topics

- > Strategies to address underachievement
- > Dealing with Aggression & Violence
- > Sibling Rivalry - pros & cons
- > Impact of computer games and media on concentration abilities and development of children
- > Father's role in parenting
- > Learning difficulties- the emotional cost and how we can evolve positive change.

Topics subject to change depending on the identifiable need of the group and the issues that emerge in these interactions.