

Govt. of West Bengal
Office of the District Inspector of
Schools (Secondary Education),
Bankura



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Memo No. 2714/S

Dated: Bankura the 19:09:2019.

From : The District Inspector of Schools (S.E), Bankura.

To : The H.M / T.I.C of High / H.S Schools as per list enclosed in separate sheet

Sub : TOT (Training of Trainers) on Life Skill for Teachers under DMHP, Bankura

Ref : Nodal Officer DMHP, Bankura's Memo No. 66/PSY/Bank dated 16.09.2019

In reference to the above subject , the undersigned has to inform him that B.S. Medical College & Hospital , Bankura is going to organize a Training of Trainers (TOT) on Life Skill under District Mental Health Programme (DMHP), B.S Medical College & Hospital, Bankura for Teachers of 3-days duration (non residential) from 25th to 27th September 2019 at Chhatma Chandidas Vidyapith, Chhatna, Bankura.

In this connection, he / she is requested to depute one Assistant Teacher to attend the said Training programme as per the programme schedule and to treat those days of training programme as 'On Duty'

N.B.- TA/ DA and lunch will be provided

Encl- 1) Selected School List
2) Programme Schedule.


District Inspector of Schools(S.E)
Bankura

Memo No.

Dated:

Copy forwarded for information to:
1) The Nodal Officer DMHP, Bankura
Prof. and Head, Department of Psychiatry
B.S. Medical College & Hospital, Bankura

District Inspector of Schools(S.E)
Bankura

SELECTED SCHOOLS FOR ATTENDING LIFE SKILL TRAINING UNDER DMHP
(District Mental Health Programme)

Sl No	Name of the School	Block
1	RAJGRAM VIVEKANANDA HINDU VIDYALAYA	BANKURA-I
2	MISSION GIRLS' HIGH SCHOOL (HS),BANKURA	BANKURA-I
3	BANKURA HINDU HIGH SCHOOL	BANKURA-I
4	BANKURA TOWN GIRLS' HIGH SCHOOL(H.S)	BANKURA-I
5	BANKURA TOWN HIGH SCHOOL (H.S.)	BANKURA-I
6	BANKURA SIB SANKAR UCHCHA BALIKA VIDYAPITH	BANKURA-I
7	KENJAKURA DAMODAR BALIKA VIDYALAYA(H.S)	BANKURA-I
8	BANKURA GOENKA VIDYAYATAN	BANKURA-I
9	Bankura Christian Collegiate School	BANKURA-I
10	Kenduadihi Madhyamik Instituion	BANKURA-I
11	Bankura Municipal High School (H.S)	BANKURA-I
12	Bankura Banga Vidyalay	BANKURA-I
13	LOKEPUR HIGH SCHOOL	BANKURA-I
14	BANKURA GIRLS' HIGH SCHOOL	BANKURA-I
15	Kenduadihi Girls' High School (H.S.) Bankura	BANKURA-I
16	KENDUADIHI HIGH SCHOOL	BANKURA-I
17	BANKURA RAJENDRALAL HIGH SCHOOL	BANKURA-I
18	WEST SANABANDH JAWAHARLAL SMRITI VIDYAMANDIR(H.S)	BANKURA-I
19	CHHATNA BASUDEV VIDYAMANDIR	CHHATNA
20	BASULI BANPUSRA HIGH SCHOOL	CHHATNA
21	BHAGABANPUR HIGH SCHOOL(H.S)	CHHATNA
22	JAMTARA SRI DURGA HIGH SCHOOL	CHHATNA
23	BUDHANPUR KK HIGH SCHOOL	CHHATNA
24	JHUNJHKA MADHYAMIK VIDYALAYA	CHHATNA
25	BINDNA GATIKRISHNA SIKSHANIKETAN HIGH SCHOOL	CHHATNA
26	GHOSERGRAM ANCHALIK VIDYAPITH	CHHATNA
27	CHHATNA BASULI BALIKA BANIPITH (HIGH)	CHHATNA
28	Dhaban Neatji Vidyapith	CHHATNA
29	ALIJHARA HIGH SCHOOL(H.S)	CHHATNA
30	ARRAH HIGH SCHOOL	CHHATNA
31	KAMALPUR NETAJI HIGH SCHOOL(H.S.)	CHHATNA
32	KESHRA HIGH SCHOOL	CHHATNA
33	JORETHAL HIGH SCHOOL	CHHATNA
34	CHHATNA CHANDIDAS VIDYAPITH(H.S.)	CHHATNA
35	Susunia High School	CHHATNA
36	JHANTIPAHARI P.K. GIRLS' HIGH SCHOOL(HS)	CHHATNA
37	JHANTIPAHARI HIGH SCHOOL (H.S)	CHHATNA
38	Harigram Goenka High School (H.S)	CHHATNA
39	PANDIT RAGHUNATH MURMU ABASIK SCHOOL	CHHATNA
40	SALTORA DR.B.C. VIDYAPITH	SALTORA
41	Saltora Girls' High School	SALTORA
42	RANGAMATI KENDANA HIGH SCHOOL (H.S.)	SALTORA
43	khatmara vidyasagar vidyapith	SALTORA
44	BAKULIA HIGH SCHOOL	SALTORA
45	SHYAMPUR HIGH SCHOOL(H.S)	SALTORA
46	TILURI GIRLS' HIGH SCHOOL	SALTORA
47	CHANDRA KALYAN SANGHA HARIJAN HIGH SCHOOL (HS)	SALTORA
48	TILURI KRIPAMOYEE HIGH SCHOOL(H.S.)	SALTORA
49	BAMUNTORE HIGH SCHOOL (H.S.)	SALTORA
50	GOGRA S.C. HIGH SCHOOL(H.S.)	SALTORA

Training of Trainers (ToT) Programme on
'Life Skills Education' for Teachers
DMHP Bankura
BSMC & H, Bankura

Programme Schedule:

Day1: Coping with emotions

10.30-11.00	Inauguration
11-12 pm	Introduction to Life Skills
12-1 pm	Basics of Emotion
1-2 pm	LUNCH
2-3 pm	Helping students to cope up with emotional issues

Day2: Communication skills

11-12 pm	Communication process & barriers
12-1 pm	Common errors in School Communication
1-2 pm	LUNCH
2-3 pm	Skills to improve communication

Day3: Decision making, Time Management, Stress Management

11-12 pm	Helping in Decision making of students
12-1 pm	Benefits & effectiveness of Time Management
1-2 pm	LUNCH
2-3 pm	Stress Management: Skills & Practices
3-4 pm	Valedictory session