



अखिल भारतीय आयुर्विज्ञान संस्थान नागपुर  
**All India Institute of Medical Sciences, Nagpur**

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**Maharashtra- Thane**  
**Onsite Training Program**  
**Tele- MANAS**  
**(27<sup>th</sup> -29<sup>th</sup> Dec; TMC Thane)**

Onsite training was conducted for Counsellors of TMC Thane, by NIMHANS Apex Center, & Mentoring Institute AIIMS Nagpur.

**Day-1**

Inaugural Ceremony was conducted by TMC Thane; Dr. Swati R. Asst. Professor, Apex ,Tele-MANAS addressed Counsellors.

The training started with a role play and different types of games, through which, the Counsellors were educated regarding basic counselling skills, ( communications), importance of empathy, Rapport building .

- Workshops were conducted in 2 groups (Counsellors and MHPs) to understand barriers in counseling, inability to pick cues and awareness of Counsellors emotions.
- Open forum discussion was conducted to know difficult calls.

**Day-2**

Day 2 started with a short test based on previous day training in the form of MCQs for Counsellors.

- Different types of skills, like deep breathing, sleep hygiene, anger management, activity scheduling were taught through audio- visuals by Apex NIMHANS (Dr. Swati R Asst. Professor, Apex ,Tele-MANAS & team).
- Post lunch, session on legal and ethical aspects of POSCO, domestic violence and suicidality was conducted through role play by Counsellors of TMC Thane and Mentoring Institute, AIIMS Nagpur (Dr. Sayalee Daberao, Assistant Professor and Ms. Diksha Sadar, Psychiatric Social Worker).
- Difficult and challenging cases were discussed with MHPs of Apex, Mentoring Institute & TMC Thane.
- Day 2 ended with resolution of all the doubts and difficulties reported by Counsellors.

**Day-3**

Day 3 started with the online test. The questions were based on all the skills discussed and taught in previous two days training.

The training was concluded with a visit to the RMH, (Male & female wards OPD building & Occupational Therapy building).



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