

# Understanding Children- not Child's Play

## SEMINAR



Sunday May 28th 2023, 10.30 am to 1.30 pm



Hymamshu Jyothi Kala Peetha

(Sri. M.L. Srinivasa Sastry Auditorium)

17th Cross, 4th Main Road, Malleswaram, Bangalore 560 055

## SPEAKERS

Dr. Shekhar Seshadri

on

Landscapes of Child and Adolescent Health

Ms. Hijab Bilgrami & Ms. Grace Priscilla

on

Managing an Angry Teen

REGISTRATION IS FREE ALL ARE WELCOME

To Register:

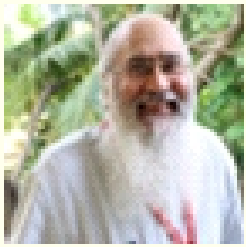
whatsapp "Seminar" to 9342505975

Please use the link

<https://forms.gle/5m7DgCCkXPRBZ7YC6>

Spot Registration available from 9.45 a.m.

Kindly be seated by 10.15 a.m



**Dr Shekhar Seshadri**

Former Senior Professor in the Dept of Child and Adolescent Psychiatry, (NIMHANS), National Institute of Mental Health & Neurosciences, Bangalore, Karnataka, India. His work has extended beyond the clinical population to children and child care institutions/ service providers across the country as well as the South Asia region.

Some of his special areas of interest are childhood trauma, gender and sexuality issues and life skill education. Also, an artist and musician, he uses a number of creative methodologies in child mental health interventions including theatre and developmental approaches.

The NIMHANS Community Child and Adolescent Mental Health Service Project, was conceptualized and initiated by Dr Shekhar, as part of his vision for enabling access to mental health for the most vulnerable child populations. This has now extended into SAMVAD (Support, Advocacy & Mental health interventions for children in Vulnerable circumstances And Distress - A National Initiative & Integrated Resource for Child Protection, Mental Health, & Psychosocial Care), supported by the Ministry of Women & Child Development, Government of India.



**Ms Hijab Bilgrami,**

a trained psychotherapist is passionate about helping her clients achieve their highest potential. Her area of expertise includes working with children, adolescents and adults with various mental health disorders such as neurodevelopment disorders (ADHD, Learning Disabilities), Mood Disorders (Anxiety, Depression, Bipolar) Conduct Disorders, Impulse Control Disorder, Trauma and Stress-Related Disorders.



**Ms. Grace Priscilla**

is a Clinical Psychologist and her expertise lies in areas of child, adolescent and adult counselling. She has proficiency in Cognitive behavioural therapy and Mindfulness-Based Interventions, ADHD Coaching and Interpersonal Therapy for the management of psychological disorders such as Neuro-developmental Disorders, Anxiety disorders (including generalized Anxiety Disorder, Specific Phobias), Mood Disorders, Obsessive Compulsive Disorder and Stress and Anger Management, Relationship Issues and incorporates them to suit individual needs and problem areas.

A few thoughts.....

Despite the changing lifestyles and ever-increasing personal mobility that characterize modern society, the family remains the central element of life. Families offer companionship, security, and a measure of protection against an often uncaring world. But family structure, like society at large, has undergone significant changes in recent years. While the nuclear family with parents and children happily coexisting under one roof remains the ideal, variations in family structures are plentiful. Whatever your particular family situation, it will have a tremendous influence on your child's happiness, development, and future.

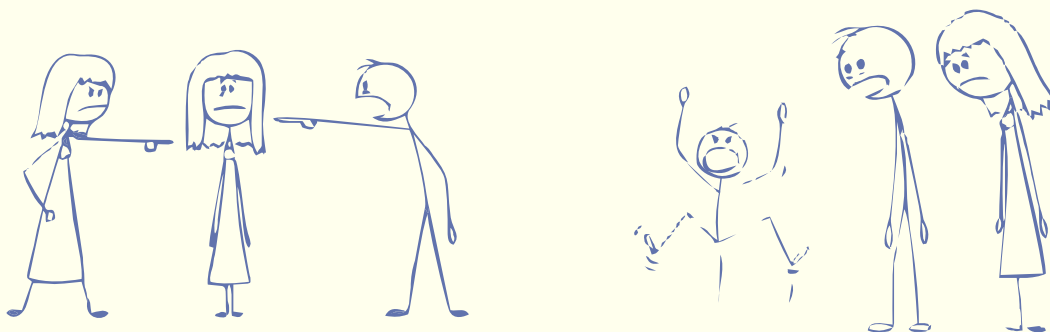
Our speakers will take us through the journey of the lives of children, teens, parents and teachers, both the pleasant and the challenging aspects. They will help us understand how children and adults can enjoy a satisfying life despite various pulls/pushes and conflict of interests.

## This Seminar focuses attention on:

- Understanding relationships and parenting.
- Increasing awareness about the availability of Counselling agencies such as ours as first step towards coping with such issues.
- Dispelling some myths about counselling and spreading the word that seeking help for dealing with any kind of emotional trauma is the right thing to do.

## Who will benefit from the Seminar?

Parents, Teachers, Practising Counsellors, Social workers, the Community at large



## ABOUT US

Sneha Society for Counselling is a voluntary organisation of individuals that has a vision for a society, where people are able to share feelings of emotional distress, without fear of being judged.

We, in Sneha believe, that offering people the opportunity to be listened to in confidence, and without prejudice, can lighten distress and despair. Counselling is offered by trained volunteers who are from various professional backgrounds and we have been recognised by various Mental Health institutions for our service.

Sneha Society for Counselling is registered under the Societies Registration Act 1960. Sneha is a non-political, non-religious voluntary organisation and the services are free and confidential.

## OUR ACTIVITIES

- Conducting workshops/talks on topics related to Mental Health
- Organising outreach programs in Schools and Colleges, custom-built to their needs
- Participating in interactive talk shows and interview programs on TV and Radio
- Publishing articles in newspapers and magazines on emotional issues and counseling
- Conducting training programs to develop counseling skills for prospective counselors
- Helping people to resolve personal issues and develop their own coping strategies
- Conducting in-house training for Sneha volunteers.

## MEET US AT

### SNEHA SOCIETY FOR COUNSELLING

Hymamshu Jyothi Kala Peetha,  
4th Main Road, 17th Cross,  
Malleswaram, Bangalore - 560055

#### TIMINGS

Monday: 5:00 PM - 7:00 PM  
Tuesday: Holiday  
Wednesday: 5:00 PM - 7:00 PM  
Thursday: 5:00 PM - 7:00 PM  
Friday: 5:00 PM - 7:00 PM  
Saturday: Holiday  
Sunday: Holiday



+91 93421 33520  
+91 93425 05975  
+91 98455 60209



snehaseminar2023@gmail.com



www.snehacounselling.org