

‘Pro-Social Peer Moderator Program’ Conducted for 60 students from 10 Schools at Fortis Hiranandani Hospital

~ The program is aimed at imparting life-skills training to school children while also equipping them with study and exam skills ~

Vashi, Navi Mumbai, Jan 19, 2017: The Fortis Department of Mental Health and Behavioural Science today successfully conducted the Pro-Social Peer Moderator Programme, themed ‘Study & Exam Skills’, at Fortis Hiranandani Hospital, Vashi. Aside from equipping the students with study skills, the program also aimed at guiding students with the life-skills required to navigate through the plethora of social influences that come their way and encourage them to embrace healthy and adaptive behaviours.

The Pro-Social Peer Moderator program will help the team of team of teachers and students to learn skills through activities, role plays and interactive discussions. They train the team to conduct workshops and activities for peers in their respective schools. The program will also have experts conduct follow-up sessions at the school premises.

Explaining the rationale behind the Pro-Social Peer Moderator program, Dr Samir Parikh, who spearheads the initiative, said, “With our current lifestyle, stress in one of the main problems that prevail amongst the students and youth. The Pro-Social Peer Program aims at creating a unique platform where participants of the workshop are trained to become peer trainers for their classmates and juniors at their respective schools. I have come across a lot of students who can’t cope with the stress, and the fear of failure grips them. This program will help students to handle time and stress effectively. This program has proven to increase life skills and their applications for school going children.”

Fortis’ Pro-Social Peer Moderator program involves students, along with a teacher moderator. In every module, one team of students is trained on one particular topic to equip them with necessary life-skills. The various topics that were covered under the program include effective planning and organisation, tips and techniques for effective studying, coping

Salient Features:

- ~ The 3-hour interactive session was also conducted by Dr. Kedar Tilwe and Divya Jain, who comprise of the Mental Health and Behavioural Science team of Mumbai, by use of power point presentations, posters, role plays, modeling, interactive discussions and Q&A
- ~ In-depth understanding for students on specific concepts and related topics for issues of concern
- ~ Learning and application of life skills by students to handle everyday challenges on issue of concern
- ~ Specialized training to peer moderators to further conduct interactive sessions with other students at their school
- ~ Training for moderator teacher to facilitate student activities in school
- ~ Regular guidance and supervision with our experts over phone/mail
- Membership to exclusive Fortis Pro-social Peer Moderator Facebook group to enable interaction with fellow peer moderators across the

strategies to deal with exam anxieties.

Listed below are the names of the schools that participated in the program.

1. Harmony School
2. Ram Seth Thakur School
3. Sanjeevan International School
4. St. George School
5. Father Agnel School
6. Shanti Niketan
7. Ryan International
8. Carmel Convent High School
9. St. Joseph
10. New Bombay City Junior College

The Pro-Social Peer Moderator Program has been successfully running in the Delhi-NCR region for more than a decade and it was launched in Mumbai 4 years ago and has proved to be extremely successful.

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About Fortis Healthcare Limited:

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