

‘Pro-Social Peer Moderator Program’ Conducted for 80 students from 13 Schools at Fortis’ SL Raheja Hospital

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

Mahim, Mumbai, Jan 18, 2017: **Dr Samir Parikh, Director, Department of Mental Health and Behavioural Sciences, Fortis Healthcare** today successfully conducted the Pro-Social Peer Moderator Programme, themed ‘Study & Exam Skills’, at Fortis SL Raheja Hospital, Mahim. 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 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 Tilwe, Dr Tara Mehta & Dr Komal Kaira, 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. Antonio D'silva School
2. Don Bosco School
3. Kamarajar High School
4. Ambedkar High School
5. Anuyog High School
6. Sadhna English High School
7. National High School
8. NKES High School
9. Raje Sambhaji High school
10. Rameshwar School
11. Shivaji Vidyalaya
12. Saraswati English High School
13. Madhyamik Vidya Mandir

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.

--

About Fortis Healthcare Limited:

Fortis Healthcare Limited is a leading integrated healthcare delivery service provider in India. The healthcare verticals of the company primarily comprise hospitals, diagnostics and day care specialty facilities. Currently, the company operates its healthcare delivery services in India, Dubai, Mauritius and Sri Lanka with 45 healthcare facilities (including projects under development), approximately 10,000 potential beds and over 330 diagnostic centres.

For more information, please contact:

Fortis Healthcare: Priya Bendre: 077385 70894 (priya.bendre@fortishealthcare.com)