

CIR/10/2021-2022

Date: 6th May, 2021

Dear Parents,

Greetings from Amanora School!

Learning Life skills and Psychology helps young learners to understand their own behaviour, emotions and ideas. Studying the principles of Psychology allow them to assess, evaluate and provide solutions to all unwanted emotional situations.

This summer, Amanora School is recommending all our learners of **Grades VI to X** to register and participate in a series of online workshop on Psychology courses which will be delivered by young Psychologists of Fortis School Mental Health Program under the aegis of Dr. Samir Parikh.

The workshop will be scheduled from 17th May 2021 to 23rd May 2021. The details of the two recommended course modules are as stated below:

1. Pro-social Peer Moderator Series:

Proposed for: **Grades X to Grade XII**

Duration: **60 minutes Session followed by Q and A**

Date: **17th May to 22nd May 2021**

A six module online life skill training series on:

- a) Aggression Management
- b) Gender Sensitisation
- c) Risk Behaviour Management
- d) Media Literacy
- e) Study and Examination Skills
- f) Caring for the Environment

2. Bully to Buddy Program:

Proposed for: **Grades VI to XII**

Duration: **60 minutes Session followed by Q and A**

Date: **23rd May 2021**

This session advocates students against cyberbullying by building awareness about this problem and empowering them using our ABCDE approach. The broad scope of the webinar will include:

- a) Understanding Cyberbullying: What, Why and Who?
- b) Unique concerns of Cyberbullying
- c) Information about the 360 degree impact of Cyberbullying
- d) Empowering the youth using the ABCDE approach. This is a comprehensive look at encouraging the youth to advocate against cyberbullying, become up-standers who

- offer support, critically evaluate media messages, understand the sensitivity in use of language and collectively engage in positive use of social media.
- e) Role of individuals, from digital detoxing to being a positive role model.

Kindly note that the following:

- Last date for registration is 15th May 2021.
- There is no fee for attending the programs.
- For course registration kindly refer to the Annexure - 'STEPS FOR REGISTRATION'.
- The program details and invitation link for the webinar shall be emailed to the participants on the email-id provided at the time of registration.
- All students who complete the program will receive E-certificates.
- After completing the registration in the Fortis website, the student has to fill the registration tracking details in the Google form of the school.
- Link to access Google form: <https://forms.gle/UXACqTaqbNMo3aYp9>

Please make best use of the opportunity and register your ward for the same. Wishing you all a very happy and safe Summer Break. **It may please be noted that the program is optional.**

Best regards
For **Amanora School**



Ms.Meera Nair
Director

FORTIS SCHOOL MENTAL HEALTH PROGRAM

Pro Social Peer Moderator Series

A 6 module online life skill training series for school students

Aggression Management
Gender Sensitisation
Risk Behaviour Management
Media Literacy
Study and Exam Skills
Caring for the Environment

17th-22nd May | 5-6pm

WITH DR. SAMIR PARIKH



*Free of cost
*E-certificates will be provided

SIGN UP AT

[HTTPS://LINKTR.EE/FORTISMENTALHEALTH](https://linktr.ee/fortismentalhealth)

FORTIS 24X7 HELPLINE
+918376804102



FORTIS SCHOOL MENTAL HEALTH PROGRAM

PRO SOCIAL PEER MODERATOR PROGRAM

AGGRESSION MANAGEMENT

WITH DR. SAMIR PARIKH



DATE - 17TH MAY | TIME - 5-6:30PM

*** FREE OF COST**

*** E CERTIFICATES WILL BE PROVIDED**

**TO REGISTER, SIGN UP AT
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**FORTIS 24X7 HELPLINE
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FORTIS SCHOOL MENTAL HEALTH PROGRAM



PRO SOCIAL PEER MODERATOR PROGRAM

GENDER SENSITISATION

WITH DR. SAMIR PARIKH



DATE - 18TH MAY | TIME - 5-6:30PM

*** FREE OF COST**

*** E CERTIFICATES WILL BE PROVIDED**

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FORTIS SCHOOL MENTAL HEALTH PROGRAM

PRO SOCIAL PEER MODERATOR PROGRAM

RISK BEHAVIOUR MANAGEMENT

WITH DR. SAMIR PARIKH



DATE - 19TH MAY | TIME - 5-6:30PM

*** FREE OF COST**

*** E CERTIFICATES WILL BE PROVIDED**

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FORTIS SCHOOL MENTAL HEALTH PROGRAM



PRO SOCIAL PEER MODERATOR PROGRAM

STUDY AND EXAM SKILLS

WITH DR. SAMIR PARIKH



DATE - 21ST MAY

TIME - 5-6:30PM

*FREE OF COST

*E CERTIFICATES WILL BE PROVIDED

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FORTIS SCHOOL MENTAL HEALTH PROGRAM



PRO SOCIAL PEER MODERATOR PROGRAM

MEDIA LITERACY

WITH DR. SAMIR PARIKH

DATE - 20TH MAY | TIME - 5-6:30PM



* FREE OF COST

* E CERTIFICATES WILL BE PROVIDED

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[HTTPS://LINKTR.EE/FORTISMENTALHEALTH](https://linktr.ee/fortismentalhealth)

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FORTIS SCHOOL MENTAL HEALTH PROGRAM

PRO SOCIAL PEER MODERATOR PROGRAM

CARING FOR THE ENVIRONMENT

WITH DR. SAMIR PARIKH



DATE - 22ND MAY
TIME - 5-6:30PM

***FREE OF COST**
***E CERTIFICATES WILL BE PROVIDED**

TO REGISTER, SIGN UP AT
[HTTPS://LINKTR.EE/FORTISMENTALHEALTH](https://linktr.ee/fortismentalhealth)

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FORTIS SCHOOL MENTAL HEALTH PROGRAM



PRO SOCIAL PEER MODERATOR PROGRAM

**BULLY TO BUDDY
V2.0 - SAY NO TO CYBERBULLYING**

WITH DR. SAMIR PARIKH

DATE - 23RD MAY | TIME - 5-6:30PM



* FREE OF COST

* E CERTIFICATES WILL BE PROVIDED

TO REGISTER, SIGN UP AT [HTTPS://LINKTR.EE/FORTISMENTALHEALTH](https://linktr.ee/fortismentalhealth)

**FORTIS 24X7 HELPLINE
+918376804102**

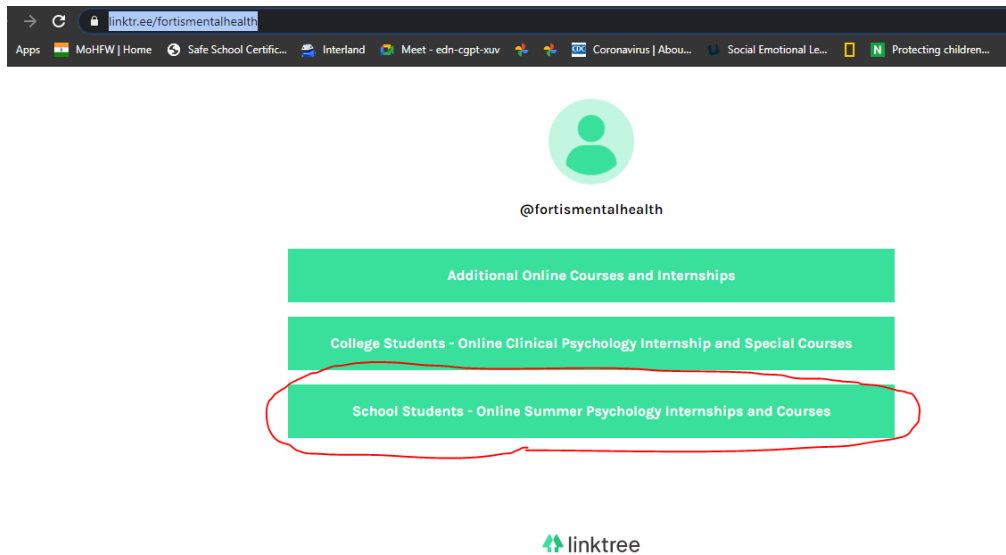


Fortis

STEPS FOR REGISTRATION

Step 1: Go to <https://linktr.ee/fortismentalhealth>

Step 2: Select School students –Online summer psychology internships and courses



Step 3: Fill all details asked in the form

The screenshot shows a registration form titled 'Summer Courses in Psychology for School Students - 2021'. The form includes the following text and fields:

- Title: Summer Courses in Psychology for School Students - 2021
- Description: A series of special online internships and courses in psychology for school students by the Fortis School Mental Health Program
- Timing: 5pm - 6pm
- Platform: Microsoft Teams
- *Free of cost
- **Students will receive e-certificates on completion

The form has three required fields:

1. Name *
2. E-mail ID *
3. Age *

In the section 8. Please select the internships/courses you would like to participate in

Select **Prosocial moderator program** and **bully to buddy program** and press **SUBMIT** button

8. Please select the internships/courses you would like to participate in *
You may select more than one option

- Summer Internship by Dr. Samir Parikh (Batch 1): 7th - 12th June, 2021
- Summer Internship by Dr. Samir Parikh (Batch 2): 5th - 10th July, 2021
- Prosocial Peer Moderator Program: 17th - 22nd May, 2021
- Bully to Buddy Program: 23rd May, 2021
- Introduction to Clinical Psychology: 14th - 17th June, 2021
- Introduction to Fashion Psychology: 18th - 19th June, 2021
- Introduction to Art Therapy: 21st - 23rd June, 2021
- Introduction to Sport Psychology: 24th - 26th June, 2021
- Introduction to Psycho-oncology: 28th - 30th June, 2021

Submit

Never give out your password. [Report abuse](#)

Step 4: Ensure you completes registration by verifying thank you response.

Summer Courses in Psychology for School Students - 2021

 Thanks!

Thank you for registering. You will receive an automated confirmation e-mail with all the participation links on your registered email address shortly.

[Submit another response](#)

[Create my own form](#)

Powered by Microsoft Forms |

The owner of this form has not provided a privacy statement as to how they will use your response data. Do not provide personal or sensitive information.

[Terms of use](#)

Step 5: Check an email confirmation in your inbox (of email registered) with course login details

Confirmation for Summer Psychology Courses by Fortis School Mental Health Program

External

Inbox x



Team Mentalhealth <team.mentalhealth@fortishealthcare.com>

to me

11:05 AM (0 minutes ago)



Dear Udayakumar K

We are pleased to confirm your participation for the special series of online internships and courses – an initiative by the Fortis School Mental Health Program. The series of courses is conducted under the leadership of Dr. Samir Parikh, Director, Fortis National Mental Health Program. Please find below the linked to join the sessions:

Summer Internship by Dr. Samir Parikh - Batch 1 (5 - 6PM)

7th June - [Day 1](#)

8th June - [Day 2](#)

...

Fortis Prosocial Peer Moderator Program (5 - 6PM)

17th May - [Aggression Management](#)

18th May - [Gender Sensitization](#)

19th May - [Risk Behaviour Management](#)

20th May - [Media Literacy](#)

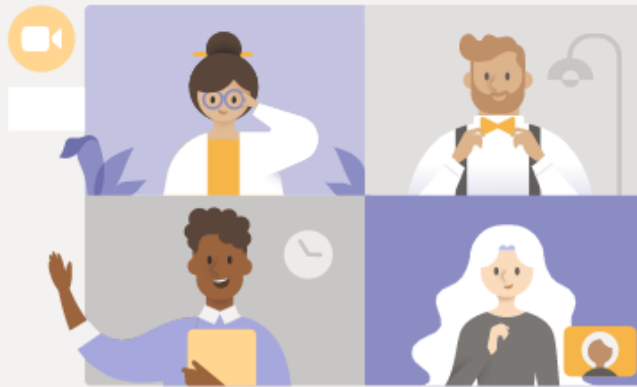
21st May - [Study and Exam Skills](#)

22nd May - [Caring for the Environment](#)

Bully to Buddy Program (5 - 6PM)

23rd May - [Bully to Buddy](#)

Step 6: Set calendar reminder and participate the program through the MS team app or web page on the day of event.



Watch the live event in Microsoft Teams

[Download the Windows app](#)

[Watch on the web instead](#)

Already have the Teams app? [Launch it now](#)

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[Third-Party Disclosures](#)