

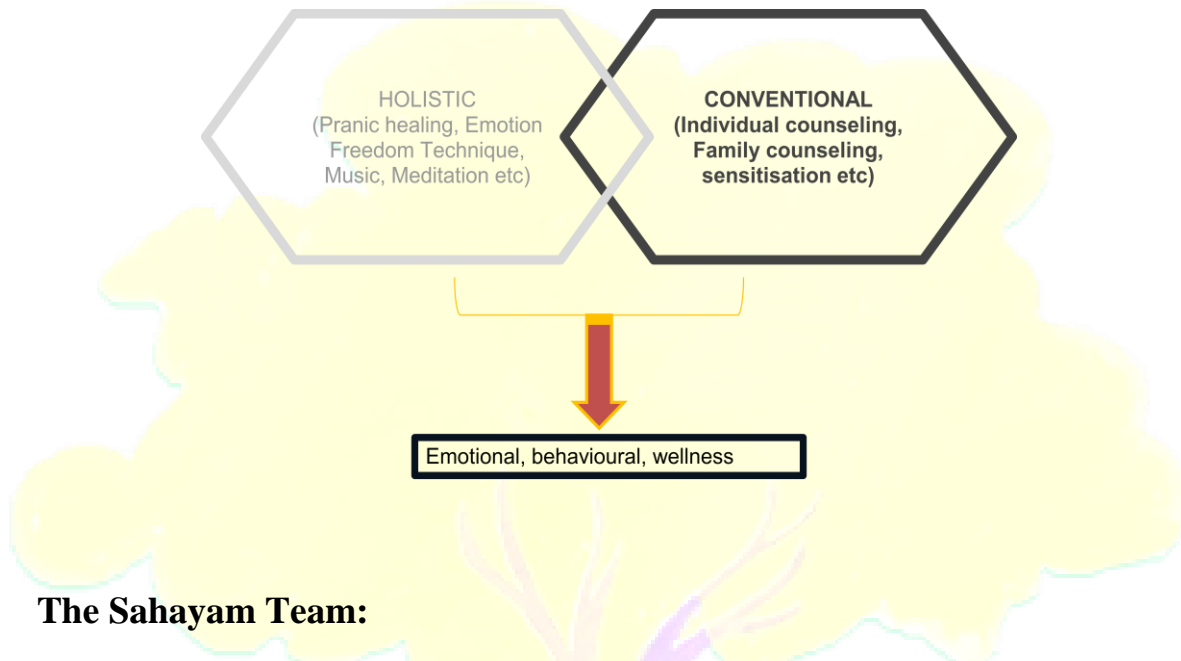


**Sahayam – A One Stop Intervention Centre for Emotional Enrichment**

## **SAHAYAM INTERVENTION CENTRE:**

### **Holistic School Wellness**

#### **Sahayam's Unique Approach:**



#### **The Sahayam Team:**

SAHAYAM TEAM	
Psychologists, clinical psychologist, psychiatric social worker, special educator.	ADVISORY PANEL: clinical psychologist, special educator, chartered accountant, retired Navy officer, CWC chairperson.

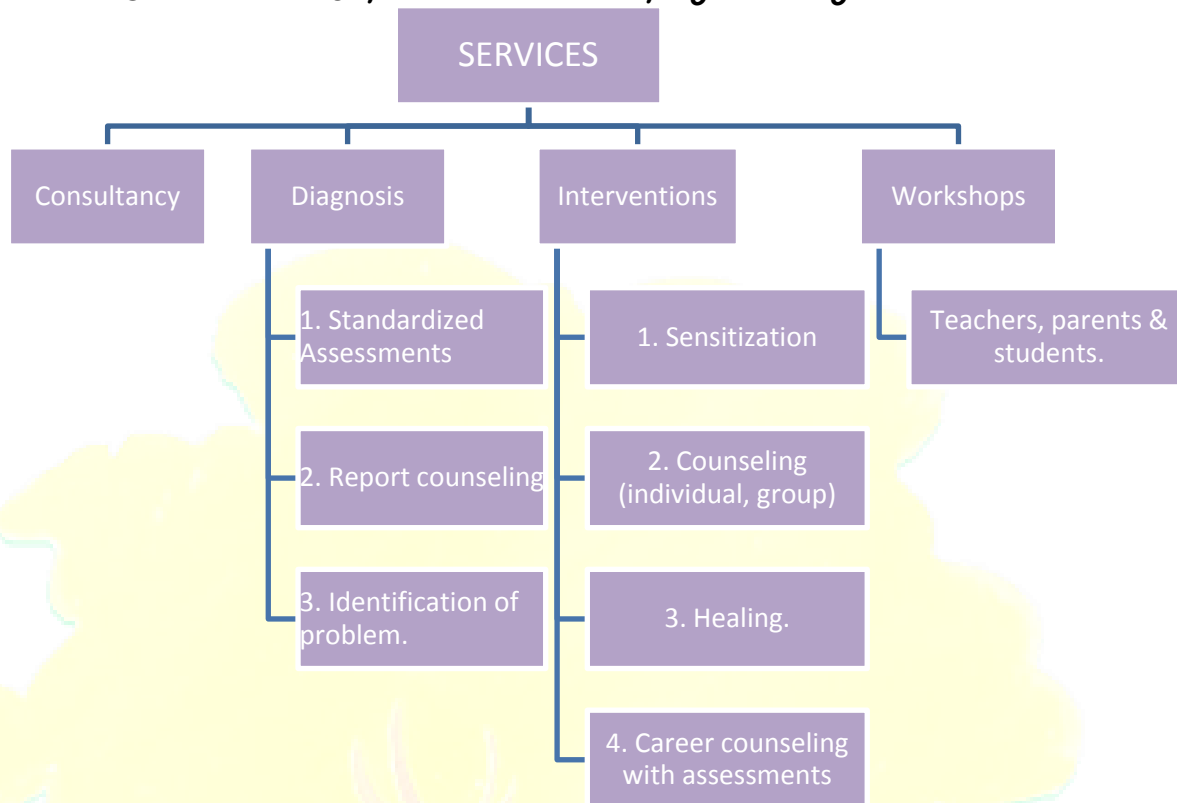
#### **Our Services for Schools:**

In 2016, Sahayam has successfully conducted 36 workshops, 25 courses and 15 workshops in schools to address various pertinent areas of mental health. Following are Sahayam's services for schools:

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**Contact :** 9971130176, 9971130269, 011-49078568 **Web:** [mlakshmi@sahayam.org](mailto:mlakshmi@sahayam.org),  
[www.sahayam.org](http://www.sahayam.org)



## **Brief Description of Our Services for Schools:**

### **1. Consultancy**

- a. Sahayam would provide complete guidance and support to set up a Wellness centre in the school.
- b. Sahayam will provide professional guidance to develop the education institute into an inclusive institution based on Right to Education Act and Disability Act.

### **2. Standardized assessment services**

- a. For ALL psychological disorders of children and adolescents like Learning Disorders, Attention Deficit Hyperactivity Disorder, Intellectual Deficit etc.
- b. Assessments and reports would be made by Rehabilitation Council of India recognized clinical psychologist which would be accepted by Government of India.

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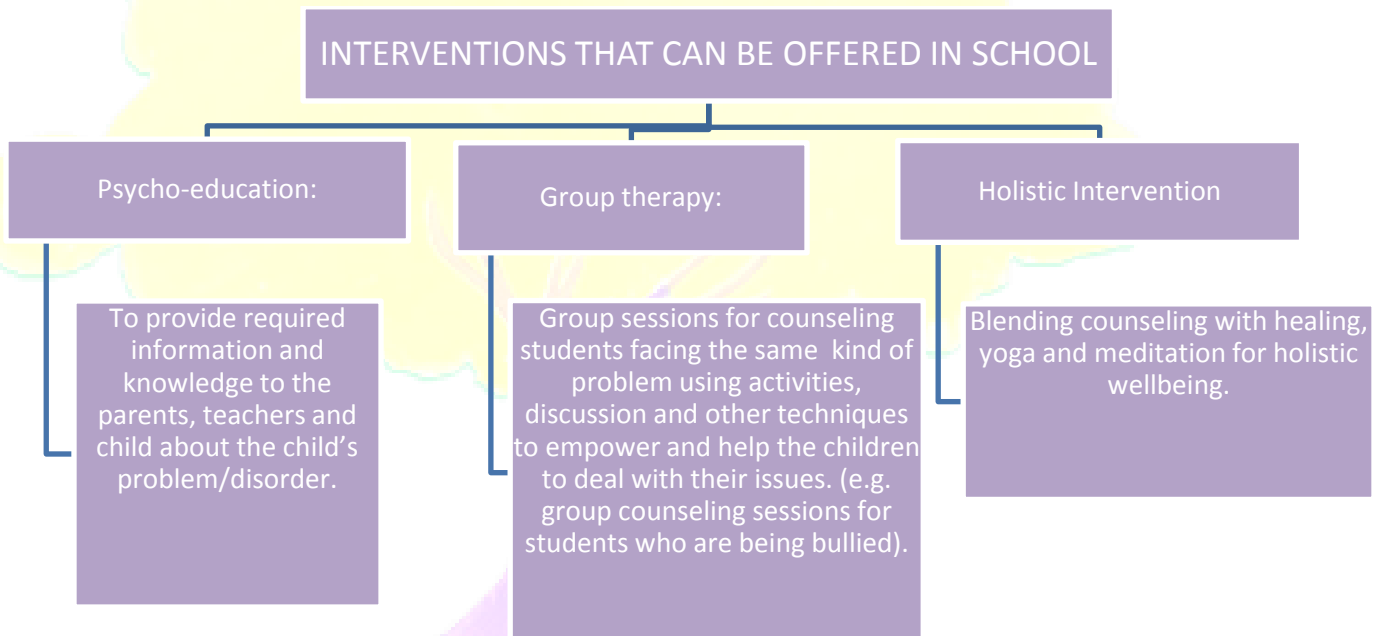


## **Sahayam – A One Stop Intervention Centre for Emotional Enrichment**

- c. Report counseling and guidance on the basis of results and submission of report to school.  
*(to conduct assessments written consent of child's parents is required. Parents would be required to be present at the time of assessment for information about the child's difficulties).*
- d. Ensuring behavioral and emotional wellness through individual coaching, guidance, training and home visits if necessary.

### **3. Interventions**

- a. The interventions that Sahayam will provide include *Individual Behavioral Enhancement Programs, Sensitization, Interventions to relieve trauma, Group sessions and Holistic Interventions.*





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## INTERVENTIONS THAT CAN BE OFFERED AT SAHAYAM CENTRE

Individual Behavioural Enhancement Programs

Psycho-therapy to relieve trauma.

To identify the cognitive biases, help restructure unhealthy thoughts, promote healthy cognitions which can lead to positive changes.

To identify the factors that are leading the child to show unhealthy/negative behaviour. To devise means to reinforce positive behavior. To decrease use of physical force and shouting as punishment.

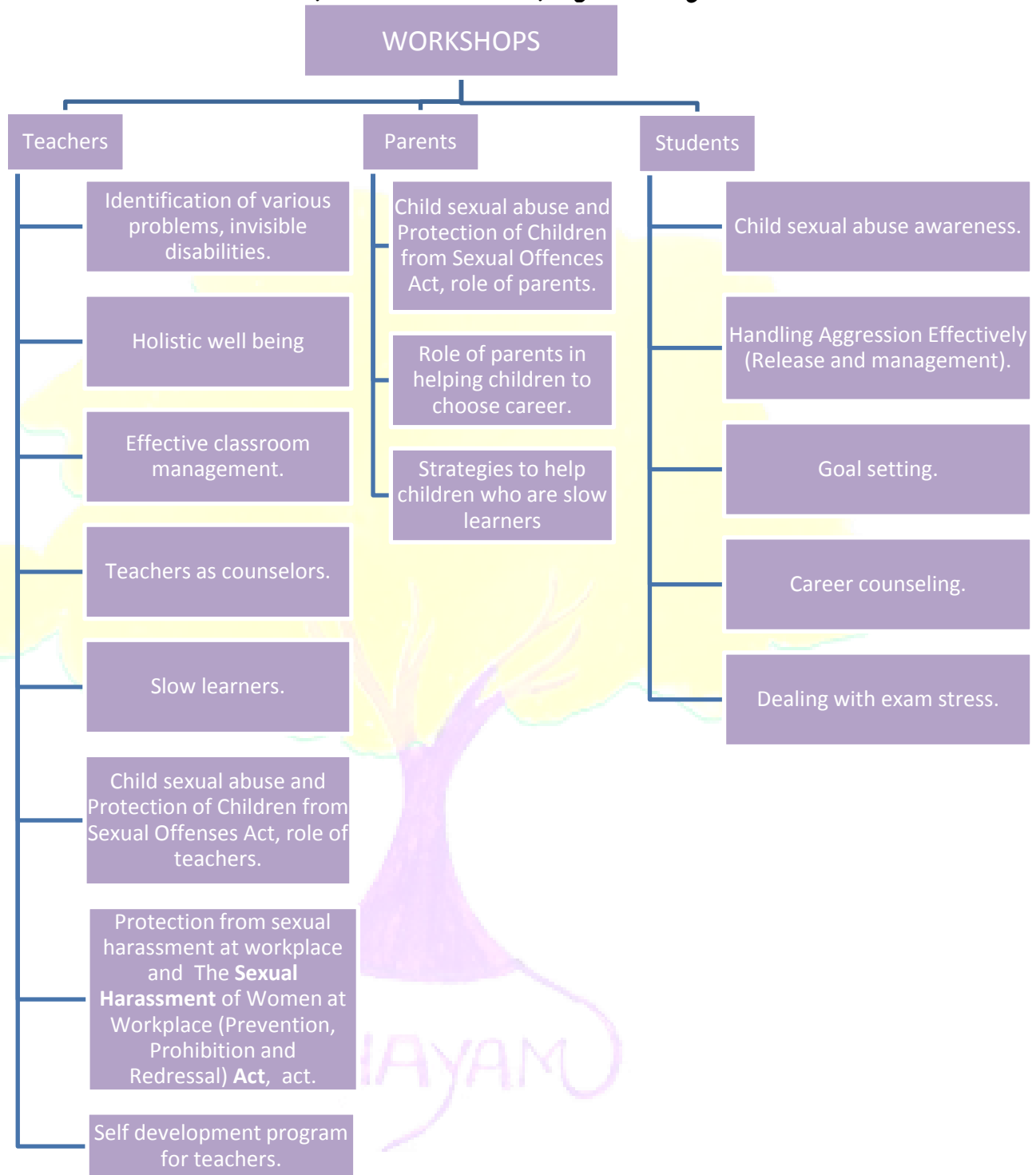
### 4. Workshops

SAHAYAM

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*All services may be tailor made as per the needs identified in the specific institution.*



### **Fee for the Services Being Offered**

#### **1. CONSULTANCY**

##### **A) Setting up of a Wellness Centre in a School**

- This will include providing suggestions for the right kind of infrastructure of the counseling room , the resource room , the sessions room
- Suggesting the right kind of ambience for the above
- The tools and equipments required to handle the different needs of children
- Designing the process to be adopted at the Wellness Centre
- Guidelines for selection of appropriate staff

Fee – Rs.25000.00[ Rupees Twenty Five Thousand Only]

##### **B) Evaluation , Guidance and Coaching towards building an inclusive institution**

- This will include a visit by professionals to inspect the institution premises
- This will be followed by interview of the administrative and the academic Heads based on a structured schedule
- An exhaustive data will be collected and compiled in to a prepared monitoring format
- The data will be analyzed and a report will be generated
- This report will indicate the preparedness of the institution for specific special needs with existing facilities and will provide inputs to prepare for inclusion of other special needs
- An annual inspection will be provided to guide the institution with regard to the steps towards inclusion

Fee – Rs.50000.00[ Rupees Fifty Thousand Only]

#### **2. ASSESSMENTS AND REPORTS**

These services will be availed by the parents and the same will be conducted on receiving a written consent from them

Cost of a complete battery of psycho educational assessments, including the report counseling session - Rs.6500/- [ Rupees Six Thousand Five Hundred Only]

#### **3. INTERVENTIONS**

##### **A) Interventions At The School Premises**

- The same will be conducted on bi monthly visits to the schools

Cost of one visit – Rs. 7500/-[Rupees Seven Thousand Five Hundred Only]

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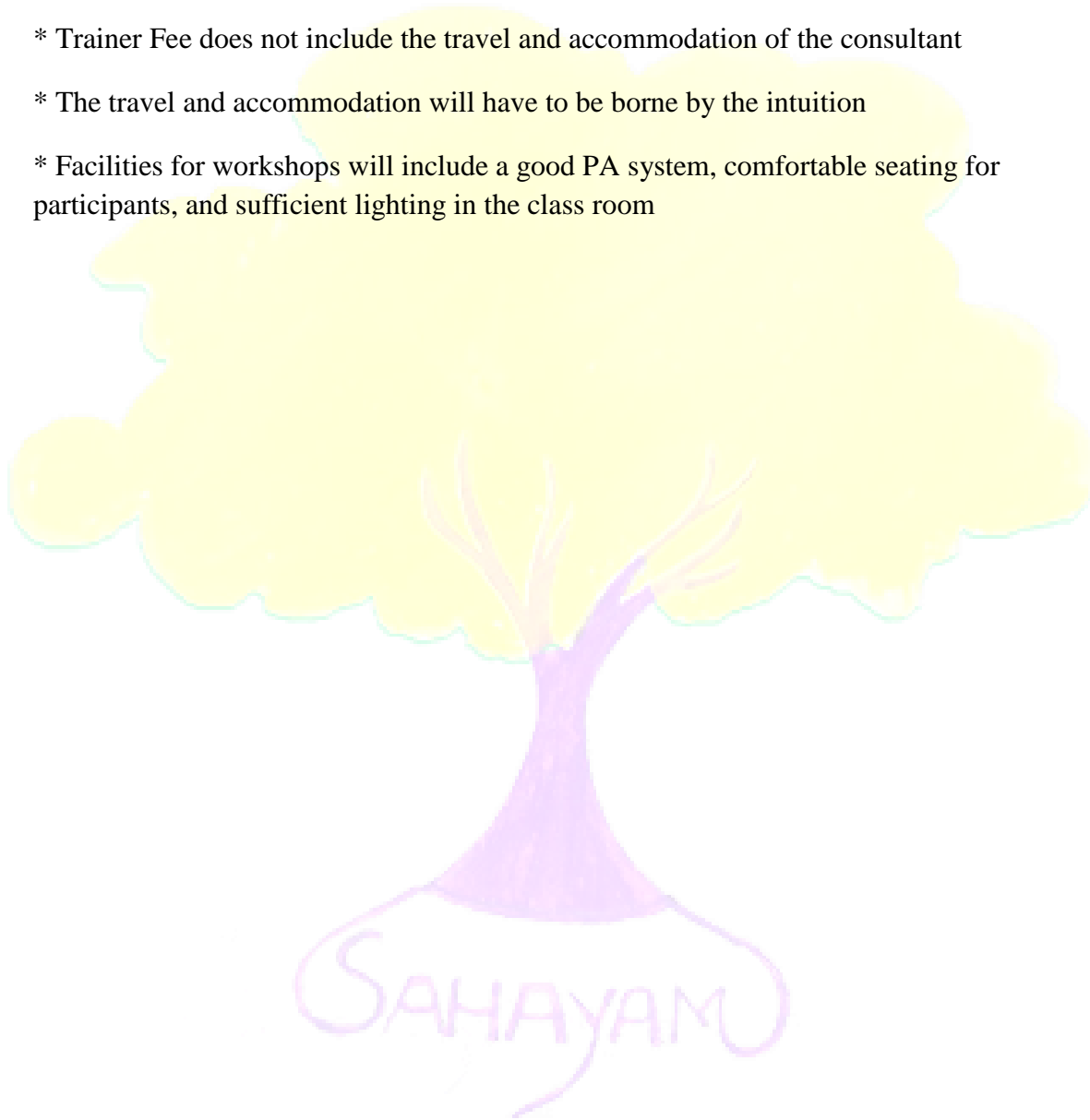
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#### 4. WORKSHOPS

A) Half Day Workshop Trainer Fee – Rs.3000/-[Rupees Three Thousand Only]

B) Full day workshop Trainer Fee – Rs.6500/-[Rupees Six Thousand Five Hundred Only]

- \* Trainer Fee does not include the travel and accommodation of the consultant
- \* The travel and accommodation will have to be borne by the intuition
- \* Facilities for workshops will include a good PA system, comfortable seating for participants, and sufficient lighting in the class room



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