

**\*\*\*PROSPECTUS\*\*\***

**Certificate in  
Child and Adolescent  
Development  
(CCAD-20)**

An interactive practical program to build skills to give holistic upbringing to children and adolescents.

And

**Certification in Life  
Skills (CLST)**

Created and conducted by and at



**Banjara Academy**

(Enriching Life through Empowerment)

Member of

**World Federation of Mental Health (USA)**

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**Banjara Academy**  
**Certificate in Child  
and Adolescent  
Development  
(CCAD-20)**

A unique program – combination of weekly classroom sessions and practical work with children and teenagers of your choice at your convenience. Other than the scheduled sessions, which will cover the topics given below, you will need to have a weekly interaction with your Mentor to understand, get guidance and improve your understanding of children.

Life skills have been identified by the World Health Organization (WHO) of United Nations as the most important learning and asset to lead a fulfilling life. These are incorporated in our CCAD program.

With more than 20 years of experience in counselling, training, empowering trainers, assessing and guiding children with all types of special needs and imparting life skills, Team Banjara offers a practical hands-on part-time program that will empower you to systematically and scientifically guide every child you are interested in to grow up as a better citizen.

**Methodology:** Lectures, case studies, project work, and extensive interaction on behaviour patterns of children with your Mentor.

Managed by professionals, the course is meant for people of all backgrounds who are interested in the welfare of the new generation, and is conducted with the explicit aim of empowering you in the practical realm. You may also

consider using this skill for professionally dealing with children or adolescents. The course has been designed through scientific methods from many years of experience of Ali, Sonal, Purnima, and all others at Team Banjara.

### **Eligibility:**

While the program is meant for persons with an academic background up to graduation level, those with and lesser qualification are also considered on interview, if they are caring and sensitive human beings and have genuine interest in children.

What you need is the right attitude to deal with the issues of 21<sup>st</sup> century children, and a sincere commitment to understand from their point of view.

### **Duration & Inauguration:**

Course begins with individual 1:1 interactions and assessments of prospective trainees from September 2019, **Inauguration is on....**

**3:00 – 5:30 pm on Saturday 5<sup>th</sup> October, 2019 for weekend batch.**

**10:30 am – 1:00 pm on Monday 14<sup>th</sup> Oct. 2019 for weekday batch,**

Regular classes start the subsequent week and culminate on 21<sup>st</sup> March 2020.

### **Timings:**

**Team C-1 Mondays 10:30 – 1:00**

**Team C-2 Saturdays 3:00-5:30 pm**

**Also: Weekly one session with Mentor**

Timing of Mentor session will be fixed by your Mentor

Students will be given opportunity to attend free lectures periodically from eminent guest faculty covering additional topics of human-interest. You will also be informed about other related workshops being conducted by Banjara Academy and other reputed institutions, if you wish to enhance your learning.

## Commitment from students:

This course is meant for mature individuals who have had sufficient experience of life and who can think calmly, understand the aspirations of the younger generation, and balance the needs of parents and children. Hence you are expected to put in reasonably consistent attendance, and complete the requisite hours of practical work, as well as the assignments, for which your Mentor will interact with you on weekly basis. Evaluation is a continuous process, based on attendance, viva, assignments, and your performance evaluated by the group and by experts. Core faculty spends time with individual students more for their improvement than for their assessment.

**There are no theory exams** and students are evaluated continuously for their ability to genuinely develop their own techniques, games, exercises and effective methods.

An experiential student-centric approach is adopted throughout the course. Students are expected to participate actively, be responsible for their own learning, and commit themselves to the effort required to complete the course.

**Complete confidentiality** is to be maintained by every student throughout. You will also need to continue your learning and updating on a regular basis after the course has ended. We will guide you with the methodology but the initiative and motivation should be deep within

you.

**Note:** We will be helping, guiding and teaching you how to develop your own methodology to deal with children holistically, taking into account every aspect of the target group you would be working with, with primary focus on children and youth.

## About the Academy:

Banjara Academy has been conducting counselling, career guidance and other Life Skills programs for more than thirty years, both for general participants as well as for specialized groups such as doctors,

teachers, social workers, defence personnel, executives, etc. The workshops have been well received and acknowledged by professionals and lay people alike. Appreciation has been received from government and non-government organizations, psychiatrists, psychologists, educators, medical professionals, etc.

Short-term workshops are conducted periodically on parenting, child development, team building, disability and rehabilitation, old age, communication, handling emotions, adolescent issues, etc.

Banjara also networks with various government and non-government agencies working in similar and complementary fields, and plays host to networking and group activities.

The Academy maintains an exhaustive library of books on all aspects of human behaviour, notes and literature for perusal by students, and also holds free lectures by eminent persons in the field. Books can be borrowed free of cost against a nominal annual fee. Many books on counselling & human behaviour published by the Academy are available at economical price.

Since the past three decades the Academy has been actively and exhaustively conducting Life Skills workshops in innumerable cities all over the country. Aptitude Testing and Career Guidance is done on individual basis in a very holistic manner. Thousands of young people have reported very positive outcomes through the guidance.

Dr. Ali Khwaja B.Tech (IIT), MIE, MIIM, Ph.D. writes regular career columns in Deccan Herald and other publications, Ms. Sonal Patel has years of hands-on experience with wide variety of child issues, Ms. Purnima Ganesh has conducted innumerable Life skills workshop for various age groups across schools, colleges, armed forces. She has been invited for television talks on understanding children and teenagers.

## **Course Content:**

### **The following topics will be covered.....**

1. Pregnancy, birth, first year
2. First 6 years, milestones, emotional needs
3. Emotional intelligence, building self-awareness and empathy
4. Communicating with children, relationships building

5. Parenting styles, expectations of parent and child
6. Building self esteem of child, teaching assertiveness and management of emotions
7. Dyslexia, slow learners, ADHD, autism etc.
8. Imbibing WHO's Life Skills in children
9. Importance of play – free play, group, organized play
10. Identifying and adapting to learning style of child, balancing critical and creative thinking
11. Physical, emotional, social, cognitive and language development
12. Emotional disturbance in children, stress management
13. Adolescent behavior
14. Peer pressure, bullying, tantrums
15. Discipline issues, role modeling
16. Sex education, boy-girl relations
17. Study techniques and career guidance
18. Single child and single parenting, adopted children
19. Technology addiction
20. Role of grandparents and significant adults

***The 10 essential Life Skills propounded by World Health Organization (WHO) will be incorporated,*** which are:

- |                            |                          |
|----------------------------|--------------------------|
| 1. Problem Solving         | 7. Empathy               |
| 2. Decision Making         | 8. Self awareness        |
| 3. Creative Thinking       | 9. Managing emotions     |
| 4. Critical Thinking       | 10. Management of stress |
| 5. Communication Skills    |                          |
| 6. Interpersonal Relations |                          |

**Our Team at Banjara with whom you would be interacting:**

*Administrative Director: Ms. Indra Kamal*

*Director (Programs): Ms. Purnima G.*

*Director Gurukul: Ms. Sonal P.*

*Coordinator: Ms. Padmashri (PM)*

*Office Management: Mr. Venugopal*

*Human Relations Manager: Ms. Anees Fathima*

*Chief Mentor: Dr. Ali Khwaja* B. Tech (IIT), MIE, MIIM, Ph.D.



**Mentoring:** Each participant of the course will be provided with a Mentor who will be a friend, philosopher and guide to help through the learning process and guide on practical work.

## Course Expenses:

*Total cost of the course will be as follows:*

	<b>Till 14<sup>th</sup> Sep' 19</b>	<b>from 15<sup>th</sup> Sept'19</b>
1. One shot payment	20,800	21,800
2. For Installment	21,800	22,800
Initial Payment	9,800	10,800
Balance Payment	<u>12,000</u>	<u>12,000</u>
<u>Installments</u>		
20 <sup>th</sup> Oct'19	4,000	4,000
20 <sup>th</sup> Nov'19	4,000	4,000
20 <sup>th</sup> Dec'19	4,000	4,000

\*GST Tax extra (current rate as per Govt notification is 18%)

*Refund: Withdrawal before 30<sup>th</sup> Sept 2019, Rs. 8,000/- will be deducted. No refund after 30<sup>th</sup> September 2019*

## Placement:

While we do not give any guarantee of jobs, the academy will guide and support you in your future endeavours. So far the Academy has been successful in providing placement to those of our students who were interested in regular jobs. Our students are working in reputed NGOs, educational institutions, hospitals, corporate houses and specialized counselling centres. Also, many have been provided with opportunities to do counselling part time or on honorary basis for experience.

Students who have completed our Counselling and other courses are working in Air Force Command Hospital, St. Joseph's, Delhi Public School, Rashthrohana Vidya Mandir, BEL School, Spastic Society of Karnataka, Manipal Hospital, CADABAMS, ASHA Foundation, Army School, APSA, Christ University, Jyoti Nivas and Mount Carmel College, various Kendriya Vidyalayas, Eurokids, Brindavan, Sa-mudra Foundation, Sindhi, Samadhan, Association of People with

Disability (APD), and various other NGOs, schools, colleges and institutions.

Our old students are also actively involved in training and workshops for Baldwins, Kumarans, Samvad Institute of Speech and Hearing, Seshadripuram, Sophia's, and St. Joseph's, Modern Public, Carmel Little Angels and many others.

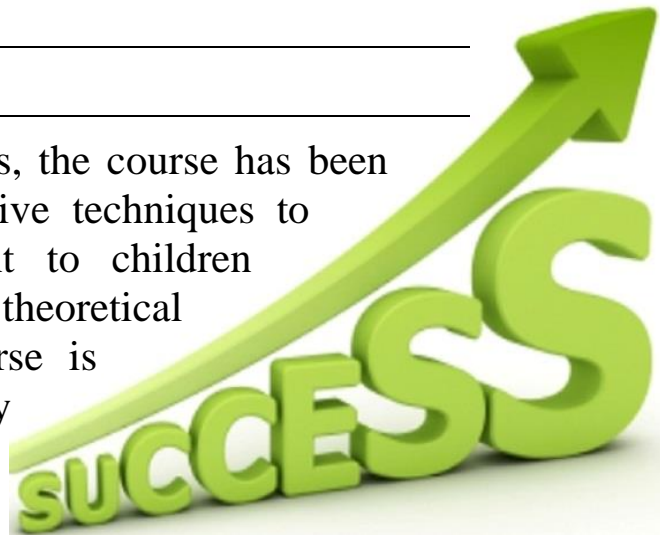
Many of our students have established and are successfully running their own counselling centres, or are attached to prestigious institutions. Similarly, they have enhanced their guidance skills and are more effective in their work after Banjara's courses.

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### **Recognition:**

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Due to its practical emphasis, the course has been designed for creating effective techniques to giving holistic development to children rather than merely imparting theoretical knowledge. Hence the course is not affiliated to any university, and no government recognition has been sought. We are full voting members of World Federation of Mental Health.



The various courses run by the Academy are well received by innumerable government and private organizations, including reputed NGOs, educational institutions, eminent professionals and commercial establishments, for whom the Academy has been conducting lectures, training and workshops. Ali is invited on regular basis to Defence, Central Government and most prestigious educational institutions.

We are also an Accredited Vocational Institute of National Institute of Open Schooling (NIOS) for Early Childhood Care and Education. UNO has sponsored students from different countries to Banjara courses.



## Sample Feedback from our students:



**Dr. H. G. Jayalakshmi :-**M.D. Ayurveda. Asst prof of Social Work at IIAMR

Banjara Academy has helped me understand the importance of counseling in today's fast changing society and has left such an impact on me that I am planning to take up Counseling as my profession. In fact, being a doctor and a teacher, I was practicing it without knowing the nuances of it. All that I was doing was listening to anyone in distress with all my heart. Learning from Banjara has provided me with the tools with which I can work better.



**Mary Dolly:** -Masters in Social Work, B.A – Bangalore Univ. Correspondent at NGO (BOSCO)

Banjara Academy has helped me identify my opportunities for growth, enhance my strengths, look beyond words and identify the emotions in people I chance to meet upon. I am now able to see a human being as a whole, flaws and all, and yet beautiful as ever. It has been an inward journey of finding oneself, seeking the light within and then the outward journey of preparing oneself to be the light to those wanting to find themselves. Thank you Ali and the entire team for this exquisite experience. Proud to be a Banjarite!



**Dr.S Rajesh, Director BM Schools, Adjunct Faculty, St. Joseph's College.**

The course was of immense use to me not just to play the role of a counselor, but to live life more fully. It went a long way in fostering better familial ties and personal relationships. It also helped us to understand ourselves better. As a teacher, my experience was greatly useful in the class room to understand the children.



**Chitra Ramarajan, Associate Director NIVE (National Institute of Value Education)**

Doing courses in Banjara has helped me both personally and professionally. While personally it has empowered me and helped me get a lot of clarity, professionally it has increased my effectiveness as a counselor and trainer, enabling me to reach out and make a positive difference in many more lives.

This course gives you a complete and in-depth understanding of how today's children grow up and what their needs are. For those who wish to become trainers for children & adolescents, we have...

## **Certificate in Life Skills Training**

For those interested in becoming certified trainers in life skills for children and adolescents, immediately after the CCAD classes get over, they can enrol for the CLST-20 program:

- Classes twice a week Mon and Fri, for six weeks
- Starting on 30<sup>th</sup> March and completion on 9<sup>th</sup> May 2020,

We will cover the 10 Life skills enunciated by WHO in further depth and then you will be individually and in pairs giving presentations to sharpen your public speaking and training skills. On successful completion you will be awarded a certificate as a trainer.

The fees for this course is Rs. 9,600/- + GST

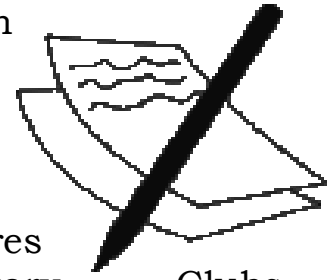
### **A Partial List of Organizations for whom lectures/ workshops/ training programs have been conducted by Banjara Academy & its principal faculty:**

Bharat Heavy Electricals Limited (BHEL)  
Bharat Electronics Ltd (BEL)  
Hindustan Aeronautic (HAL)  
Escorts Mahle Ltd.  
ITI Limited  
Kirloskar Electric Company  
John Fowler Limited  
Robert Bosch India Limited  
Iflex Solutions Limited  
Price Waterhouse Cooper  
Hotel West End  
Defence Institute of Quality Assurance (DIQA)  
Madras Eng Group (MEG)  
Infosys, Honeywell

Income Tax College (DTRTI)  
Small Industries Dev Bank of India (SIDBI)  
Punjab National Bank  
Vijaya Bank, South Indian Banks Staff College  
Indian Institute of Science  
National Institute of Child Development (NIPCCD)  
Christ University & College  
St. Ann's College  
Mount Carmel College  
Bishop Cotton Women's College & Girls School  
Bala Vidya Mandir, Chennai  
AMS Homeo Medical College

Spastic Society of Karnataka  
Developmental Centre for  
Exceptional Children (DEC)  
St. Joseph's Colleges & School  
Many Kendriya Vidyalayas KV's  
Jain Schools & Jain College  
MES College  
Presidency College  
Jyothi Nivas College  
First Computers  
AV Education Society  
BNM School, Banashankari  
Sri Kumarans School  
BMS Colleges  
Sri Sri Ravi Shankar Vidya  
Mandir  
St. Claret's College  
Indian Academy  
Christi Jyothi College  
Don Bosco Yuva Prachodini &  
Don Bosco, Pune  
St. Ann's Provincialiate  
Institute of Spirituality,  
Montfort College,  
Inter Religious Harmony  
Movement,

St. John's Hospital  
Mahavir Jain Hospital  
NIMHANS  
M S Ramiah  
Hospital  
MYRADA,  
Gokak  
Janodaya  
Bangalore Cares  
Many Rotary Clubs  
Karnataka State Council for  
Child Welfare (KSCCW)  
CBR Network  
Child Study Association CSA  
Rehabilitation Council of India  
(RCI)  
Women's Empowerment Grp  
Nightingales Elders Group  
Respect for Life India  
Spastic Society of Kar (SSK)  
Karnataka Parents Assn. for M  
R Citizens (KPAMRC)  
Mitra Jyothi  
India Autism Forum  
MES Indian School, Doha



## Instructions to Candidates

- Please fill the application form completely.
- Incomplete forms may not be accepted.
- Admission is confirmed when registration is accepted and a roll number is allotted to you.
- Contact office to complete the following formalities:
  1. Interaction with Directors
  2. PI tests to assess your needs and prior knowledge
  3. Students Manual explanation / discussion and undertaking letter to be signed
  4. Fee structure finalized & cheques deposited.

**Venue:** Banjara Academy, RT Nagar.



## **Think, feel and experience:**

*This program doesn't have syllabus, text books, theory exams etc., but it is a serious course where you are made to improve your skills to enrich the quality of life or children. We expect you to take deep interest in human behaviour, understand interpersonal dynamics in all areas you interact, and make sincere attempts to bring about transformation in your own self.*

## **Free Counselling**

Banjara Academy offers free counselling through its service wing 'Helping Hand' for child, adolescent, family and inter-personal emotional problems. Trained lay counsellors of Helping Hand, as well as specialists such as psychologists, special educator, etc. are available at RT Nagar and Basavanagudi centres. Over three hundred other volunteers work in rotation in major hospitals of the city providing support to patients and their attendants.

Ask for our list of very practical, highly readable books on all aspects of human behaviour, ranging from Rs. 20/- to Rs. 120/-

**Free lectures** once a month on topics of human interest:

**Third Thursday of every month at 10:00 am at RT Nagar**

## **CHILD and CAREER GUIDANCE**

Aptitude Testing and Career Guidance is offered for students and others for a nominal fee, throughout the year, giving a detailed report on potential, capabilities, career options and reputed institutions. Psycho-social Assessment for younger children of all ages is also carried out by our professionals. A unique **Gurukul** for children who cannot adjust or have special needs. Assessment, personal care or guidance for short or long term.

**As a CCAD student**, you become part of an ever-growing family of very genuine, caring and interesting people of all ages and background. Check out our website [www.banjaraacademy.org](http://www.banjaraacademy.org) and join us on Facebook. Let's march on to a better quality of life, enriching others emotionally and in finding the right path of life. We take each day as it comes, with warmth and love.



# **Team Banjara**

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***Never stop learning as life never stops teaching...***