



St. Wilfred's College for Girls

(Affiliated to University of Rajasthan)

Report Workshop on Stress Management

Organized by

Department of Humanities

Title: Workshop on Peer Educator

Date: [18-11-2021]

Duration: 1 Day

Title: Peer Educator Workshop Report

Date: [18-11-2021]

Introduction:

On [18-11-2021], a one-day workshop on **Peer Education** was conducted with the aim of equipping participants with the necessary skills and knowledge to become effective peer educators. The workshop was organized by [**Department of Humanities**] and attended by [**55**] enthusiastic participants from various backgrounds.

Workshop Objectives:

- To provide participants with an understanding of the concept and importance of peer education.
- To enhance participants' communication and interpersonal skills required for effective peer education.
- To equip participants with the knowledge and techniques to address common issues faced by peer educators.
- To foster a supportive network among participants for future collaborations and knowledge sharing.

Workshop Activities and Sessions:

Opening Session:

The workshop commenced with a warm welcome and introduction of the facilitators and participants.

An overview of the workshop objectives and agenda was provided, setting the tone for the day.

Understanding Peer Education:

A session was conducted to introduce participants to the concept of peer education, its principles, and its effectiveness.

The facilitator shared examples and success stories of peer education programs from various contexts, highlighting the impact it can have on communities.

Communication and Interpersonal Skills:



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This session focused on developing effective communication and interpersonal skills necessary for peer educators.

Participants engaged in interactive exercises and role-plays to enhance their listening, empathy, and non-judgmental attitude.

Addressing Common Challenges:

The facilitator discussed common challenges faced by peer educators and provided strategies to overcome them.

Topics covered included managing conflicts, dealing with resistance, and maintaining boundaries.

Workshop-based Learning:

Participants were divided into small groups to engage in workshop-based learning activities.

Each group was assigned a specific topic related to peer education and given time to brainstorm, develop strategies, and present their findings.

Networking and Collaboration:

A dedicated session was conducted to encourage networking and collaboration among participants. Participants shared their experiences, exchanged contact information, and discussed potential future collaborations.

Evaluation and Closing:

The workshop concluded with an evaluation session to gather feedback from participants.

Certificates of participation were distributed, and closing remarks were given to express gratitude to the participants and facilitators.

Conclusion:

The one-day workshop on Peer Education provided participants with a comprehensive understanding of the concept and importance of peer education. Through interactive sessions, participants developed and enhanced their communication and interpersonal skills, gaining the confidence to address common challenges faced by peer educators. The networking and collaboration opportunities created a platform for future knowledge sharing and joint initiatives. Overall, the workshop contributed to building a competent and motivated cohort of peer educators, ready to make a positive impact in their respective communities' success in the job market.




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