

List of Sangath Publications

1. **All for Teens: A set of 22 handouts for Adolescents, Parents and Teachers (English) – Rs.100/-**
2. **All for Teens: A set of 22 handouts for Adolescents, Parents and Teachers (Marathi) – Rs.100/-**
 - a) **For Adolescents (12 handouts)**
 - i) Self-Assertiveness: Bring Your Own Person
 - ii) Staying Healthy
 - iii) Skills For Effective Studying
 - iv) Stress Management
 - v) Dealing With Anger
 - vi) Coping With Depression
 - vii) Getting Along With Family
 - viii) Decision – Making Skills
 - ix) Making A Career Choice: Choosing a life path
 - x) About Sexuality
 - xi) What is Love?
 - xii) Keeping Oneself Safe From Abuse and Violence
 - b) **For Parents (6 handouts)**
 - i) Adolescence: Parents’ Survival Kit
 - ii) Communicating With Your Teenager
 - iii) Building Self-Esteem: The Positive Power of Parents
 - iv) Teenagers and Sexuality
 - v) Helping Teenagers Make Career Choices
 - vi) Our Teenagers & Their Friends
 - c) **For Teachers (4 handouts)**
 - i) Building Self-Esteem in Classroom
 - ii) Surefire Strategies to Improve Classroom Discipline
 - iii) Learning Problems in Adolescents: How Parents & Teachers Can Help
 - iv) Bully-Proofing Schools
3. **List of Handouts on Child Development Issues – Rs. 225/-**
 - a) **Handouts on Disabilities - (Rs.5/- each)**
 - i) Asperger Syndrome
 - ii) Autism (Know more about Autism): A guide for parents and careers
 - iii) Helping Blind & Visually Impaired Children
 - iv) Mental Retardation
 - v) Down Syndrome
 - vi) Nutrition and Down Syndrome
 - vii) Social Welfare Scheme and Special School
 - viii) How to protect one handicapped child from Child Sexual Abuse (CSA)
 - ix) What is Learning Disability
 - x) Inclusive Education
 - b) **Handouts on Parental Guidance - (Rs.5/- each)**
 - i) Language stimulation for pre-schoolers
 - ii) Infant Stimulation
 - iii) Lets talk about eating
 - iv) Guidelines for introducing solids to infants
 - v) Lets look at Childhood Sexuality
 - vi) Lets look at Toddles & Tantrums

- vii) Disciplining Preschoolers – No longer a bother
- viii) All about disciplining the 9 – 14 year
- ix) Information to parents on learning to praise effectively
- x) Tranquility or Thunderstorm – tackling your child's temperament
- xi) Infant Stimulation (0 – 6 months)
- xii) Infant Stimulation (6 – 12 months)
- xiii) Infant Stimulation (1 – 2 years)
- xiv) Nutrition during pregnancy
- xv) Toddler and the new baby
- xvi) Children of alcoholics
- xvii) Children and Anger
- xviii) Creativity for School Children
- xix) Let's look at Divorce and Single Parenting
- xx) About Listening
- xxi) Know more about Marital Discord
- xxii) Sibling Rivalry
- xxiii) When a loved one dies
- xxiv) The Parent – Child Game
- xxv) Toilet Training your Child
- xxvi) Home Programme for Autism
- c) Handouts on Teacher Sensitization - (Rs.5/- each)**
 - i) Information for teachers on how to praise
 - ii) Suggestions for helping children with Learning Disability in the classroom
 - iii) ADHD – Tips for Teachers
- d) Handouts on Psychiatric Disorders - (Rs.5/- each)**
 - i) Obsessive Compulsive Disorder
 - ii) Information on Methylphenidate medication for Hyperactivity
 - iii) Managing attention deficit hyper-activity disorder (ADHD)
 - iv) Lets look at ADHD
 - v) Dietary guidelines for ADHD
 - vi) Bedwetting – what its all about
 - vii) Understanding Depression
- e) Handouts for Young People - (Rs.5/- each)**
 - i) You can beat bullying
 - ii) Psycho Educational Testing
 - iii) What is SLD (Specific Learning Disability)?
 - iv) ADHD for Kids

4. The State of Goa's Health – Rs.70/-

5. Health Needs of Adolescents – Rs.75/-

6. Barefoot Counseling (English) – Rs.75/-

7. Barefoot Counseling (Marathi) – Rs.75/-

8. Teacher's Toolkit – Rs.100/-

9. Police Manual – Rs.50/-

10. Helping the Child with Learning Difficulties – Rs.300/-

- 11. Common Mental Disorders in General Health Care – Rs.100/-**
- 12. Down Syndrome – Reaching Out (Training Manual) – Rs.100/-**
- 13. Where there is no Psychiatrist – Rs.250/-**
- 14. A Physician’s Guide to Medically Unexplained Symptoms - Rs.50/-**
- 15. STI/RTI Research Methods in India Problems and Solutions – Rs. 150/-**
- 16. Autism- Hope And Help – Rs.100/-**
- 17. Basic Skills in Counselling VCD -- Rs.500/-**

REPORTS (Complementary)

- 1. Paying Attention To Learning (A Report of Activities And Outcome)**
- 2. AADHAR (A Resource Manual For Anganwadi Workers Helping Children with Special Needs)**
- 3. First Steps The Sangath CRY Early Intervention Project.**
- 4. Zippy’s Friends.**