

Youth Study and Support Center (YSSC)

Adolescence is a critical period in the lifespan and a significant area of study in the Department of Human Development and Family Studies.

The primary aim of YSSC is to develop an understanding of young individuals in contemporary India and enable them to develop the life skills needed to meet the demands and challenges of everyday life. Based on a developmental orientation, the YSSC is committed to promote psychological well being and competence in youth so that they are able to lead “self-sufficient lives” and ensured “full participation in the life of society” (United Nations World Programme of Action for Youth the Year 2000 and Beyond).

DIMENSIONS OF YSSC

Research

- **Cultural construction of adolescence**
- **Stress and coping**
- **Parenting**
- **Parent peer relationships**
- **Friendship patterns**

Outreach

- **Understanding self**
- **Interpersonal relationships**
- **Communication**
- **Bodily changes**
- **Gender concerns**

Resource Building

- **Compiling readings on life skills, sexuality issues, HIV/AIDS, Intervention programs for adolescents**
- **Developing visual aids for adolescent programs**

Our Services

- **Preparing peer educators in schools through group guidance on various topics such as life skills, including family life education, interpersonal relationships, stress and coping.**
- **Individual counseling**
- **Group guidance sessions**
- **Providing resource materials**
- **Organizing training programs for teachers, parents and adolescents**