



JSS Law College

Autonomous

College with Potential for Excellence

Mediation Training Programme – 2024

From 02.05.2024 – 04.05.2024

Duration: 20 hours (3 days)

Venue: JSS Law College

Trainers: G Lakshmeesh Rao, Joe Joseph, Beaula, Biju, Jayashree, Pradeep

A 3-day, 20-hour mediation training program was conducted for final-year students at JSS Law College (Autonomous), Mysuru in association with the Karnataka Mediation Centre, Bengaluru. This program aimed to equip students with the knowledge and skills necessary to effectively mediate disputes. The program offered a comprehensive introduction to mediation, focusing on both theoretical frameworks and practical skill development.

Day 1: Foundations of Mediation

- **Introduction to Mediation:** This session defined mediation, explored its benefits and applications, and emphasised its growing importance in conflict resolution.
- **Stages of Mediation:** Students were introduced to the various stages of mediation, including pre-mediation, opening statements, joint sessions, private caucuses, and reaching an agreement.
- **Facilitating Productive Discussions:** The session delved into the structure of effective opening statements, techniques for facilitating productive joint sessions, and conducting private caucuses to address individual concerns of the parties involved.
- **Interactive Role-Play Scenarios:** Students actively participated in role-playing exercises to practice applying these skills in a simulated environment.





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Day 2: Communication and Negotiation

- **Developing Strong Communication Skills:** The focus shifted to communication skills crucial for successful mediation. This included active listening, effective questioning techniques, and managing difficult conversations with impartiality.
- **Practical Application Through Role-Play:** Students further honed their communication skills through comprehensive role-playing exercises simulating various conflict scenarios.
- **Elements of Negotiation:** The session explored the principles of negotiation, bargaining strategies, and finding mutually beneficial solutions within the mediation framework.
- **Interactive Negotiation Exercises:** Students engaged in interactive exercises to apply negotiation techniques in a practical setting





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Day 3: Overcoming Challenges and Reaching Agreements

- **Strategies for Impasse Resolution:** The program addressed strategies for overcoming impasses in mediation, equipping students to navigate challenging situations and keep the mediation process moving forward.
- **Simulation Exercises with Impasse Scenarios:** Through role-playing exercises, students practiced applying impasse-breaking techniques in real-world scenarios.
- **Ethical Considerations and the Role of Apology:** The importance of upholding ethical principles during mediation and the role of apologies in conflict resolution were emphasised.
- **Facilitating Clear Agreements:** Students learned methods to facilitate the creation of clear, documented, and workable agreements.





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Active Participation and Learning Outcomes

The program fostered active participation through interactive discussions, role-playing activities, and practical exercises. This hands-on approach ensured students gained practical skills alongside theoretical knowledge. The program aimed to equip students with the ability to:

- Define and explain the benefits of mediation.
- Identify the different stages of mediation.
- Facilitate productive communication and interaction between parties.
- Apply negotiation techniques within the mediation framework.
- Develop strategies for overcoming impasses in mediation.
- Uphold ethical principles during the mediation process.

Conclusion

The 3-day mediation training program provided final-year students with a valuable foundation in conflict resolution through mediation. The program's interactive format encouraged active participation and instilled valuable skills that can benefit students in their academic and professional endeavours.

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