



Government of Jammu & Kashmir
DIRECTORATE OF
SCHOOL EDUCATION, JAMMU

The Principal DIET (ALL)
Jammu Division.

No: DSEJ/CC/13193-227

Dated: 05.04.2019

Sub: Circulation of annual calendar of guidance and counselling activities.

As the new session in both summer as well as winter zone has begun, there is need to undertake guidance and counselling activities in schools along with academic and other co-curricular activities.

In order to bring uniformity in carrying out guidance and counselling activities in schools there is need to have a zone-wise annual calendar.


In this regard by the time an integrated calendar containing scholastic and non-scholastic activities is circulated in the schools, find enclosed herewith an annual calendar of guidance and counselling activities to be carried out in schools for circulation to HSS and HS of your respective district.

These counselling activities will be carried out in schools by counselling cells already constituted in HSS and will be co-ordinated by counselling cells constituted at DIETs.

Services of resource persons from different departments, NGOs, faculty members having qualifications and experience in counselling/child psychology, those trained by Bharti foundation and under intervention programmes of Samagra Shiksha on various counselling themes/adolescent education can be utilized for carrying out these activities.

You are instructed to spare the DIET counselling team members to visit schools for taking sessions as well as monitoring counselling activities.

You are further directed to send monthly report of guidance and counselling activities carried out in your respective district to this office for compilation and further sending it to administrative department.


Anuradha Gupta (KAS)
Director School Education
Jammu

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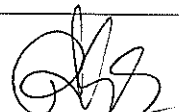
1. Commissioner Secretary to Govt.School Education Department Civil Secretariat Jammu for information.
2. SPD Samagra Shiksha for information .
3. Principal SIE (Jammu) for information.
4. CEOs All Jammu Division for information and coordination.
5. I/C website for uploading on website.

COUNSELLING ACTIVITY CALENDAR OF SUMMER ZONE FOR THE YEAR 2019-20

APRIL	MAY	JUNE	JULY
<p>➤ <u>GENERAL PSYCHOLOGICAL ISSUES</u></p> <ul style="list-style-type: none"> • General Orientation (one week) • Substance Abuse • Internet/ Mobile addiction • Media influence • Relationships 	<p>➤ <u>ADOLESCENT EDUCATION</u></p> <ul style="list-style-type: none"> • Changes during adolescence (Physiological, Psychological, Behavioural) • Body Image • Parent child Relationship • Peer Pressure • Menstrual Hygiene • Other issues of Adolescents 	<p>➤ <u>CREATIVE HOMEWORK FOR SUMMER VACATIONS</u></p>	<p>➤ <u>CREATIVE HOMEWORK FOR SUMMER VACATIONS</u></p>
AUGUST	SEPTEMBER	OCTOBER	NOVEMBER
<p>➤ <u>CHILD PROTECTION</u></p> <ul style="list-style-type: none"> • Safety and security of children • Prevention of child abuse • Prevention of corporal punishments • Child labour • Good Touch- Bad Touch • Bullying and ragging 	<p>➤ <u>EMOTIONAL WELL BEING</u></p> <ul style="list-style-type: none"> • Stress management strategies • Tips to stay mentally healthy • Mental health of students • Happy Schooling • Inclusive Education • Positive Education • Suicide prevention • Psychological disorders 	<p>➤ <u>PSYCHO-SOCIAL ISSUES</u></p> <ul style="list-style-type: none"> • Health and Hygiene • Moral/value Education • Peace Education • Nutrition • Civic Sense • First Aid • Mannerism • Traffic Rules 	<p>➤ <u>CAREER GUIDANCE I</u></p> <ul style="list-style-type: none"> • What to do after 10th • What to do after 12th • Choice of subject after 10th and 12th • Vocational Courses • Role of career agencies(SSRB, PSC,UPSC,IBPS,NTA) • EDI
DECEMBER	JANUARY	FEBRUARY	MARCH
<p>➤ <u>CAREER GUIDANCE II</u></p> <ul style="list-style-type: none"> • Career in Arts, Commerce and Science • Scholarship Schemes (PMSSS, Post-matric scholarship Scheme) • Entrepreneurship 	<p>➤ <u>EXAM STRESS MANAGEMENT</u></p> <ul style="list-style-type: none"> • Stress management Techniques • Study Skills • Exam Taking Skills • Time management • Memory Enhancement Techniques 	<p>➤ <u>EXAM STRESS MANAGEMENT</u></p> <ul style="list-style-type: none"> • Stress management Techniques. • Study Skills • Exam Taking Skills • Time management • Memory Enhancement Techniques 	<p>➤ <u>TEACHER ORIENTATION</u></p> <ul style="list-style-type: none"> • What to do after 10th • Psychological Sensitization • Child related issues • Child Psychology

COUNSELLING ACTIVITY CALENDAR OF WINTER ZONE FOR THE YEAR 2019-20

November	December	January	February
<p>➤ TEACHER ORIENTATION</p>	<p>➤ <u>GENERAL ORIENTATION</u></p> <ul style="list-style-type: none"> • Rules and regulations • Punctuality & regularity • Value Education • Mannerism 	<p>➤ <u>CREATIVE HOMEWORK FOR WINTER VACATIONS</u></p>	<p>➤ <u>CREATIVE HOMEWORK FOR WINTER VACATIONS</u></p>
March	April	May	June
<p>➤ <u>GENERAL PSYCHOLOGICAL ISSUES</u></p> <ul style="list-style-type: none"> • Substance Abuse • Internet/ Mobile addiction • Media influence • Relationships • Personal Safety 	<p>➤ <u>ADOLESCENT EDUCATION</u></p> <ul style="list-style-type: none"> • Changes during adolescence (Physiological, Psychological, Behavioural) • Body Image • Parent child Relationship • Peer Pressure • Menstrual Hygiene • Other issues of Adolescents 	<p>➤ <u>EMOTIONAL WELL BEING</u></p> <ul style="list-style-type: none"> • Stress management strategies • Tips to stay mentally healthy • Mental health of students • Happy Schooling • Inclusive education • Suicide prevention • Psychological disorder 	<p>➤ <u>CHILD PROTECTION</u></p> <ul style="list-style-type: none"> • Safety and security of children • Prevention of child abuse • Prevention of corporal punishments • Child labour • Good Touch- Bad Touch • Bullying and ragging
July	August	September	October
<p>➤ <u>CAREER GUIDANCE I</u></p> <ul style="list-style-type: none"> • What to do after 10th • What to do after 12th • Choice of subject after 10th and 12th • Vocational courses • Role of career agencies(SSRB, PSC,UPSC,IBPS,NTA) • EDI 	<p>➤ <u>CAREER GUIDANCE II</u></p> <ul style="list-style-type: none"> • Career in Arts, Commerce and Science • Scholarship Schemes (PMSSS, Post-matric scholarship Scheme) • Entrepreneurship. 	<p>➤ <u>EXAM STRESS MANAGEMENT</u></p> <ul style="list-style-type: none"> • Stress management Techniques • Study Skills • Exam Taking Skills • Time management • Memory Enhancement Techniques 	<p>➤ <u>EXAM STRESS MANAGEMENT</u></p> <ul style="list-style-type: none"> • Stress management Techniques • Study Skills • Exam Taking Skills • Time management • Memory Enhancement Techniques



ACTIVITIES

- Lectures by Teachers/ Resource Persons/ Guest Invitee/ Career Counsellor.
- Screening video films/ Short Movies.
- Visit of a Doctor/ Psychiatrist.
- Visit of Child Welfare Committees/ ICPS Workers.
- Motivational Lectures by Role Models.
- Display of Emergency Numbers.
- Individual/ Group Counselling.
- Positive engagement.
- Role Plays.
- Parent Conferences.
- Workshops.
- Yoga and Meditation sessions.
- Thinking and Reasoning exercises.
- Audio/ Video Clips of Motivational speakers.
- Field Visits.
- Peer Educators.