## Counselling Activity Calendar of "Summer Zone" for the Year 2020-21

### April
- **Orientation of Students & Parents**
  - Counselling need Assessment
  - Rapport Building
  - Do’s and Don’ts for students.
  - Rules and Regulations
  - Mannerism
  - Civic Sense
  - Discipline, Regularity and punctuality

### May
- **Adolescent Education**
  - Changes during adolescence
    - (Physiological, Psychological, Behavioural)
  - Body Image
  - Substance Abuse
  - Adolescent Reproductive and Sexual health
  - Gender Sensitization
  - Life skills.
  - Parent-child Relationship
  - Peer Pressure, Menstrual Hygiene, Other issues of Adolescents

### June
- **Creative Homework for Summer Vacations**
  - Fitness Activities.
  - Art and Craft.

### July
- **Creative Homework for Summer Vacations**
  - DSEJ weekly assignments

### August
- **Child Protection**
  - Child Rights
  - Cyber crimes and security.
  - Safety and Security of Children, Prevention of child abuse, Prevention of corporal punishments
  - Child labour, Safe Touch-Unsafe Touch, Bullying and ragging

### September
- **Emotional Well Being**
  - Psychological impact of COVID-19.
  - Coping with Pandemic.
  - Childhood Psychological Disorders.
  - Parenting during crisis.
  - Stress management strategies
  - Tips to stay mentally healthy
  - Suicide Prevention

### October
- **Health and hygiene**
  - COVID-19 safety precautions.
  - Respiratory hygiene.
  - Nutrition to boost immunity.
  - Physical Fitness.

### November
- **Career Guidance**
  - JK Career portal.
  - Changed career scenario after COVID-19
  - Career in Arts, Commerce and Science
  - What after 10th.
  - What to do after 12th
  - Choice of subject after 10th and 12th.
<table>
<thead>
<tr>
<th>DECEMBER</th>
<th>JANUARY</th>
<th>FEBRUARY</th>
<th>MARCH</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CAREER GUIDANCE II</strong></td>
<td><strong>EXAM STRESS MANAGEMENT</strong></td>
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<td><strong>TEACHER ORIENTATION</strong></td>
</tr>
<tr>
<td>• Scholarship Schemes (PMSSS, National Scholarship Portal)</td>
<td>• Stress management Techniques.</td>
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<td>• Role of Different Career related Agencies.</td>
<td>• Study Skills.</td>
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<td>• Child Psychology</td>
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<td>• Entrance Test after 10+2</td>
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<td>• Prominent Institutes</td>
<td>• Time management.</td>
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<td>• Career Counselling</td>
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<tr>
<td>• Pre &amp; Post Matric scholarship schemes.</td>
<td>• Memory Enhancement Techniques.</td>
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<td>• Stress Management</td>
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<td>• Private scholarship Schemes.</td>
<td>• Meditation &amp; Yoga</td>
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<td>• Well Being</td>
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Vocational Courses, Entrepreneurship, Role of career agencies (SSRB, PSC, UPSC, SSC, IBPS, NTA, EDI.)

**COUNSELLING CELL DSEJ**  Contact No. 9419210200, 6006800068
# Counselling Activity Calendar of "Winter Zone" for the Year 2020-21

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<thead>
<tr>
<th>November</th>
<th>December</th>
<th>January</th>
<th>February</th>
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| ➢ TEACHER ORIENTATION  
  • Counselling Skills  
  • Child Psychology  
  • Child Protection  
  • Career Counselling  
  • Stress Management  
  • Well Being  | ➢ ORIENTATION OF STUDENTS & PARENTS  
  • Do’s & Don’ts for students.  
  • Rapport Building  | ➢ CREATIVE HOMEWORK FOR WINTER VACATIONS  
  • Fitness Activities.  
  • Art and Craft.  | ➢ CREATIVE HOMEWORK FOR WINTER VACATIONS  
  • DSEJ weekly assignments.  |
| March | April | May | June |
| ➢ ORIENTATION OF STUDENTS AND PARENTS  
  • Counselling Need Assessment  
  • Rules and Regulations  
  • Discipline  
  • Regularity and Punctuality  
  • Civic Sense  
  • Mannerism  | ➢ ADOLESCENT EDUCATION  
  • Substance Abuse  
  • Changes during adolescence (Physiological, Psychological, Behavioural)  
  • Body Image  
  • Adolescent Reproductive and Sexual Health,  
  • Reproductive and sexual health.  
  • Parent child Relationship  
  • Peer Pressure  
  • Life skills.  
  • Menstrual Hygiene  
  • Other issues of Adolescents  | ➢ WELL BEING  
  • Psychological impact of COVID-19.  
  • Coping with Pandemic.  
  • Childhood Psychological Disorders  
  • Emotional Well Being  
  • Stress management strategies  
  • Tips to stay mentally healthy  
  • Mental health of students.  
  • Suicide prevention  | ➢ CHILD PROTECTION  
  • Child Rights  
  • Safety and security of children  
  • Cybercrimes and security.  
  • Prevention of child abuse  
  • Prevention of corporal punishments  
  • Child labour  
  • Safe Touch - Unsafe Touch  
  • Bullying and ragging  |

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Sd/
Romesh Kumar
Head Counselling Cell
Directorate of School Education, Jammu