

# Counselling Cell, Directorate of School Education Jammu

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

APRIL	MAY	JUNE	JULY
<p>➤ <b><u>ORIENTATION OF STUDENTS &amp; PARENTS</u></b></p> <ul style="list-style-type: none"> <li>• Counselling need Assessment</li> <li>• Rapport Building</li> <li>• Do's and Don'ts for students.</li> <li>• Rules and Regulations</li> <li>• Mannerism</li> <li>• Civic Sense</li> <li>• Discipline, Regularity and punctuality</li> </ul>	<p>➤ <b><u>ADOLESCENT EDUCATION</u></b></p> <ul style="list-style-type: none"> <li>• Changes during adolescence (Physiological, Psychological, Behavioural)</li> <li>• Body Image</li> <li>• Substance Abuse</li> <li>• Adolescent Reproductive and Sexual health</li> <li>• Gender Sensitization</li> <li>• Life skills.</li> <li>• Parent child Relationship</li> <li>• Peer Pressure, Menstrua lHygiene, Other issues of Adolescents</li> </ul>	<p>➤ <b><u>CREATIVE HOMEWORK FOR SUMMER VACATIONS</u></b></p> <ul style="list-style-type: none"> <li>• Fitness Activities.</li> <li>• Art and Craft.</li> </ul>	<p>➤ <b><u>CREATIVE HOMEWORK FOR SUMMER VACATIONS</u></b></p> <ul style="list-style-type: none"> <li>• DSEJ weekly assignments</li> </ul>
AUGUST	SEPTEMBER	OCTOBER	NOVEMBER
<p>➤ <b><u>CHILD PROTECTION</u></b></p> <ul style="list-style-type: none"> <li>• Child Rights</li> <li>• Cyber crimes and security.</li> <li>• Safety and Security of Children, Prevention of child abuse, Prevention of corporal punishments</li> <li>• Child labour, Safe Touch-UnsafeTouch, Bullying and ragging</li> </ul>	<p>➤ <b><u>Emotional WELL BEING</u></b></p> <ul style="list-style-type: none"> <li>• Psychological impact of COVID-19.</li> <li>• Coping with Pandemic.</li> <li>• Childhood Psychological Disorders.</li> <li>• Parenting during crisis.</li> <li>• Stress management strategies</li> <li>• Tips to stay mentally healthy</li> <li>• Suicide Prevention</li> </ul>	<p><b>Health and hygiene</b></p> <ul style="list-style-type: none"> <li>• COVID-19 safety precautions.</li> <li>• Respiratory hygiene.</li> <li>• Nutrition to boost immunity.</li> <li>• Physical Fitness.</li> </ul>	<p>➤ <b><u>CAREER GUIDANCE I</u></b></p> <ul style="list-style-type: none"> <li>• JK Career portal.</li> <li>• Changed career scenario after COVID-19</li> <li>• Career in Arts, Commerce and Science</li> <li>• What after 10<sup>th</sup>.</li> <li>• What to do after 12<sup>th</sup></li> <li>• Choice of subject after 10<sup>th</sup> and 12<sup>th</sup>,</li> </ul>

			Vocational Courses., Entrepreneurship, Role of career agencies (SSRB, PSC, UPSC, SSC, IBPS, NTA, EDI.
<b>DECEMBER</b>	<b>JANUARY</b>	<b>FEBRUARY</b>	<b>MARCH</b>
<p>➤ <b><u>CAREER GUIDANCE II</u></b></p> <ul style="list-style-type: none"> <li>• Scholarship Schemes(PMSSS, National Scholarship Portal)</li> <li>• Role of Different Career related Agencies.</li> <li>• Entrance Test after 10+2</li> <li>• Prominent Institutes</li> <li>• Pre &amp; Post Matric scholarship schemes.</li> <li>• Private scholarship Schemes.</li> </ul>	<p>➤ <b><u>EXAM STRESS MANAGEMENT</u></b></p> <ul style="list-style-type: none"> <li>• Stress management Techniques.</li> <li>• Study Skills.</li> <li>• Exam Taking Skills</li> <li>• Time management.</li> <li>• Memory Enhancement Techniques.</li> <li>• Meditation &amp; Yoga</li> </ul>	<p>➤ <b><u>EXAM STRESS MANAGEMENT</u></b></p> <ul style="list-style-type: none"> <li>• Stress management Tech.</li> <li>• Study Skills</li> <li>• Exam Taking Skills</li> <li>• Time management</li> <li>• Memory Enhancement Technique</li> </ul>	<p>➤ <b><u>TEACHER ORIENTATION</u></b></p> <ul style="list-style-type: none"> <li>• Counselling Skills</li> <li>• Child Psychology</li> <li>• Child Protection</li> <li>• Career Counselling</li> <li>• Stress Management</li> <li>• Well Being</li> </ul>

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

November	December	January	February
<p>➤ <b>TEACHER ORIENTATION</b></p> <ul style="list-style-type: none"> <li>• Counselling Skills</li> <li>• Child Psychology</li> <li>• Child Protection</li> <li>• Career Counselling</li> <li>• Stress Management</li> <li>• Well Being</li> </ul>	<p>➤ <b><u>ORIENTATION OF STUDENTS &amp; PARENTS</u></b></p> <ul style="list-style-type: none"> <li>• Do's &amp; Don'ts for students.</li> <li>• Rapport Building</li> </ul>	<p>➤ <b><u>CREATIVE HOMEWORK FOR WINTER VACATIONS</u></b></p> <ul style="list-style-type: none"> <li>• Fitness Activities.</li> <li>• Art and Craft.</li> </ul>	<p>➤ <b><u>CREATIVE HOMEWORK FOR WINTER VACATIONS</u></b></p> <ul style="list-style-type: none"> <li>• DSEJ weekly assignments.</li> </ul>
March	April	May	June
<p>➤ <b><u>ORIENTATION OF STUDENTS AND PARENTS</u></b></p> <ul style="list-style-type: none"> <li>• Counselling Need Assessment</li> <li>• Rules and Regulations</li> <li>• Discipline</li> <li>• Regularity and Punctuality</li> <li>• Civic Sense</li> <li>• Mannerism</li> </ul>	<p>➤ <b><u>ADOLESCENT EDUCATION</u></b></p> <ul style="list-style-type: none"> <li>• Substance Abuse</li> <li>• Changes during adolescence (Physiological, Psychological, Behavioural)</li> <li>• Body Image</li> <li>• Adolescent Reproductive and Sexual Health,</li> <li>• Reproductive and sexual health.</li> <li>• Parent child Relationship</li> <li>• Peer Pressure</li> <li>• Life skills.</li> <li>• Menstrual Hygiene</li> <li>• Other issues of Adolescents</li> </ul>	<p><b><u>WELL BEING</u></b></p> <ul style="list-style-type: none"> <li>• Psychological impact of COVID-19.</li> <li>• Coping with Pandemic.</li> <li>• Childhood Psychological Disorders</li> <li>• Emotional Well Being</li> <li>• Stress management strategies</li> <li>• Tips to stay mentally healthy</li> <li>• Mental health of students.</li> <li>• Suicide prevention</li> </ul>	<p>➤ <b><u>CHILD PROTECTION</u></b></p> <ul style="list-style-type: none"> <li>• Child Rights</li> <li>• Safety and security of children</li> <li>• Cybercrimes and security.</li> <li>• Prevention of child abuse</li> <li>• Prevention of corporal punishments</li> <li>• Child labour</li> <li>• Safe Touch- Unsafe Touch</li> <li>• Bullying and ragging</li> </ul>

July	August	September	October
<p>➤ <b><u>CAREER GUIDANCE I</u></b></p> <ul style="list-style-type: none"> <li>• JK career Portal.</li> <li>• Changed career scenario after COVID-19</li> <li>• Career in Arts, Commerce and Science</li> <li>• What after 10<sup>th</sup></li> <li>• What to do after 12<sup>th</sup></li> <li>• Choice of subject after 10<sup>th</sup> and 12<sup>th</sup>, Vocational courses,</li> <li>• Entrepreneurship, Role of career agencies (SSRB, PSC, SSC, UPSC, IBPS, NTA)</li> </ul>	<p>➤ <b><u>CAREER GUIDANCE II.</u></b></p> <ul style="list-style-type: none"> <li>• Scholarship Schemes (PMSSS, Pre-Post-matric scholarship Schemes)</li> <li>• National Scholarship Portal</li> <li>• Role of Different Career related Agencies.</li> <li>• Entrance Test after 10+2</li> <li>• Prominent Institutes</li> </ul>	<p>➤ <b><u>EXAM STRESS MANAGEMENT</u></b></p> <ul style="list-style-type: none"> <li>• Stress management Techniques, Study Skills</li> <li>• Exam Taking Skills</li> <li>• Time management</li> <li>• Memory Enhancement Technique</li> </ul>	<p>➤ <b><u>EXAM STRESS MANAGEMENT</u></b></p> <ul style="list-style-type: none"> <li>• Stress management Tech.</li> <li>• Study Skills</li> <li>• Exam Taking Skills</li> <li>• Time management</li> <li>• Memory Enhancement Technique</li> </ul>

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