

**Government of Jammu & Kashmir**  
**DIRECTORATE OF SCHOOL EDUCATION, JAMMU**

Circular No: 13-DSEJ of 2020  
Dated: 27-05-2020

**Sub: Psychological Task force for strengthening Counselling Services (Psycho-Social and Career) for mental health and well-being of students.**

The outbreak of the global pandemic COVID-19 understandably presents a challenging time for everyone around the world. This pandemic is not only a serious medical concern, but it also brings mixed emotions and psycho-social stresses for all. There are emerging mental health concerns with specific focus on kids, adolescents and teenagers especially learners with disabilities. An empathetic and patient approach is need of the hour. It can go a long way in mitigating psychological needs of shining stars. Educators with psychological background and related experience can prove the best facilitators.

In this regard need is being felt to undertake guidance and counselling interventions more aggressively to ensure mental health/well-being, career awareness and child protection of the learners at school level during and post COVID-19 times. In order to attend this eminent need, a divisional task force consisting of faculty members (teachers/masters/lecturers) having PG psychology is hereby constituted.

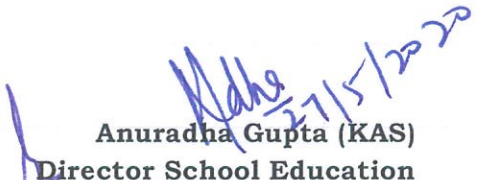
In view of all of the above, Chief Education Officers (all) are hereby directed to instruct the HOIs of respective schools to allow and direct all faculty members having M.A. psychology to contribute to this humanitarian cause by being part of various psycho-social interventions in consultation with counselling cell at Directorate of School Education, Jammu.

These officials will assist counselling cell DSEJ in time to time recommended well-being/counselling initiatives in addition to their routine academic duties. The job profile of this task force will be to undertake, monitor, report and develop resource material for various counselling initiatives in collaboration with Counselling Cell DSEJ. These task force members will also keep a close liaisoning with respective DIETs and counselling cell DSEJ for the same. Counselling cell DSEJ will ensure their regular capacity development of the task force through resource persons/organizations working in the field of mental health/counselling.

To begin with counselling Cell DSEJ in collaboration with **Bhartiya Counselling Psychology Association (BCPA)** is going to organize three days orientation cum training programme on counselling skills for them w.e.f from 1<sup>st</sup> to 3<sup>rd</sup> June 2020. As such you are further directed to ensure their presence in three days online training programme as mentioned above (**Training schedule is annexed**). Any educator who is PG psychology and not in the list can contact @9419210200 for needful addition in the task force.

**Annexure**

- 01: List of Educators with PG psychology.  
02: Training Schedule

  
Anuradha Gupta (KAS)  
Director School Education  
Jammu

**Copy to the:**

1. Principal Secretary to Govt. School Education Department Civil Secretariat Srinagar for information.
2. Chief Education Officers (All) Jammu Division for necessary action.
3. Principal DIET (All) Jammu Division for information and necessary action.
4. Joint directors (All) Jammu Division for information.
5. Principal SIE(J) for information.
6. Romesh Kumar, Head Counselling Cell DSEJ for necessary action.
7. I/c website for uploading it on official website.

**Annexure "A"--List of faculty members having M.A. in Psychology**

S.No	Name of The Employee	Designation	Whats App Mobile Number	Gender	Place Of Posting	Zone	Qualification
1	BINDU KUMARI	General Line Teacher	9107063413	Female	G.M.S PatoliMangotrian	JAMMU	M.A M.Ed NET In Education
2	MAKHAN LAL SAINI	Lecturer (DPC)	9419206579	Male	GOVT.BOYS HSS ALLAH	ARNIA	MED,MA (ENGLISH),MA (PSYCHOLOGY)
3	ANSHU SHARMA	General Line Teacher	9622850889	Female	GMS PARGWAL	JOURIAN	M.A. ,B.Ed.
4	SANDEEP KUMAR RATHORE	General Line Teacher	9906305462	Male	HSS CHATROO	INDERWAL	M.A, B.ED
5	RAVI KANT SHARMA	General Line Teacher	9906098809	Male	GOVT. HSS MANKOTE	MANKOTE	M.A(Psychology),M.Sc(Mathematics),M.ED
6	KRISHAN CHAND	Sr Lecturer	6005256524	Male	GHSS KRIMACHI	UDHAMPUR	MA(Pol.Science,Psy,English,Bed)
7	SHVETA SHARMA	General Line Teacher	9086137080	Female	GGHSS CANAL ROAD JAMMU	JAMMU	M.A. PSYCHOLOGY, B.ED
8	LOTIKA SHARMA	General Line Teacher	9797810886	Female	GHSS REHAL	BISHNAH	M. A, M. Ed
9	RICHA GANDOTRA	General Line Teacher	9055079432	Female	Ghss, Dablehar	R.S.PURA	B.A., M.A., B.ED., NET AND Jkset In Psychology
10	POOJA GUPTA	General Line Teacher	9419203288	Female	Gbhss Gandhi Nagar Jammu	GANDHI NAGAR	M.A,M.Ed
11	SHILPA GUPTA	General Line Teacher	09622070775	Female	GpsKhandwal	SATWARI	M.A , B.Ed.
12	KEWAL KRISHAN	General Line Teacher	8716944609	Male	HSS SALEHAR	ARNIA	M.A., B.Ed.
13	RUHI KOUSAR	General Line Teacher	9622297777	Female	GHSS CHANNI HIMMAT, JAMMU	PURMANDA	M.A., B.Ed., NET (PSYCHOLOGY)
14	NAZIA AKHTAR	General Line Teacher	9149816440	Female	GPS HAKKAL	SATWARI	B.A,M.A,B.Ed
15	ROSSEY SHARMA	General Line Teacher	7006927251	Female	GMS-LAMBERI	DANDESAR	Double M.A M. ED
16	JASMEET KOUR	General Line Teacher	9797610385	Female	GMS UPPER GADIGARH	SATWARI	M.A, B.Ed
17	RAJANI SHARMA	General Line Teacher	9622094805	Female	GGMS KOTHA B HOUR	SATWARI	M.A , M.ED
18	GURMEET SINGH	R.R.F.T(State)	9086385748	Male	GMS QAZI MOHRA	POONCH	M.A M.Ed
19	SAIMA CHOUDHARY	General Line Teacher	9419256177	Female	GOVT.GIRLS HR.SEC.SCHOOL SHASTRI	GANDHI NAGAR	M.A Psychology, B.Ed

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**Annexure "A"--List of faculty members having M.A. in Psychology**

					NAGAR,JAMMU		
20	SUGANDHYA DEVI	R.R.E.T(SSA)/ General Line Teacher Grade -II	9596994373	Female	GPS KOOL KALAN BASTI NO 2	ARNIA	M.A, BED
21	PARVEEN AKHTER	Sr Lecturer	7889855266	Female	Govt. Hari Singh Higher Secondary School, Jammu	JAMMU	M. Sc. Psychology
22	PAWAN KUMAR	R.R.E.T(SSA)/ General Line Teacher Grade -II	9419301632	Male	GOVT. PRIMARY SCHOOL MIRSAR (AKHNOOR)	AKHNOOR	B.Sc, MA (PSYCHOLOGY),B.Ed
23	ANCHELY KUMARI	R.E.T (SSA)	9419341333	Female	Government Primary School Mohalla Shah Bala (Akhnoor )	AKHNOOR	MA, B.Ed
24	NITAN BAKSHI	Junior Assistant	9797437246	Male	HSS JHULASS	KUNYIAN	MA
25	SANJOGITA KUMARI	R.R.E.T(State)	9469049228	Female	Govt. Primary School Sum Danga	SATWARI	B.Sc, LL.B , M.Ed, M.A
26	SONIKA DEVI	General Line Teacher	9906900903	Female	SURINSAR JAMMU	SUMMER	PG IN PSYCHOLOGY
27	SHEETAL RAJPUT	General Line Teacher	9419292324	Female	G.G.H.S. PALLANWALA	KHOUR	M.A. , M.Ed.
28	ISHASHARMA	General Line Teacher	9469174779	Female	Gghs Raipur Satwari	SATWARI	M.A, M.ED

S.No	Name of The Employee	Designation	Whats App Mobile Number	Gender	Place of Posting	Zone	Qualification
29	Shalima Sharma	General Line Teacher	9469293520	Female	Ghss Boys Samba	SAMBA	M.A., M.Ed.
30	JOGINDER PAUL	General Line Teacher	9419283499	Male	GOVT GIRLS MIDDLE SCHOOL BEHANI GALA	SUNDER BANI	M.SC (EVS), M.A (PSYCHOLOGY), M.ED, ENGLISH STENO
31	RAM KRISHAN	Master	8493094552	Male	GmsDhanwa n	BHALWAL	Triple M.A. ,M.Ed.
32	AJAY KUMAR	General Line Teacher	9858177224	Male	GOVT MS NIARNI	BHADDU	M.A, B.Sc, B.Ed
33	MEENAKASHI BHARTI	General Line Teacher	9103018076	Female	GBHSS UDHAMPUR	UDHAMPUR	MA Psychology , MA English ,B.Ed, Certificate In Guidance And Counselling,SETIn Psychology

**Annexure "A"--List of faculty members having M.A. in Psychology**

34	Imtiaz Ahmed	Sr Lecturer	7006625611	Male	Girls HssMandi	MANDI	MA Bed
35	HARDEEP SINGH	Sr Lecturer	9419210238	Male	HSS CHHAN RORIAN, KATHUA	MARHEEN	M.A., M.Phil. Post Graduate Diploma In Guidance & Counselling
36	VINOD KUMAR	Sr Lecturer	7006967506	Male	HSS NUD (SAMBA)	VIJAYPUR	M.A,B.Ed
37	JAGJIWAN KUMAR	Sr Lecturer	8803189380	Male	GHSS DABLEHAR	RSPURA	MA,M.Ed
38	Nida E Irm	General Line Teacher	9419167332	Female	GmsThanger	GANDHI NAGAR	B.A, M.A, B.Ed
39	TRIPTA KUMARI	Master	9070654512	Female	Govt. Girls Middle School Saiklu	SATHRA	B.A. B.Ed.
40	BHARTI MAHAJAN	General Line Teacher	9419166667	Female	GMS NAGROTA GUJROO	BHADDU	M.A PSYCHOLOGY, M.Ed.
41	SANJEEV KUMAR	R.R.E.T(State)	9797458717	Male	PS DHAKKIWALA	KANUYIAN	M.A, B.Ed
42	SUMAN BALA	General Line Teacher	8713020835	Female	Gbp School Rangpur Sadhrey	R.S.PURA	M.A, M.ED.
43	SAKSHI MAHAJAN	General Line Teacher	09419139592	Female	KALLIS KULLIAN ,MIRAN SAHIB.	MIRAN SAHIB	M.A Psychology,M.Ed.
44	NISHU BALA	General Line Teacher	9796423849	Female	GMS KABIR COLONY JAMMU	JAMMU	MA BED,MED
45	SANDHYA SHARMA	General Line Teacher	9796297820	Female	GGMS, RATTIAN MIRAN SAHIB	MIRAN SAHIB	B.SC, MA., B.ED
46	SandashaKumari	Master	9070414886	Female	Govt.Gnss Camp Shastri Nagar Jammu	GANDHI NAGAR JAMMU	MA.Sociology. MA Psychology. B.Ed.
47	Meenakshi Sharma	General Line Teacher	9419128338	Female	GmsPurobhana	RSPURA	M.A,B.Ed
48	Sonika Sharma	General Line Teacher	9797618798	Female	GmsDhalli	SALLAN	M.Sc M.A M.Ed
49	SAWATI SHARMA	General Line Teacher	9906086641	Female	HIGH SCHOOL AJOTE	POONCH	M.A .B.Ed
50	MinakshiMisra	General Line Teacher	9596814568	Female	Rs Pura Satrayan	RS PURA	M.A,M.ED
51	SUBASH CHANDER	Head Master	09419109575	Male	Govt. Girls High School, Chakrohi	RS PURA	M.A. B.Ed.
52	NEERU BANGOTRA	Master	9469051357	Female	GOVT HS MEEN SARKAR	PURMANDA L	BSC M.Ed
53	SANGEETA KUMARI	General Line Teacher	9796035457	Female	HSS CAMP JAGTI NAGROTA	DANSAL	M.A ; Ph.D(Psychology) ; M.Ed
54	PREM NATH	Lecturer(DPC)	7006925926	Male	HSS NANDPUR	RAMGARH	MA PSYCHOLOGY, M.ED
55	ASHMA	R.E.T (SSA)	8082803234	Female	GOVT. MIDDLE	NOWSHERA	MA, BED

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**Annexure "A"--List of faculty members having M.A. in Psychology**

	CHOUDHARY				SCHOOL GANIAH		
56	FARZANA CHOUDHARY	General Line Teacher	9797685678	Female	GOVT. HIGH SCHOOL CHANDU CHAK	RSPURA	M.A.,M.ED
57	ASHOK KUMAR	Sr Lecturer	7780942804	Male	DIET KUD	CHENANI	B. Sc.(Medical) M. A Psychology
58	Suvasana Malhotra	General Line Teacher	9419125120	Female	Govt. Girls High School, Bhour Camp Jammu	SATWARI	M.A ,M.Ed
59	RAKESH KUMAR	R.R.E.T(SSA)/ General Line Teacher Grade -II	9697241009	Male	GMS CHACK BHAGWANA	JOURIAN	B.Sc, M.Ed, PGDCA, MA (Psy)
60	RUPSEE GUPTA	General Line Teacher	9419256230	Female	GOVT MIDDLE SCHOOL THAPLAL	RAMNAGAR	M.A (Psychology), M.A. (English), M.Ed
61	ManpreetKour	General Line Teacher	9419140623	Female	GmsRehari	JAMMU	M.A, B.Ed
62	ANJU SLATHIA	Master	8825034592	Female	GHS DHARAMKOTE	BHADDU	M.A, M.Ed
63	UPASANA	General Line Teacher	9419986123	Female	M/S KIRMOO	RAMNAGAR	M.A (Psychology), M.A (English) , B.ED
64	POOJA DEVI	General Line Teacher	9622064291	Female	Govt Girls High School Khour	KHOUR	M.A M.ED
65	NARESH KUMAR	Lecturer(PSC)	9858016819	Male	GHSS CHANDWAN	MARHEEN	B.P.Ed.&M.P.Ed
66	NEHA	General Line Teacher	8491062607	Female	GmsMuthiMaira ,Zone Jourian	JOURIAN	M.A , B.Ed
67	TAZEEM AKHTER	General Line Teacher	9055066687	Female	HIGH SCHOOL BANDICHECHAI N	NANGALI	M.A., B.Ed.
68	JAGDEV SINGH	R.R.E.T(State)	9596804831	Male	Govt. Girls Middle School Dadora	JOURIAN	BSC PG IN PSYCHOLOGY PGDCA
69	ROHIT RAINA	General Line Teacher	9906118707	Male	GOVT MIDDLE SCHOOL LAMBERI	DANDESAR	B.Sc.EdM.Sc
70	MEENAKSHI	General Line Teacher	9858609664	Female	PS KARKALA CHOUDHERWAL A	KHOUR	M. A., M. Ed.
71	KAMALJIT KAUR	General Line Teacher	7889810161	Female	GOVT. MIDDLE SCHOOL PARWAH	MARH	MA, B. ED
72	ShivaniKumari	R.R.E.T(State)	9622206808	Female	GmsNazlaChak	JOURIAN	B.Sc, B.Ed
73	PANKAJ KUMARI	General Line Teacher	7006428974	Female	HS POTH A	BALJARALL AN	MA Msc Bed
74	SHOBHA DOGRA	R.R.E.T(SSA)/ General Line Teacher Grade	9596855636	Female	P S KERI	ASSAR	M.A Psychology

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		-II					
75	RAJ KUMAR	General Line Teacher	9906083115	Male	GOVT. H/S PINDI SAROCHAN	ARNIA	MA
76	VIDUSHI SHARMA	General Line Teacher	9419210965	Female	GGHSS BAKSHI NAGAR JAMMU	JAMMU	M.A. B.ED M.ED NET
77	PARSHOTAM SINGH	Master	7006813970	Male	GHSS MOUNGRI	PANCHARI	MA Psychologu,Mscevs,B.Ed
78	RANTEER SINGH	Master	8716079508	Male	Govt Girls High School Dablehar	R S PURA	MASTER OF ARTS AND BACHELOR OF EDUCATION
79	MADHU KUMARI	Sr Lecturer	9086055080	Female	GovtGhss Camp Shastri Nagar Jammu	GANDHI NAGAR JAMMU	MA B.Ed.
80	NARINDER KAUR	General Line Teacher	9419291579	Female	GPS SAINIK COLONY SEC_E JAMMU	PURMANDA L	M.A.,M.Ed
81	DR. KULDEEP KUMAR	Lecturer(PSC)	9796663838	Male	HSS GHAROTA	BHALWAL	M.A. NET/JRF Ph.D
82	SHAKIR SARWAR	R.R.E.T(SSA)/ General Line Teacher Grade -II	9858686592	Male	GOVT GUPS DERSHIPURA	BANIHAL	B.A, M.A
83	SARIKA SHARMA	General Line Teacher	8716894036	Female	G G M S Khairi	BISHNAH	BscMA Psychology Bed Med NET In Education
84	AJIT KUMAR	General Line Teacher	9906290738	Male	HSS CHAKRABHATI	BHALLA	MA/M.Ed
85	SAJJAD HUSSAIN	Sr Lecturer	9697601868	Male	DIET BANIHAL	HARD	MA Bed
86	ARTI RANI	General Line Teacher	7006066781	Female	GPS KATRA	REASI	M.A. B.Ed.
87	NEELAM	General Line Teacher	9858655300	Female	GIRLS HIGH SCHOOL KALAKOTE	KALAKOTE	M.A B.ED
88	ENA DUTTA	R.E.T (SSA)	9596902226	Female	HSS ARNAS	ARNAS	Double M.A B.Ed
89	SHOBNA	General Line Teacher	8803756131	Female	M.S.BHELLA	THATHRI	M.A , B.Ed
90	VINOD KUMAR BHARDWAJ	R.R.E.T(SSA)/ General Line Teacher Grade -II	6005685209	Male	M.S Kah Deployed In District Jail Udhampur For Counselling Of Jail Inmates	JIB	M.Phil ,B.Ed
91	SANDHYA BHARGAV	General Line Teacher	7889758859	Male	LHS BALSHAMA	LOWER HATHAL	M.A. M.ED.

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92	ANITA KUMARI	General Line Teacher	8803134236	Female	HSS LAMBERI	DANDESAR	M.A(HISTORY),M.A.(PSYCHOLOGY),B.ED,M.ED
93	SONIA SHARMA	General Line Teacher	9018679007	Female	GGHS KATRA	REASI	M.A ,B.Ed
94	SURESH MALHOTRA	General Line Teacher	9622008875	Male	GOVT MIDDLE SCHOOL DAB JAGIR	POUNI	MA Sociology, Psychology Med
95	ShamilaAlam	General Line Teacher	9070470084	Female	Govt. Girls Middle School Mehmoodpur	BISHNAH	M. A, B. Ed
96	SIBT-E HUSSAN	General Line Teacher	9622064742	Male	HSS MOORI GURSAI	HARNI	MA B.Ed
97	RADHIKA DIGRA	General Line Teacher	8492083329	Female	GPS CHATHA GUJRAN	MARH	M.A B.Ed
98	Puran Singh	General Line Teacher	9419378608	Male	Hs Ind	GOOL	M. SC/M.A/B.Ed
99	PAWAN KUMAR NEHRU	Master	9419231642	Male	GOVT MIXED H.S.S CAMP ROOP NAGAR	JAMMU	M.Sc, M.A , B.Ed
100	HAROON UR RASHID KATOCH	3rd Teacher	7006424956	Male	GOVT.UPS PHALTI	RAMBAN	B.SC M-Ed
101	ARCHANA MANHAS	R.R.E.T(State)	9419988054	Female	GGMS PANGALI	KHOUR	B.Sc, B.Ed&M.A
102	Abdul Majid	Principal/HOD	7006320511	Male	HssSanglikote	CHSSANA	MA Bed
103	Om Ji Raina	Master	7006807339	Male	GOVT.MIXED.H SS CAMP ROOP NAGAR	JAMMU	B.Sc.B.Ed.M.A PSYCHOLOGY
104	DALEEP SINGH	R.R.E.T(SSA)/ General Line Teacher Grade -II	9797571450	Male	GOVT.PRIMARY SCHOOL BHORI, BAGAN KOTE	CHASSANA	B.Sc,M.A
105	MANJEET KOUR	Master	9906089461	Female	GOVT MS CHARALLAN	SURANKOTE	MA, MSC, Bed
106	NAZIA FAROOQ	Lecturer(PSC)	07006350614	Female	GHSS KUD UDHAMPUR	CHENNANI	M.A Psychology,Med
107	SUDHA CHOPRA	Master	8825013554	Female	GHS BHATYARI	DANSAL	M.A IN PSYCHOLOGY, B.ED
108	HARDEEP SINGH	R.R.E.T(State)	7051342858	Male	GOVT.MS GARH	AKHNOOR	B.Sc,MA,B.Ed
109	FAROOQ AHMED ROUNYAL	General Line Teacher	9622103430	Male	Govt Girls Middle School Maitra	RAMBAN	MA B.Ed, DOEACC A Level, 3 Year Dip. In Computer Engineering.
110	RAJNI KUMARI	General Line Teacher	9419147925	Female	GPS URLANI	DANSAL DISTT.JAMMU	M.A ,B.Ed.

Annexure "A"--List of faculty members having M.A. in Psychology

111	KIRAN KATOCH	R.R.E.T(State)	8899143632	Male	G.P.S NEERA	RAMBAN	M.A B.Ed
1112	MOHD IRFON WANI	R.R.E.T(SSA)/ General Line Teacher Grade -II	7006481535	Male	UPS BHULL	BATOTE	PG Urdu &PG Psychology
113	VIPAN KUMAR SHARMA	General Line Teacher	8492010619	Male	Government Primary School Jullha	REASI	B.Sc, M.A Psychology





**Annexure "B"**

**Online Training Schedule**

**Three days orientation cum training programme for Psychological task force w.e.f 01/06/2020 to 03/06/2020.**

<b>Date</b>	<b>Time</b>	<b>Topic</b>	<b>Resource Person</b>
June 1, 2020	11:30 am to 01:30 pm	The Skills and Process of School Counselling	Dr. Rajesh Bhatta (National Organizational Secretary, BCPA)
June 2, 2020	11:30 am to 01:30 pm	Understanding Childhood Mental Health by Dr.Madhubala Yadav (Child Psychologist)	Dr. Madhubala Yadav (Child Psychologist)
June 3, 2020	11:30 am to 01:30 pm	Career Counselling in the Time of Covid -19 by DrAshutosh Srivastava (National President, BCPA)	Dr Ashutosh Srivastava (National President, BCPA)

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