GOVERNMENT OF JAMMU & KASHMIR
DIRECTORATE OF SCHOOL EDUCATION JAMMU

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Chief Education Officers (All)
Jammu Division

No: DSEJ/Counselling/ 20466-B2  Dated: 26/08/2020

Sub: Training/Sensitization of Faculty counselors from HS, HSS on Manodarpan.

Ref: Govt. Order No: 637-JK (GAD) of 2020 Dated 11.06.2020 regarding quality initiatives under Atma Nirbhar Bharat. (Manodarpan)

Counselling cell DSEJ in collaboration with Bharti foundation is going to organize online sensitization cum training programme on Manodarpan (Orientation, Stress management, Emotional management) for faculty counsellors in schools.

In this regard you are directed to depute two faculty counsellors working in school counselling cells from each High and Higher secondary school for the above mentioned online training programme as per the schedule attached.

For any queries, Counselling cell DSEJ can be contacted at 6006800068.

(Anuradha Gupta) KAS
Director School Education,
Jammu

Copy to the:
1. Principal Secretary to Govt. School Education Department Govt. of J&K UT, Civil secretariat Srinagar for information.
2. Principal DIETS to Coordinate through DNOs counselling at DIETS.
3. Romesh Kumar, Head counselling Cell DSEJ for necessary action.
4. Project Head Bharti Foundation for information and necessary action.
5. District Counselling coordinators for necessary action.
6. IC website for uploading it on website.
7. Sohail Wani DRG Doda for technical support.
## Training Schedule

<table>
<thead>
<tr>
<th>S.no</th>
<th>District</th>
<th>Modules to beCovered</th>
<th>Session Date &amp; Timing</th>
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</thead>
</table>
| 1    | Reasi    | Session 1: Introducing Manodarpan  
       | Samba    | Session 2: Stress Management  
       |         | Session 3: Managing Emotions |  
       | Kistwar  | First Session on 31st Aug @ 10:30 AM to 12:00 PM  
       |         | 2nd Session on 1st Sep @ 10:30 AM to 12:00 PM  
       |         | 3rd Session on 2nd Sep @ 10:30 AM to 12:00 PM |
| 2    | Poonch   | Session 1: Introducing Manodarpan  
       |     | Session 2: Stress Management  
       | Rajouri | Session 3: Managing Emotions |  
       |         | First Session on 31st Aug @ 4:00 PM to 5:30 PM  
       |         | 2nd Session on 1st Sep @ 4:00 PM to 5:30 PM  
       |         | 3rd Session on 2nd Sep @ 4:00 PM to 5:30 PM |
| 3    | Udhampur | Session 1: Introducing Manodarpan  
       | Ramban  | Session 2: Stress Management  
       |         | Session 3: Managing Emotions |  
       |         | First Session on 3rd Sep @ 10:30 AM to 12:00 PM  
       |         | 2nd Session on 4th Sep @ 10:30 AM to 12:00 PM  
       |         | 3rd Session on 5th Sep @ 10:30 AM to 12:00 PM |
| 4    | Doda     | Session 1: Introducing Manodarpan  
       | Kathua  | Session 2: Stress Management  
       |         | Session 3: Managing Emotions |  
       |         | First Session on 3rd Sep @ 4:00 PM to 5:30 PM  
       |         | 2nd Session on 4th Sep @ 4:00 PM to 5:30 PM  
       |         | 3rd Session on 5th Sep @ 4:00 PM to 5:30 PM |
| 5    | Jammu    | Session 1: Introducing Manodarpan  
       |         | Session 2: Managing Emotions |  
       |         | First Session on 7th Sep @ 10:30 AM to 12:00 PM  
       |         | 2nd Session on 8th Sep @ 10:30 AM to 12:00 PM |

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Romesh Kumar  
Head Counselling Cell  
Directorate of School Education,  
Jammu