

GOVERNMENT OF JAMMU & KASHMIR
DIRECTORATE OF SCHOOL EDUCATION JAMMU

Chief Education Officers (All)
Jammu Division

No: DSEJ/Counselling/ 20446-62

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.

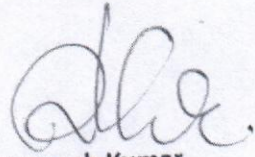

(Anuradha Gupta) KAS
Director School Education,
 **Jammu**

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

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


 Romesh Kumar
 Head Counselling Cell
 Directorate of School Education,
 Jammu