

OPJS/QMS/Report/23-24

Report : Counselling Session during Special Assembly

Topics - Water Conservation /Health and Wellness Guidelines /High- Five Poster

Type - Offline (Venue: Auditorium)

Purpose -To foster all-round development of students

The school has reopened in the new session .Our students have confronted a vast array of unprecedented challenges in adjusting back to the offline mode of school during the previous academic session. Considering these aspects , our school organizes counselling programmes at regular intervals to foster psychological wellbeing , academic and personality development.

On 24th March 2023, a Counselling Session was integrated into the Special Assembly Programme organized by the students and teachers of classes VI-VIII to observe World Water Day 2023. The session was conducted by our Principal (R.K Trivedi Sir)

To begin with, he shared few interesting facts related to water and skillfully inter-connected those facts with the basic concepts/ formulae of mathematics which children were asked to recall.

The following aspects were explained in detail :

- **Conversation of water resources**
 - **Judicious use of water**
 - **Preference for locally farmed / locally produced items**
 - **High-Five Poster Display /Introduction**
 - ✓ **Spick and span uniform**
 - ✓ **Active learning**
 - ✓ **Being law abiding citizen**
 - ✓ **Courteous Language**
 - **Health and Wellness Guidelines Poster Display**
 - ✓ **Leading active lifestyle**
 - ✓ **Standing up against bullying**
 - ✓ **Being gender sensitive**
 - ✓ **Using gadgets judiciously**
 - ✓ **Maintaining personal hygiene**
 - ✓ **Developing self discipline and values**
 - ✓ **Developing inter-personal skills**
 - ✓ **Fostering psychological wellbeing**
 - ✓ **Refraining from using impermissible items**
 - ✓ **Avoiding junk and preferring nutritious food**
 - **Adherence to school rules / regulations documented in almanac**
 - **Anti Bullying/Anti Harassment Committee**
 - **Wellbeing Mantras :Eating Good /Thinking Well /Playing Well and Studying Well**
- Above mentioned points were explained adequately and class teachers were instructed to re-discuss the shared ideas during their classroom interaction with students .**

Sujata Banerjee
Counsellor

Dr. Monika Tripathi
School Doctor

Pictorial Evidence



High time!
ACTIVE LEARNING
EFFECTIVE TIME MANAGEMENT
BEING A LAW ABIDING CITIZEN
COURTEOUS LANGUAGE
SPICK & SPAN UNIFORM
I am a proud student of OPJS

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HEALTH AND WELLNESS GUIDELINES

- Lead an active lifestyle
- Stand up against bullying
- Be gender sensitive
- Use gadgets judiciously
- Maintain personal hygiene
- Develop unshakable self-discipline and values
- Develop interpersonal skills
- Foster psychological well-being
- Refrain from using impermissible articles
- Avoid junk, prefer nutritious food

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OPJS/QMS/Report/23-24

Report : Counselling Session during Special Assembly

Topics - Guidelines for students : Health and Wellness /Nine is Mine Poster

Type - Offline (Venue: Auditorium)

Purpose -To foster all-round development of students

The school has reopened in the new session .Our students have confronted a vast array of unprecedented challenges in adjusting back to the offline mode of school during the previous academic session. Considering these aspects, our school organizes counselling programmes at regular intervals to foster psychological wellbeing , academic and personality development.

On 25th March 2023, a Counselling Session was integrated into the Special Assembly Programme organized to welcome the students studying in classes IX to XII in the new academic session 2023-24. The session was conducted by our Principal (R.K Trivedi Sir) .

To begin with, he shared few interesting facts related to water and skillfully inter-connected those facts with the basic concepts/ formulae of mathematics which children were asked to recall.

The following aspects were explained in detail :

- **Benefits of farming and consuming millets**
- **Preference for locally farmed / locally produced items**
- **Nine is Mine Poster Display /Introduction**
 - ✓ **Spick and span uniform**
 - ✓ **Active learning**
 - ✓ **Being polite and optimistic**
 - ✓ **Being law abiding citizen**
 - ✓ **Courteous Language**
 - ✓ **Effective Time Management**
 - ✓ **Sense of gratitude**
 - ✓ **Regularity and punctuality**
 - ✓ **Respect for school property**
- **Health and Wellness Guidelines Poster Display**
 - ✓ **Leading active lifestyle**
 - ✓ **Standing up against bullying**
 - ✓ **Being gender sensitive**
 - ✓ **Using gadgets judiciously**
 - ✓ **Maintaining personal hygiene**
 - ✓ **Developing self discipline and values**
 - ✓ **Developing inter-personal skills**
 - ✓ **Fostering psychological wellbeing**
 - ✓ **Refraining from using impermissible items**
 - ✓ **Avoiding junk and preferring nutritious food**
- **Adherence to school rules / regulations documented in almanac**
- **Learning Multiple Languages : Regional and Foreign**
- **Developing Mathematical Skills**
- **Communicating in English while wearing school uniform**
- **Wellbeing ‘Mantras’ :Eating Good /Thinking Well /Playing Well and Studying Well**

Above mentioned points were explained with age appropriate and situation relevant examples .English and Mathematics Teachers were instructed to conduct guided discussions in the classrooms based on the ideas shared during the session .Overall , the session was highly informative, inspiring as well as interesting.

Sujata Banerjee
Counsellor

Dr. Monika Tripathi
School Doctor

Pictorial Evidence



HEALTH AND WELLNESS GUIDELINES

BE ACTIVE Lead an active lifestyle	NO BULLY Stand up against bullying	Be gender sensitive	Use gadgets judiciously
Maintain personal hygiene	Develop unshakable self-discipline and values	Develop interpersonal skills	
Foster psychological well-being	Refrain from using impermissible articles	Avoid junk, prefer nutritious food	

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NINE IS MINE

- ACTIVE LEARNING
- BEING POLITE & OPTIMISTIC
- EFFECTIVE TIME MANAGEMENT
- SENSE OF GRATITUDE
- BEING A LAW ABIDING CITIZEN
- COURTEOUS LANGUAGE
- REGULARITY & PUNCTUALITY
- RESPECT FOR SCHOOL PROPERTY
- SPICK & SPAN UNIFORM

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Report : Counselling Session during Special Assembly

Topics - Water Conservation /Health and Wellness Guidelines /High- Five Poster

Type - Offline (Venue: Auditorium)

Purpose -To foster all-round development of students

The school has reopened in the new session .Our students have confronted a vast array of unprecedented challenges in adjusting back to the offline mode of school during the previous academic session. Considering these aspects , our school organizes counselling programmes at regular intervals to foster psychological wellbeing , academic and personality development.

On 24th March 2023, a Counselling Session was integrated into the Special Assembly Programme organized by the students and teachers of classes VI-VIII to observe World Water Day 2023. The session was conducted by our Principal (R.K Trivedi Sir)

To begin with, he shared few interesting facts related to water and skillfully inter-connected those facts with the basic concepts/ formulae of mathematics which children were asked to recall.

The following aspects were explained in detail :

- Conversation of water resources
- Judicious use of water
- Preference for locally farmed / locally produced items
- High-Five Poster Display /Introduction
 - ✓ Spick and span uniform
 - ✓ Active learning
 - ✓ Being law abiding citizen
 - ✓ Courteous Language
- Health and Wellness Guidelines Poster Display
 - ✓ Leading active lifestyle
 - ✓ Standing up against bullying
 - ✓ Being gender sensitive
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 - ✓ Maintaining personal hygiene
 - ✓ Developing self discipline and values
 - ✓ Developing inter-personal skills
 - ✓ Fostering psychological wellbeing
 - ✓ Refraining from using impermissible items
 - ✓ Avoiding junk and preferring nutritious food
- Adherence to school rules / regulations documented in almanac
- Anti Bullying/Anti Harassment Committee
- Wellbeing Mantras :Eating Good /Thinking Well /Playing Well and Studying Well

Above mentioned points were explained adequately and class teachers were instructed to re-discuss the shared ideas during their classroom interaction with students .

Sujata Banerjee
Counsellor

Dr. Monika Tripathi
School Doctor

Pictorial Evidence



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OPJS/QMS/Report/22-23

Report :Health Education Programme PPW

Topic - Health, Hygiene and Fitness

Type - Classroom

Purpose - To create awareness about health, hygiene and fitness among kids so that they eat healthy food, learn healthy habits and physical well-being.

Health is wealth. We all need to be healthy, fit and hygienic especially kids. For good health we need to maintain cleanliness and remain fit. With the objective of educating children about eating healthy food and remaining fit, “Health, Hygiene and Fitness” week was conducted from 3rd April -6th April for Pre-Primary Classes.

Day 01: Healthy and nutritive Diet

On the very first day Children learnt the difference between healthy and unhealthy food. Various play-based activities were done according to their age groups like flash cards of Healthy and unhealthy food were shown to them and after that they drew beautiful pictures of healthy and unhealthy food. Children also learnt not to eat uncovered food as it contains germs and they may fall sick.

Day: 02 Personal Hygiene Education

The second day Personal Hygiene Education and Hand Wash Activity was conducted in school. Children were shown steps of hand wash using interactive board. They did the same before lunch time. Pairing of nails, proper hair cut and cleanliness of their belongings were checked and discussed by the class teachers.

Day 03: Physical Fitness and Wellbeing

On the third day teachers demonstrated yoga and some fitness exercises virtually. Children were asked to perform the same to remain fit and active. All the activities were enjoyed by the children.

Day 04 : Precautions to prevent illness

Children were also taught to cover their mouth and “Cough the germs into their elbow”. They were also encouraged not to waste food as there are many who do not get food to eat. Last but not the least was that for a healthy body Children “KEEP SMILING ALWAYS”.

Prepared by

**Sheetal Agrawal (SLA)
Class 1C
PPW**

Reviewed by

**Sujata Banerjee
Counsellor OPJS-R**

Pictorial Evidence



Report : First Wellness Session for Primary Wing

Topics - Friendship /Prevention of Bullying / Bag Load Management

Type - Offline (Venue: Auditorium)

Purpose -To develop inter- personal skills and remind students about bag-load management.

Guidance and counselling are important for children, and schools have a huge role in bringing out the best in children. Good conduct is coveted, but sometimes young minds need guidance to polish their personality. Through counselling, children are given advice on how to manage and deal with age appropriate emotional , social and academic challenges .

On 11th April 2023 , a health and wellness session was organized by the OPJS Counselling Forum (OCF) for students in Primary Wing (Classes III – V).The session was conducted by the counsellor (Mrs. Sujata Banerjee in the school auditorium .

Students were counselled regarding developing /maintaining interpersonal relationship with peers and bag load management. The following aspects were explained in detail.

- **Meaning of true friendship**
- **Valuing friendship /interpersonal relationships**
- **Personal Qualities /Skills required to develop and maintain good friendship**
- **Behaviours / habits that can spoil / disturb interpersonal relationship**
- **Inspiring stories related to friendship**
- **Necessity of managing bag load**
- **Health hazards associated with excessive bag load**
- **Ways to manage bag load**

The above mentioned aspects were explained with the help of stories, age appropriate examples. Throughout the session, students were encouraged to interact with the counsellor in groups .

The session was wonderfully concluded by the Sr. Mistress Primary Wing (Mrs. Preeti Kalita Acharya). She skillfully enabled children to recapitulate their learning from the session, Furthermore , she demonstrated the ideal way of carrying their school bag. Overall the session was informative, interesting and worthwhile for achieving all-round development of our students.

**Sujata Banerjee
Counsellor**

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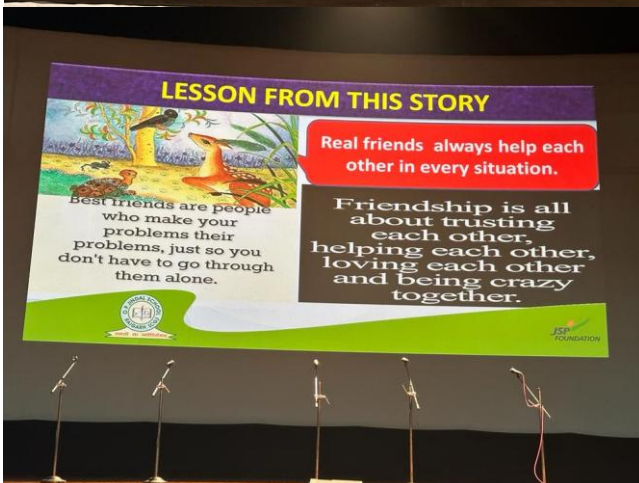
Pictorial Evidence

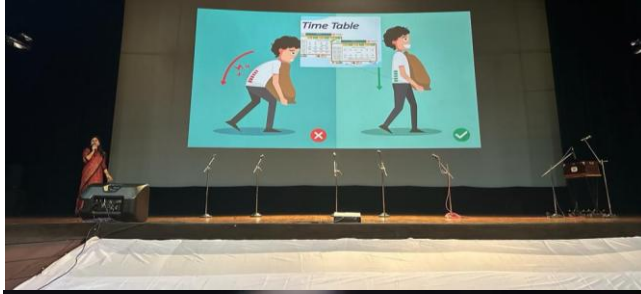
PROGRAMME OF THE DAY-11.04.2023				
EVENT	CLASSES	TIME	VENUE	RESP.
INTER HOUSE HINDI POETRY WRITING COMPETITION	VI to VIII	7.00 AM TO 7.40 AM (FIRST PERIOD)	CLASSROOMS	CT'S/ LITERARY CLUB (HINDI)
HEALTH AND WELLNESS SESSION	III-V	7:30 AM TO 8:30 AM	AUDITORIUM	SBN/CTS/ CRS

PLEASE NOTE-

- Students must bring their almanac for attending the session.
- Sports teachers in association with class teachers have to maintain discipline to ensure smooth conduct of the session.
- Separate instructions will be given for Inter House Hindi Poetry Writing Competition (VI to VIII).

OPJS-R





Report : Session to facilitate teachers in PPW

Topics - Connecting to Parents of CWSN / First Aid

Type - Offline (Venue: Auditorium)

Purpose - To share the effective strategies for connecting to parents of CWSN.
To provide first -aid training for handling few commonly observed medical conditions in students.

The Comprehensive Counselling and Guidance Programme also facilitates the teachers in the teaching -learning process and delegation of other responsibilities. The traditional model of Special Education is being challenged by the concept of Inclusive Education. The success of Inclusive Education depends upon the collaborative efforts of teachers, parents, peers and community as a whole. However, a teachers' attitude have been found to remarkably influence the emotional, social and academic development of differently abled children. Taking these facts into consideration, a training session was organized by the Health and Wellness Club for the teachers teaching in Pre-Primary Wing on 29th April 2023. Training session was divided into two phases.

Phase 1 :Connecting to Parents

In the first phase, the School Counsellor (Mrs Sujata Banerjee) shared the effective strategies to be considered while handling parents of students with difficulties. Initially they were explained about ORC (Observation Recording and Communication) technique. Using a simple game, the following aspects were explained in detail in a fun filled environment.

- Establishing rapport
- Empathizing
- Avoiding Complaints during first meeting
- Proving support
- Avoiding criticism in front of child
- Being informative
- Being Compassionate
- Avoiding labeling

Teachers participated in the game with full enthusiasm and the above mentioned points were explained by the counsellor using situation based examples .

Phase 2 :First-Aid for co

The second phase was conducted by the School Doctor (Dr. Monika Tripathi). Teachers were explained about the first-aid to be provided to children affected with commonly observed medical conditions till the time when the school health care team reaches to attend them. First-aid techniques for the following aspects were highlighted .

- Nasal Bleeding
- Hypoglycemia (in Diabetic Children)
- Convulsions
- Fainting

Sujata Banerjee
Counsellor

Monika Tripathi
School Doctor

Pictorial Evidence



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OPJS/QMS/Report/23-24

Report : Training session for Teachers (Nursery to VII)

Topics - How to Identify and Support CWSN

Type - Offline (Venue: T&D)

Purpose - To share the effective strategies for identification of CWSN and supporting them.

A training session was organized by the Health and Wellness Club for the teachers teaching in Nursery to VII on 2nd May 2023. Training session was divided into two phases.

Phase 1 : Power Point presentation

At the beginning the session school Counselor Mrs Sujata Banerjee introduced, the school Special Educator Kajali to the teachers present. Then Kajali shared the effective strategies to identify the students with special needs in the class and the steps to support them. The important points of the presentation were:

- The people (team) responsible for identification of CWSN.
- Types of CWSN
 - Easily identifiable
 - Hard to detect or Hidden
- Common Signs of CWSN
- Every child has unique way of learning
- Areas of Red Flags
 - Communication
 - Motor function
 - Cognition
 - Behaviour
- Steps to be taken by the teachers (team)
 - Setting SMART goals keeping the CWSN in the centre.
 - Evaluating goal and change it as per requirement.

Phase 2 : Question & Answer session

The presentation was followed by Question & Answer session. In which the teachers asked questions to clear their doubts. The questions were answered by Kajali, Mrs Sujata and Dr. Monika.

The session was concluded by Vice-principal Mrs Leena Chacko Ma'am, she summarized the session and advised the teachers to work as team and help the CWSN.

Kajali
Special Educator

O. P. JINDAL SCHOOL, RAIGARH (CG) 496 001, INDIA

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Pictorial Evidence



Report : Session to facilitate teachers in PW

Topics - Connecting to the parents of Children with Special Needs

Type - Offline (Venue: F -42)

Purpose - To share the effective strategies for connecting to parents of CWSN.

The Comprehensive Counselling and Guidance Programme also facilitates the teachers in the teaching -learning process and delegation of other responsibilities. The traditional model of Special Education is being challenged by the concept of Inclusive Education .The success of Inclusive Education depends upon the collaborative efforts of teachers ,parents , peers and community as a whole .However a teachers' attitude have been found to remarkably influence the emotional ,social and academic development of differently abled children. Taking these facts into consideration, a training session was organized by the Health and Wellness Club for the teachers teaching in Primary Wing on 03rd May 2023. Training session was divided into two phases.

Phase 1 Activity Based :Connecting to Parents

In the first phase, the School Counsellor (Mrs Sujata Banerjee) shared the effective strategies to be considered while handling parents of students with difficulties .Initially they were explained about ORC (Observation Recording and Communication) technique. Using a simple game of prediction , the following aspects were explained in detail in a fun filled learning environment.

- Establishing rapport
- Empathizing
- Avoiding Complaints during first meeting
- Proving support
- Avoiding criticism in front of child
- Being informative
- Being Compassionate
- Avoiding labeling

Teachers participated in the game with full enthusiasm and the above mentioned points were explained by the counsellor using situation based examples .

Phase 2 Interactive Session with teachers

In the second phase , teachers were encouraged to put forward their queries related to the points discussed during the session .Principal sir , followed by other teachers expressed their concerns .The counsellor patiently answered every questions and clarified the doubts / confusions raised in this regard .Finally the session was wonderfully summarized and concluded by Sr. Mistress :Primary Wing (Mrs. Preeti Kalita Acharya Madam).

Sujata Banerjee
Counsellor

Pictorial Evidence



- Topics** - Wellbeing
- Type** - Offline (Venue: T and D Centre)
- Purpose** - To share the effective strategies for enhancing and maintaining Physical Psychological, Social and Digital Wellbeing.

Wellbeing is not just the absence of disease or illness. It's a complex combination of a person's physical, mental, emotional and social health factors. Wellbeing is strongly linked to happiness and life satisfaction. In short, wellbeing could be described as how individuals feel about themselves. **Considering the strong linkage between wellbeing, productivity and life satisfaction , the Health and Wellness Club organized a special session school for our teachers on 09th June 2023 .**

The session was initiated by the Yoga trainer Mrs. Manju Singhania .She explained the role of yoga in maintaining wellbeing .She also guided the attendees to perform three basic 'pranayamas' that are essential in maintaining wellbeing .Following this ,the session was conducted by the Counsellor Mrs. Sujata Banerjee .

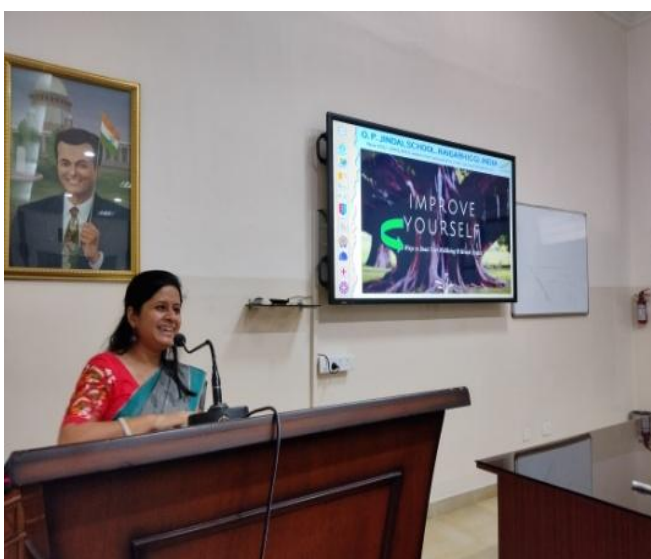
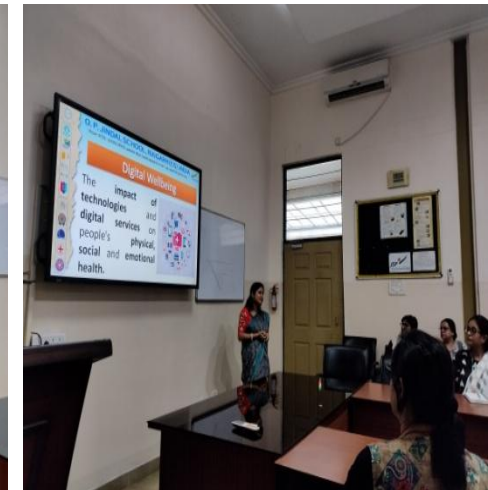
The following aspects were explained in detail :

- **Wellbeing ; its meaning**
- **Dimensions of wellbeing**
- **Physical Wellbeing**
- **Warning sign when our physical wellbeing s at stake**
- **Psychological Wellbeing**
- **Warning sign when our psychological wellbeing s at stake**
- **Social Wellbeing**
- **Warning sign when our social wellbeing s at stake**
- **Digital Wellbeing**
- **Warning sign when our digital wellbeing s at stake**
- **Habits that can promote wellbeing**
- **Ways to promote Wellbeing**
- **Harassment at workplace**
- **POSH and POCSO**
- **Special Committee to prevent harassment at workplace**

The above mentioned points were explained in detail using situation relevant examples .Several informative videos were also shown to motivate the attendees to motivate them in adopting a life style that can detoxify their body/ mind , enhance their health /fitness and enrich their journey of life through the path of wellbeing The session was inspiring. Informative and attended by 90 teachers working in Pre Primary and Primary Wing enthusiastically attended the session .

Sujata Banerjee
Counsellor

Pictorial Evidence



Report : Session on for Teachers (MW/SW)

Topics - Wellbeing /Teacher as a Counsellor

Type - Offline (Venue: T and D Centre)

Purpose - To share the effective strategies for enhancing and maintaining Physical Psychological, Social and Digital Wellbeing .Training teachers to be effective counsellors .

Wellbeing is not just the absence of disease or illness. It's a complex combination of a person's physical, mental, emotional and social health factors. Wellbeing is strongly linked to happiness and life satisfaction. In short, wellbeing could be described as how individuals feel about themselves. **Considering the strong linkage between wellbeing, productivity and life satisfaction, the Health and Wellness Club organized a special session for Middle and Senior Wing teachers on 13th and 15th June respectively.**

The session was initiated with deep breathing exercises and 'Om-chanting'..Our Yoga instructor explained the role of yoga in maintaining wellbeing .She guided the attendees to perform three basic 'pranayamas' that are essential in maintaining wellbeing .Following this ,the session was conducted by the Counsellor Mrs. Sujata Banerjee .

The following aspects were explained in detail :

- Wellbeing ; its meaning
- Dimensions of wellbeing
- Physical Wellbeing
- Warning sign when our physical wellbeing s at stake
- Psychological Wellbeing
- Warning sign when our psychological wellbeing s at stake
- Social Wellbeing
- Warning sign when our social wellbeing s at stake
- Digital Wellbeing
- Warning sign when our digital wellbeing s at stake
- Habits that can promote wellbeing
- Ways to promote Wellbeing
- Teacher as an effective counsellor
- Understanding the terms :Counselling / Counsellor /Counselee
- Skills /Qualities for being an effective Counsellor

The above mentioned points were explained in detail using situation relevant examples. Several informative videos were also shown to motivate the attendees to motivate them in adopting a life style that can detoxify their body/ mind , enhance their health /fitness and enrich their journey of life through the path of wellbeing The session was inspiring. Informative and attended by 90 teachers working in Pre Primary and Primary Wing enthusiastically attended the session .Nearly 200 teachers attended the programme with full enthuciasm.

Sujata Banerjee

Counsellor

Pictorial Evidence



Session for Senior Wing Teachers



Session for Middle Wing Teachers

Report : Awareness Programme for students (IX and X)

Topic - Anti Bullying / Prevention of Substance Abuse and Internet Addiction /Health Guidelines

Type - Offline (Venue: Auditorium)

Purpose -To promote health enhancing behaviours and generate awareness about bullying, substance-abuse and internet dependence.

The school has reopened in the new session. During the previous academic year; our students have confronted a vast array of personal challenges in adjusting back to the offline mode of school after facing the unprecedented hurdles associated with the pandemic. Considering these aspects, our school organizes Counselling Programmes at regular intervals to foster psychological wellbeing, academic as well as personality development.

On 01st July 2023, a Counselling Session was integrated into the Special Assembly Programme organized for classes IX and X. The session was conducted by our Principal (R.K.Trivedi Sir). At the beginning, he shared few interesting facts and skillfully inter-connected those with the basic concepts integrated in the Secondary School Curriculum. In addition to that, students were made aware of the following aspects

Anti -Bullying / Anti Harassment

- Saying No to Bullying. Taking a stand and lending a hand
- Behaviours that are considered as bullying
- Different forms of bullying
- Consequences upon the victim as well as offender
- CBSE bylaws related to Bullying
- School's Committee to prevent bullying / harassment

Substance Abuse /Dependence

- Adolescent's strong desire to act like adults.
- Substance abuse : meaning and consequences
- Internet Addiction : meaning and consequences
- School's support team to lend a helping hand

Hygiene Management

- Maintaining highest standard of personal hygiene.
- Wearing fresh clothes (including socks)
- Compulsorily carrying umbrellas while coming to school
- Healthy eating
- Avoidance to street food
- Maintaining healthy / active lifestyle to become fit, energetic and enthusiastic about learning.

The above mentioned aspects were explained using age-appropriate, situation relevant examples. Nearly 900 students attended the session. Overall, the session was well planned and coordinated.

Sujata Banerjee
Counsellor

Dr.Monika Tripathi
School Doctor

Pictorial Evidence



Report : Counselling Session for classes XI and XII

Topics - Health Education / Academic Development

Type - Offline (Venue: Auditorium)

Purpose - To encourage students in adopting a healthy lifestyle, appropriate self-study habits

and general awareness that would foster academic / career development.

Students all over the world have confronted a vast array of personal challenges after facing the unprecedented hurdles associated with the pandemic. Considering these aspects, our school organizes Counselling Programmes at regular intervals to foster psychological wellbeing, academic as well as personality development.

On 5th July 2023, a Counselling Session was integrated into the Special Assembly Programme organized to acknowledge the scholastic achievements of students studying in classes XI -XII .The session was conducted by our Principal (R.K Trivedi Sir) .At the beginning, he shared few interesting facts and skillfully inter-connected those with the basic concepts that students have already learnt in Sciences / Commerce and Humanities to enable them in assessing/revising their subject specific basic knowledge. The following aspects were covered in detail :

Health Education

- ✓ Measures to prevent seasonal diseases
- ✓ Healthy food choices
- ✓ Advantages of preferring locally farmed food
- ✓ Complete avoidance to refined / processed /packaged food

Academic Motivation

- ✓ Academic skill development
- ✓ Timely completion of class / home assignments
- ✓ Importance of adhering to dress- code
- ✓ Behaviour /language skills
- ✓ Productive peer group discussion to enhance general awareness
- ✓ Attendance related criteria set by CBSE
- ✓ Multi-disciplinary contributions to achieve academic development
- ✓ Code of conduct for students
- ✓ Guidelines for bus commuters

Interactive Phase

Following the explanatory phase, the students were encouraged to ask questions and clarify their doubts / confusions related to the topics explained during the session .Their queries were patiently answered by Principal sir .

The above mentioned aspects were explained in an age appropriate manner using situation relevant examples. The session was informative and interesting as the shared guidelines were correlated with the topics under the curriculum of relevant academic disciplines. Nearly 700 students attended the session. Information regarding the session was also shared with parents.

Pictorial Evidence



Report : Session for PPW Students

Topics - Monsoon Safety /Good Manners

Type - Offline (Venue: Auditorium)

Purpose - **To educate students about the safety measures they need to adopt during the Monsoon season. To guide them about good manners and habits.**

Pre- primary education is an indispensable instrument for proper personality development of a child. The rate of development (academic, behavioral, social) and curiosity as well as receptivity to environment is maximum during the early years as the environmental influences are minimum for this age group. Considering these aspects, we emphasize a lot upon innovating and developing new strategies to educate and counsel our kids with the vision of shaping their lives in the best possible ways.

On 19th of July 2023, a health counselling session was organized at school to teach the students in Pre primary Wing (Classes KG – Class I) about the ways of staying healthy during the Monsoon season.

The session for classes Nursery was conducted by the respective class teachers and that for Classes KG –I, KG –II, I and II was conducted jointly by the School Doctor (Dr. Monika Tripathi) and Counsellor (Mrs. Sujata Banerjee).

Session I : Monsoon Safety

At the introductory phase of the session, animated videos on Monsoon season were presented to enhance interest level of the students. Following this, the doctor informed students in brief about the Monsoons in an age appropriate manner. She explained children about the preventive measures they must adopt to remain healthy during this season emphasizing upon the following aspects in detail.

- Avoidance to street food
- Consumption of properly cooked milk & milk products
- Purification of drinking water through filtering /boiling
- Maintenance of personal hygiene ; hand washing , proper bathing , paring of nails , wearing properly cleaned & dried clothes.
- Necessity of taking protection during and after exposure to rainfall
- Staying protected from the mosquitoes
- Adopting preventive measures to avoid eye infections

Activity

Following the explanations, students were shown an animated video song about Monsoon season and students were encouraged to dance in order to make the session more enjoyable for the kids.

Session II: Good Habits and Manners

In this phase, students were explained how their positive behaviour / good habits and manners are always appreciated by others and the society. They were shown a video depicting a story of five kids who actively learn about good manners after being rebuked by parents / teachers due to their misconduct. The following aspects were elaborated in detail :

- Code of conduct at school
- Table Manners
- Communication related manners
- Cordially welcoming a guest
- Code of conduct for public places

Towards the end of the session, students were also encouraged to discuss what they have learned during the session with their friends and family members and encourage others to follow those. Nearly 1000 students attended the session.

Sujata Banerjee
Counsellor

Dr. Monika Tripathi
School Doctor

Pictorial Evidence



Report : Training Session for Health Messengers

Topics - School Health and Wellness Programme

Type - Offline (Venue: T & D Centre)

Purpose - To orient students about their role / responsibilities with regard to the conduct of **Health and Wellness Programmers .**

Government of India has launched **School Health and Wellness Programme (SHWP)** under Ayushman Bharat aiming to **provide** age appropriate health education at school level .It has been designed to encourage health promotion activities, health screening, preventive services and documentation of health related data to strengthen the existing Rashtriya Bal Swasthya Karyakram (RBSK) and Rashtriya Kishor Swasthya Karyakram (RKSK).

As per **CBSE guidelines**, school has **nominated two students** (one boy /one girl) from every section of **Standard I-XII as Health Messengers** .The session was conducted by the **School Health Ambassadors** (Dr. Monika Tripathi / Mrs. Nidhi Sharma).The session for Health Messengers Primary Wing was conducted by School Doctor and Counsellor.

The School Counsellor initiated both the sessions, explaining in brief about the **purpose of this session**. Following the introductory phase, **the health ambassadors** elaborated upon the **School Health and Wellness Programme** highlighting the following aspects in detail.

- Meaning of SHWP
- Objectives
- Responsible persons to incorporate SHWP in school curriculum.
- Health and Wellness Ambassadors.
- Roles and responsibilities of Health and Wellness Messengers.
- Eleven themes of Curriculum.
- Health promotion activities for Middle and Senior School Students
- Placement of Question Boxes for the students at different places in school premises.
- Health and Wellness Guidelines for students
- **Prevention of Bullying and Harassment (in any forms)**
- **Information about Anti Bullying /Anti Harassment Committee**

The above mentioned aspects were explained in detail using age appropriate, situation relevant examples .The session was concluded by Dr. Monika Tripathi by reminding the attendees (Health Messengers) about their unique role/responsibilities in the implementation of SHWP at our academic institution .Overall the sessions were informative and interesting. Nearly 150 students attended the session.

Sujata Banerjee
Counsellor

Monika Tripathi
School Doctor

Pictorial Evidence



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Report : Special Counselling Session for Middle and Senior Wing

- Topic** - Mission Chandrayaan III /Effective Learning Practices
- Type** - Offline (Venue: Auditorium)
- Purpose** -To generate awareness about the scientific advancements at the national/ international level and inspire students for adopting effective learning strategies.

During the previous academic year; our students have confronted a vast array of personal challenges in adjusting back to the offline mode of school after facing the unprecedented hurdles associated with the pandemic. Considering these aspects, our school organizes Counselling Programmes at regular intervals to foster psychological wellbeing, academic as well as personality development.

On 23rd August 2023, special counselling programmes were conducted at school to generate awareness about the scientific advancements at the national/ international level and inspire students for adopting effective learning strategies. The sessions were conducted by Principal sir separately for Middle and Senior Wing .The following aspects were explained in detail :

- ✓ Nation's scientific advancements : Chandrayaan III Mission
- ✓ Judicious use of social media platforms
- ✓ Impact of our thoughts, attitude and behaviour upon economy of our country
- ✓ Adapting to the teaching styles of different teachers
- ✓ Paying attention to the teachers and maintaining concentration during classroom teaching
- ✓ Effective time management strategies
- ✓ Registration process for Board Examinations

Activity

The students were made to perform Mindfulness Exercise under the guidance of Principal sir in order to develop self awareness, self management and social awareness among students.

The session was concluded by encouraging students as well as teachers for collectively watching the live telecast of Chandrayaan III landing on moon. Nearly 4000 students attended the session in three groups (Senior Secondary / Senior /Middle)

**Sujata Banerjee
Counsellor**

**Dr.Monika Tripathi
School Doctor**

Pictorial Evidence



PROGRAMME OF THE DAY (23.08.2023, Wednesday)

Functional Aspects	Timing	Venue	Classes	Resp.
Inter House English Extempore Compt. & Special Counselling Session	7.30 AM to 9.15 AM	Auditorium	XI & XII	SM, DLR & Team
Special Counselling Session by the Principal	10.05 AM to 11.00 AM		VI & VII	SDS & Team
	12.00 Noon to 12.50 PM		X	BPN & Team

NOTE-

- The CTs of **classes XI & XII** must lead the students to the auditorium after the attendance at **7.15 AM**.
- Students should be instructed to carry their almanac/notebook/textbook of their choice to the auditorium.
- CTs/CRs/STs of the concerned classes must be present in the auditorium during the programmes and monitor the discipline of the students.
- The students of **classes VI & VII** should be instructed by the subject teachers to move to the auditorium immediately after the break.
- Teachers holding the 6th period in **class X** should move to the auditorium with the students sharp at **11.45 AM** along with their school bags. They will finally disperse from there.
- All the concerned sports teachers must be present in the auditorium before the arrival of the students and monitor the discipline.
- All the CTs (of the above mentioned classes) should ensure full attendance of their students for the counselling programmes.

OPJS/QMS/Report/23-24

Report : Counselling Programme Primary Wing

Topics - Purpose of assessments /Preparation Strategies

Type - Offline (Venue: Auditorium)

Purpose - To develop an understanding among the students about the purpose of conducting assessments/ examinations and explaining the effective preparation strategies.

Guidance and counselling are important for children, and schools have a huge role in bringing out the best in children. Good conduct is coveted, but sometimes young minds need guidance to polish their personality. Through counselling, children are given advice on how to manage and deal with age appropriate emotional, social and academic challenges.

On 24th August 2023 , a counselling session was organized by the OPJS Counselling Forum (OCF) for students in Primary Wing (Classes III – V).The session was conducted by the counsellor (Mrs. Sujata Banerjee in the school auditorium . Students were counselled regarding the significance of assessments/examinations and encouraged to prepare well for the examination. The following aspects were explained in detail.

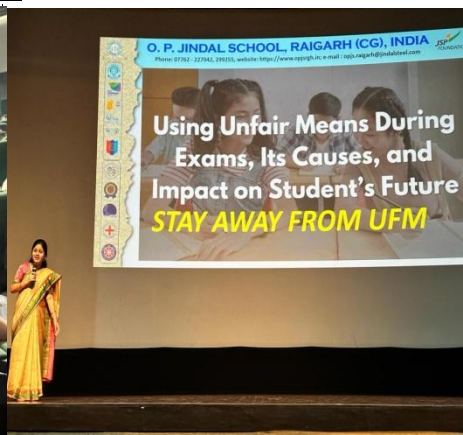
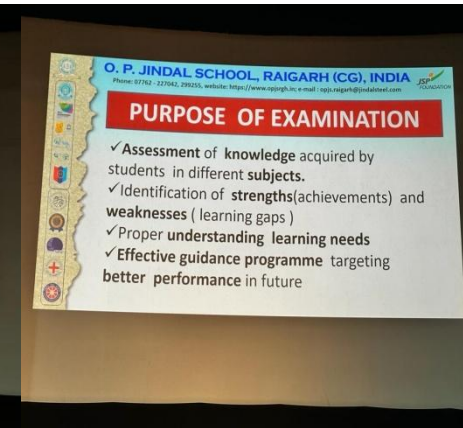
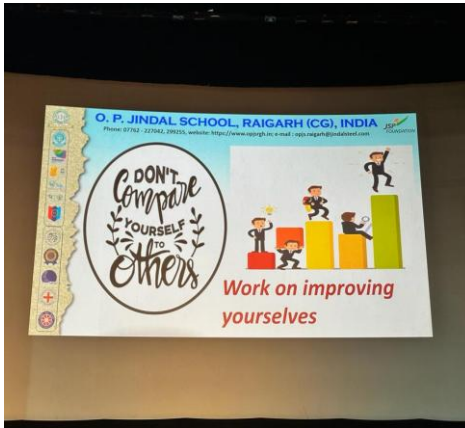
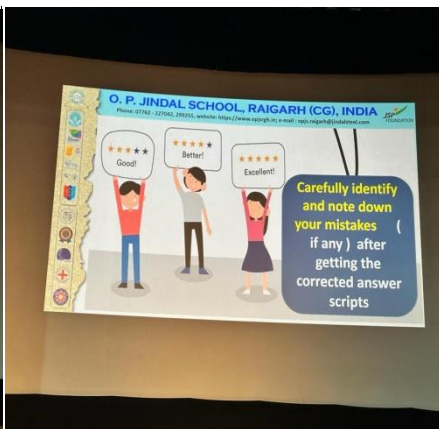
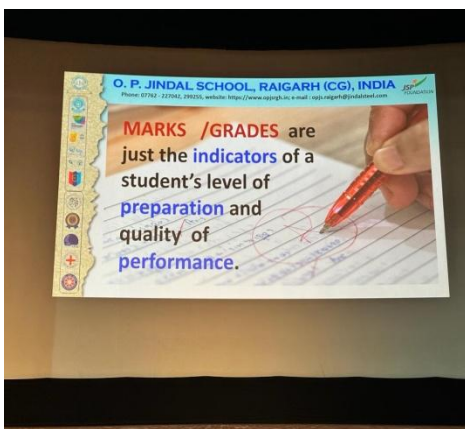
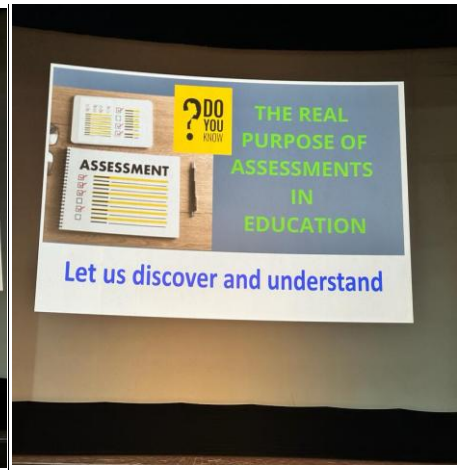
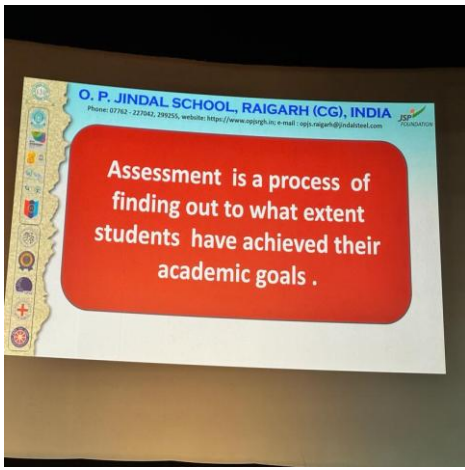
- **Meaning of assessment**
- **Purpose of taking assessment**
- **Significance of marks / grades**
- **Identification of mistakes by students**
- **Taking feedback positively**
- **Working for self improvement**
- **Being honest to self**
- **Strategies for preparing / performing well in examination**
- **Reasons for strictly avoiding unfair practices during examinations**

The above mentioned aspects were explained with the help of stories, age appropriate examples. Throughout the session, students were encouraged to interact with the counsellor in groups .

The session was wonderfully concluded by the Sr. Mistress Primary Wing (Mrs. Preeti Kalita Acharya). She skillfully enabled children to recapitulate their learning from the session, The session was attended by nearly 1300 students .Overall the session was informative, interesting and worthwhile for achieving all-round development of our students.

**Sujata Banerjee
Counsellor**

Pictorial Evidence



PROGRAMME OF THE DAY (24.08.2023, THURSDAY)

Functional Aspects	Timing	Venue	Classes	Resp.
Special Counselling Session	11.15 AM to 11.45 AM	Auditorium	III to V	SBN & MTR

NOTE-

- Students must bring their almanac for attending the session.
- CTs/CRs/STs of the concerned classes must be present in the auditorium during the programme and monitor the discipline of the students.
- All the concerned sports teachers must be present in the auditorium before the arrival of the students and monitor the discipline.

OPJS- Raigarh

OPJS/QMS/Report/22-23

Report :Counselling Session PPW

Topic - “Gadget Safety”

Type - Offline (Venue :Classrooms)

Purpose - To create awareness among the kids about safe use of gadgets

A lot many gadgets are used by us in our day-to-day life. Even during the pandemic COVID-19 our tiny-tots used various gadgets like LAPTOP, DESKTOP and MOBILE for attending their classes virtually. In this regard it's very important to teach and educate our kids about safe use of gadgets.

Taking these aspects into consideration, our school has decided to introduce a counselling session at the PRE-PRIMARY level itself. On 11th March 2022, a Counselling Session was organized by the Pre-primary Wing for classes Nursery - I.A presentation was prepared by Mrs. Sheetal Agrawal under the guidance of Dr. Shilpa Dixit (Sr. Mistress PPW). The session was conducted virtually by the class teachers.

At the beginning, the tiny tots were shown the slide show of the PPT. Then they were explained each and every slide. Following this, few important issues were explained as follows

- Never to touch electrical appliances with wet hands.
- Always switch off Mobile at night and keep it away.
- Never share OTP and other information to others while using Mobile.
- About Mobile theft.

Children were also taught that mobiles should not be used at Petrol pump, while eating, walking and when it's put in charge. All these Gadgets should be used efficiently. As kids love technology but they also encouraged to read books, play with mud, solve puzzles as a part of their recreational activities.

The counselling session was conducted smoothly. All the children enthusiastically attended the session with their parents. Lots of feedback were given by the parents to the class teachers also. The counselling session was conducted smoothly due to active co-operation of teachers, senior mistress mam and parents too.

Mrs. Sheetal Agrawal
CR (K.G)

Reviewed and Modified by
School Counsellor

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Pictorial Evidence



OPJS/QMS/Report/22-23

Report : Session during Special Assembly (Classes VI-VIII)

Topic - Welcome Back to School

Type - Offline (Venue : Auditorium)

Purpose -To encourage Students in adjusting to offline mode of schooling by reminding them about their responsibilities and privileges

The school has reopened again in physical mode after almost two years of online learning. In the face of the global **COVID-19 pandemic**, our students have confronted a vast array of unprecedented challenges. The **pandemic induced** online schooling had partially **limited** the **avenues** for effective (two way) **communication** and **socialization** which eventually impacted the behaviour , attitude as well as lifestyle of students .

Considering the afore mentioned aspects, our institution is taking up every possible initiative for supporting **students** in adjusting back to **offline** mode of **schooling**.

On 21st March 2022 , a **counselling** session was conducted by the school authorities for classes VI-VIII during the Special Assembly organized for welcoming students back to school. The session was jointly chaired by our Principal (**RK Trivedi Sir**) and Sr. Mistress Middle Wing (**Mrs Sadhana Singh Madam**)

The following aspects were explained in detail during the session

- **COVID guidelines to stay safe in school.**
- **Information about vaccination programme**
- **Importance of discipline in learning with situation based example**
- **Positive attitude towards teacher for optimum learning.**
- **Timely completion of class based assignments.**
- **Gestures to express respect for teachers**
- **Introduction on skill base learning**
- **Skill development classes : Time table**
- **Curriculum Based Activities**

Each and every aspect was cleanly explained with adequate number of situation relevant examples .Apart from the counselling session , the assembly also included create activities like music and group dance that well complemented the contents shared in the session Nearly 1200 students had attended the session .Overall , the programme was very well planned and coordinated .

Sujata Banerjee
Counsellor

Dr. Monika Tripathi
School Doctor

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Pictorial Evidences



OPJS/QMS/Report/22-23

Report : Session during Special Assembly (Classes IX & X)

Topic - Welcome Back to School

Type - Offline (Venue : Auditorium)

Purpose -To encourage students in adjusting to offline mode of Schooling by reminding them about their responsibilities and privileges .

The school has reopened again in physical mode after almost two years of online learning. In the face of the global **COVID-19 pandemic**, our students have confronted a vast array of unprecedented challenges. The quick adaptation, combined with other threatening life situations (like fear of pandemic, death of close ones, financial hurdles, social isolation etc) must have created a deep rooted impact upon their psychological wellbeing & personality development.

Considering the afore mentioned aspects, our institution is taking up every possible initiative for supporting **students** in adjusting back to **offline** mode of **schooling**.

On 21st March 2022, a counselling session was conducted by the school authorities for classes IX & X during the Special Assembly organized for welcoming students back to school. The session was conducted by our Principal (R.K Trivedi Sir) .

The following aspects were explained in detail :

- **COVID related guidelines to be followed in school.**
- **Safe use of sanitizers**
- **Information: Vaccination Programme**
- **Importance of Discipline in Learning**
- **Code of Conduct for students availing bus facility**
- **Dress code and Hairstyle**
- **Positive attitude towards teacher for optimum learning.**
- **Timely completion of class based assignments**
- **Importance of sincerity**

Each and every aspect was clearly explained with adequate number of situation relevant examples .Apart from the counselling session , the assembly also included create activities like music and group dance that well complemented the contents shared in the session Nearly 900 students had attended the session .Overall , the programme was very well planned and coordinated .

Sujata Banerjee
Counsellor

Dr. Monika Tripathi
School Doctor

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Pictorial Evidence



Report : First Counselling Session (PW)

Topic - Staying Healthy during Summer /Bag Load Management /Self Discipline

Type - Offline (Venue : Auditorium)

Purpose - To encourage them about developing the habits that would keep them healthy during the summer season and improve their academic performance

The school has reopened again in physical mode after almost two years of online learning. In the face of the global COVID-19 pandemic, our students have confronted a vast array of unprecedented challenges. The pandemic induced online schooling had partially limited the avenues for effective (two way) communication and socialization which eventually impacted the behaviour , attitude as well as lifestyle of students ,

Considering the above mentioned aspects, students are being counselled on a regular basis. The first session for Primary Wing (classes III-V) was conducted on **25/03/22** in order to encourage the development of habits that would keep them healthy during the summer season as well as improve their academic performance. **School doctor and counsellor addressed** the students by dividing the session into two parts .

Part 1 : Staying healthy during summer

Our school doctor addressed the students regarding the following aspects .

- **Water intake**
- **Healthy drinks during summer**
- **Maximum intake of seasonal fruits and vegetables**
- **Avoiding junk and fried food**
- **Precautions one should take while going out during summer**
- **Health problems due to excess bag load**
- **Managing bag load**

Part II :Being a good student

The second part of the session was conducted by the school counsellor to reinforce discipline in the behaviour of our students .The following aspects were explained in detail .

- **Importance of discipline**
- **Role of discipline to achieve success in life**
- **Classroom discipline**
- **Rules to be followed for being a good student**
- **Importance of obeying elders and teachers with story based example.**

Finally the session was concluded by sharing few instructions based upon the observations of our school authorities

- **Proper manner of using hand wash kept in school toilets**
- **Proper use of water-points & toilets**
- **Movement during arrival and dispersal**

Nearly **1000 students attended the session.** Overall the session was well coordinated. We acknowledge the support and cooperation provided by the Coordinator Primary Wing (Mrs Preeti Kalita Acharya) and the counsellor teachers Mrs . Munmun Choudhary and Mrs Sarita Khan.

Sujata Banerjee
Counsellor

Dr. Monika Tripathi
School Doctor

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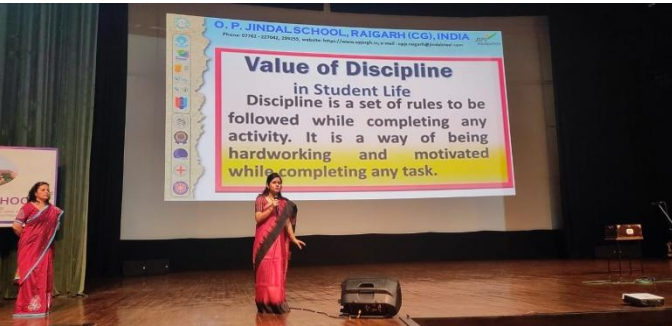
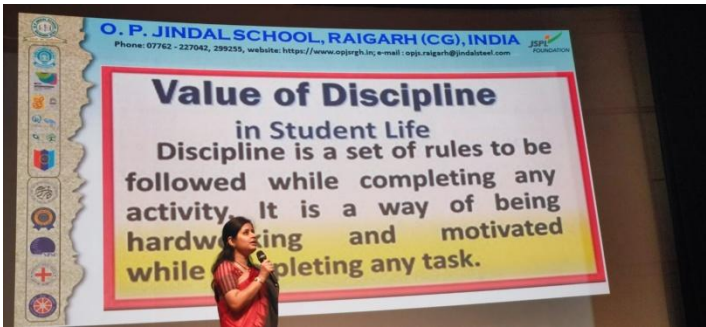
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Pictorial Evidence

Programme
of the day
25.3.2022
**Counselling
Session for
Primary Wing**
Venue - Auditorium
Organised by -
Health & Wellness Club

Detailed information in this regard
will be shared by your class teacher.

Leena Chacko
Vice-Principal



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Feedback Format

Name: *Alkano Chandra* Class: *5 D* Signature

Event : Counselling Session Primary Wing
Attended by : *Alkano Chandra*
Date : 25.03.22

Give your feedback on the basis of your experiences related to the session				
Sl No.	Questions	Responses		
01	Quality of presentation delivered during the session	Excellent	Good	Ordinary
02	Clarity of contents communicated in the session	Excellent	Good	Ordinary
03	Utility of the topics discussed in this session in the life of students	Excellent	Good	Ordinary
04	Duration of the counseling session/guidance programme	Appropriate	Too Short	Too Long
05	How often would you like to attend such sessions ?	Frequently	Rarely	Not at all
06	How beneficial was this session for students ?	Highly Beneficial	Beneficial	Not Beneficial
07	Which part of the session was most interesting in your opinion? (Optional Question)	<i>Ans -> The most interesting part of the session was value of discipline in student life.</i>		
08	Suggest few topics on which you would like to attend counselling sessions in future . (Optional Question)	<i>Ans -> How to behave in school? How to be in time? and How to be healthy in Rain.</i>		

Thank you for sharing your feedback

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Feedback Format

Name: *Sangya Mukherjee* Class: *V* Signature *SAM*

Event : Counselling Session Primary Wing
Attended by : *Sangya Mukherjee*
Date : 25.03.22

Give your feedback on the basis of your experiences related to the session				
Sl No.	Questions	Responses		
01	Quality of presentation delivered during the session	Excellent	Good	Ordinary
02	Clarity of contents communicated in the session	Excellent	Good	Ordinary
03	Utility of the topics discussed in this session in the life of students	Excellent	Good	Ordinary
04	Duration of the counseling session/guidance programme	Appropriate	Too Short	Too Long
05	How often would you like to attend such sessions ?	Frequently	Rarely	Not at all
06	How beneficial was this session for students ?	Highly Beneficial	Beneficial	Not Beneficial
07	Which part of the session was most interesting in your opinion? (Optional Question)	<i>In my opinion Discipline was the most interesting part.</i>		
08	Suggest few topics on which you would like to attend counselling sessions in future . (Optional Question)	<i>How to behave in school in discipline and How to maintain a study time table a home and school also</i>		

Thank you for sharing your feedback

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Feedback Format

Name: *Nidhi Patel* Class: *5th D* Signature *N Patel*

Event : Counselling Session Primary Wing
Attended by : *Nidhi Patel*
Date : 25.03.22

Give your feedback on the basis of your experiences related to the session				
Sl No.	Questions	Responses		
01	Quality of presentation delivered during the session	Excellent	Good	Ordinary
02	Clarity of contents communicated in the session	Excellent	Good	Ordinary
03	Utility of the topics discussed in this session in the life of students	Excellent	Good	Ordinary
04	Duration of the counseling session/guidance programme	Appropriate	Too Short	Too Long
05	How often would you like to attend such sessions ?	Frequently	Rarely	Not at all
06	How beneficial was this session for students ?	Highly Beneficial	Beneficial	Not Beneficial
07	Which part of the session was most interesting in your opinion? (Optional Question)	<i>Every part was interesting in the session. It was very beneficial also.</i>		
08	Suggest few topics on which you would like to attend counselling sessions in future . (Optional Question)	<i>1. How to behave in the school. 2. How to interest our mind for studies.</i>		

Thank you for sharing your feedback

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Feedback Format

Name: *Ananya Das* Class: *V F* Signature *Ananya*

Event : Counselling Session Primary Wing
Attended by :
Date : 25.03.22

Give your feedback on the basis of your experiences related to the session				
Sl No.	Questions	Responses		
01	Quality of presentation delivered during the session	Excellent	Good	Ordinary
02	Clarity of contents communicated in the session	Excellent	Good	Ordinary
03	Utility of the topics discussed in this session in the life of students	Excellent	Good	Ordinary
04	Duration of the counseling session/guidance programme	Appropriate	Too Short	Too Long
05	How often would you like to attend such sessions ?	Frequently	Rarely	Not at all
06	How beneficial was this session for students ?	Highly Beneficial	Beneficial	Not Beneficial
07	Which part of the session was most interesting in your opinion? (Optional Question)	<i>Story time</i>		
08	Suggest few topics on which you would like to attend counselling sessions in future . (Optional Question)	<i>time management</i>		

Thank you for sharing your feedback

OPJS/QMS/Report/22-23

Report : Counselling Session for classes IX X & XII

Topic- Guidance for Career Planning

Type - Offline (Venue: Auditorium)

Purpose -To encourage students in proactively working for achieving their career goals .

Effective career planning is the key to succeed in academic as well as professional life. Career guidance programs help students in acquiring the required knowledge, skills to explore different career paths & identify the subject/career options appropriate for them. Our school takes up every possible initiative to encourage students so that they proactively engage themselves in career planning & exploration by the time they enter the senior school years. Professionals from the external agencies/organizations are often invited by the school authorities to conduct career guidance sessions.

On **05th of April 2022**, a career guidance session was organized at our school for the students in **classes IX X XII**. The session was chaired by our honorablePrincipal Sri. R.K Trivedi sir.Students were reinforced with theimportance of **career planning**for achieving **academicas** well as **professional success**.

The following aspects were highlighted in detail.

- **Time Management**
- **Goal setting & remaining focused to achieve the set goals**
- **Feelings of happiness &satisfaction in accomplishment of goals**
- **Basic steps to be followed in effective career planning**
- **Identification of potentials**
- **Developing knowledge about the career path of professions according to one's choice .**
- **Knowledge about the subjects of one's interest and related careers**
- **Understanding the expenses involved in persuading a career of one's choice**
- **Analysis of the specific requirements of a course /career / profession**
- **Detailed discussion about career plans with parents**
- **Best Indian Universities /Institutes with minimum expenses**
- **Information about National Institutes on Food Technology /Dairy Technology /SILKTechnology /Fisheries Management /Rural Development& Planning**

The above mentioned aspects were **explained** in detail with **adequate number of situation** relevant examples. **Nearly 1000 students** attended the session.

Interactive Session

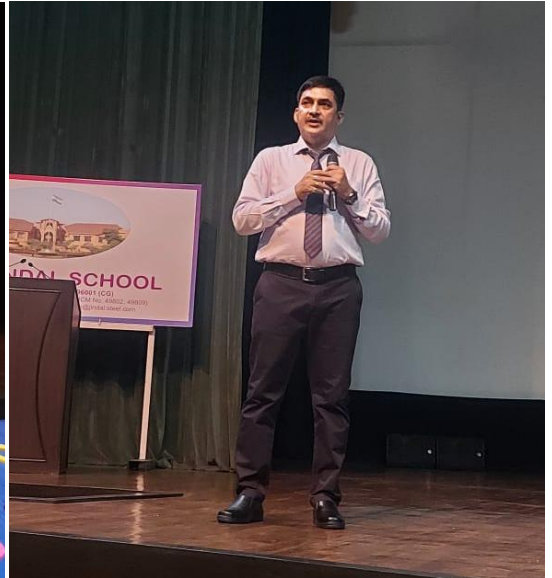
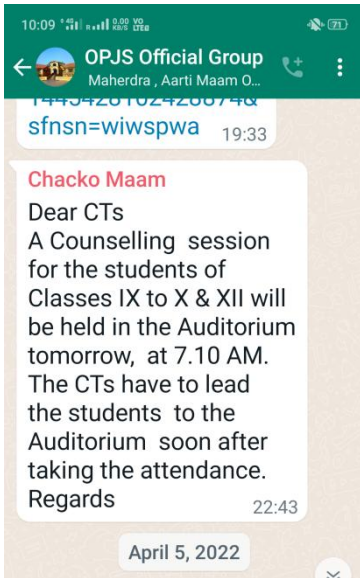
After the explanatory phase,Principal sir encouraged the students to **come up with their queries** regarding the information shared in the session. Thereafter, an interactive Question and answer session was commenced.Students **actively participated** in this programme and it turned out to be a very fruitful and beneficial session for the students. Overall, the session was highly informative, interactive and motivative for students.

Sujata Banerjee
Counsellor

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Pictorial Evidences



Report :Counselling Session PPW

Topic - Good Behaviour

Type - Offline (Venue : Classrooms)

Purpose -Enabling children learn polite behavior makes children feel more confident in the real world.

Children at a young age have incredibly absorbent brains. They remember what they are taught with clarity and their minds absorb everything much faster than they would at a later age. Keeping all these aspects into consideration a counselling session was conducted by the Pre- Primary Wing on 12th April 2022 for classes Nur-Class 2 in their respective classrooms.

Children were taught to behave nicely always at School, at Home and almost everywhere. They were also told to use “FIVE MAGIC WORDS” always. Even we as teachers and parents should reward them or give them attention when they behave well or do some act of kindness. In this way they were also taught sharing is caring.

Points Discussed

- Greet everybody you meet.
- Respect your own / others belongings and school’s property.
- Don’t make fun of anyone. Everyone has feelings.
- Don’t use bad language.
- Help your friends and teachers.
- Put the garbage in the bins.
- Always return the things that you have borrowed.
- Do not write on the Desks.
- Personal grooming
- Table manners
- Creating a good impression of self.

The session was attended by the kids. They learnt to use Magic words and behave nicely.The session was conducted successfully by the active cooperation of all Teachers, Co Ordinator mam and Parents too.

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Pictorial Evidence



OPJS/QMS/Report/22-23

Report : Health & Wellness Session in Middle Wing (Class VIII)

Topics - Health Education and Psychological Wellbeing

Type - Offline (Venue: Auditorium)

Purpose -To encourage students in adopting a lifestyle that would promote good health , wellbeing as well as productivity

The term well-being has many facets .Improving students' well-being in schools requires a whole-school approach, involving both teachers and parents. Our school consistently provides lessons focused on the need to adopting a healthy lifestyle for preventing/coping with health problems, responsible use of gadgets as well as optimum development of potentials.

On 20th April 2022 a counseling session was organized by the Health and Wellness Club of our school for students in classes VI & VIII .The session was conducted jointly by the school doctor and counsellor in two phases

Phase 1: conducted by school doctor

In the first phase of the session , students were encouraged to adopt a healthy lifestyle that would reinforce their growth , overall development as well as stimulate learning abilities

The following aspects were explained in detail

- **Appropriate food to stimulate growth**
- **Reasons for avoiding refined and processed food**
- **Benefits of consuming whole fruits in comparison to juices**
- **Leading an active lifestyle**

Phase 2:conducted by school counsellor

In the second phase of the session, students were guided to utilize the available resources in order to optimize their wellbeing , creative development as well as productivity. The following aspects were explained in detail :

- **Meaning and importance of career exploration**
- **Development of special/ creative abilities**
- **Goal setting and scheduling activities to achieve set goals**
- **Managing distractions**
- **Book reading to enhance knowledge and creativity**
- **Deriving positive energy by connecting to nature**
- **Importance of helping others**
- **Playing outdoor games and managing screen time exposure**
- **Five qualities to be possessed by students to achieve success in academic life**

The session was attended by nearly 450 students .Each and every aspect was clearly explained with sufficient age-appropriate and situation relevant examples.

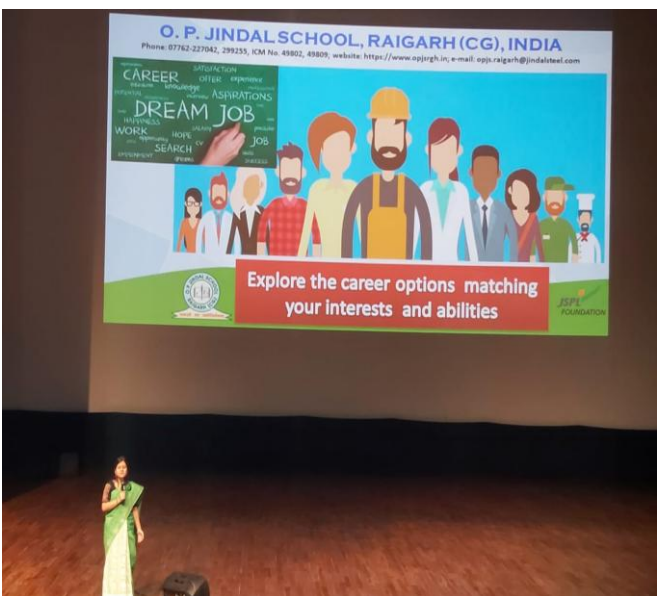
**Sujata Banerjee
Counsellor**

**Dr. Monika Tripathi
School Doctor**

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Pictorial Evidences



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Programme of the day Counselling Session

Date : 20/04/2022
Class : VIII
Time : 09:30 AM to
10:30 AM
Venue : Auditorium
Responsibility : MTR, SBN, STs

Organised by -
Health & Wellness Club

Note - Students must reach the
auditorium immediately after recess
under the supervision of their Subject
Teacher. (4th period)

Leena Chacko
Vice-Principal

OPJS/QMS/Report/22-23

Report:Menstrual Hygiene Sessionfor ClassesV, VI &VII Girls

Topics- Pubertal Changes and Menstrual Hygiene

Type - Offline (Venue:Auditorium)

Purpose - To spread awareness regarding menstruation challenges and hygiene for effective management.

Girls between the age group of 8-13 starts to experience some physiological and psychological changes due to hormones and other environmental factors. Thus, this the ideal age to give them “The Talk” about these transitional uncertainties, and challenges to have them prepared for its dealings. The associated changes during puberty calls for a lot of anxiety and self-esteem issues, being uninformed may also increase the chances of adolescent pregnancy and/or STIs.

Our school focus on promoting health and wellbeing of students by giving them timely health related education in order to ensure complete safety and optimal wellbeing.

On 26th July 2022, a counseling session was organized by the Health and Wellness Club of our school for female students in classes V, VI, &VII. The session was conducted by the trainee counselor under the guidance of the school doctor and counselor. The session included:

A brief introduction to puberty and its related changes

The opening up of the conversation regarding puberty can better prepare young girls to cope with these inevitable and sometimes intimidating transformations.

The following aspects were elaborated:

- **Bodily Changes:** Some significant physiological changes were explained as normal and natural processes that every girl has to go through and that the growth cycle varies from individual to individual, and it is important for womanhood.
- The first menstrual period (menarche): its main features and duration of a normal cycle.

Before the first menstrual period, a girl will normally have:

- An increase in height
- Weight gain; body becomes curvier
- An increase in hip size
- Breast development
- Clear or whitish vaginal secretions
- Pubic, armpit, and leg hair growth
- Outburst of pimples and acne

- **Psychological Changes:** Body image issues is one the most prevalent issues among girls, due to which other related psychological problems may stem, for e.g., low self-esteem, depression, anxiety, eating disorders etc.

Students were facilitated to feel more confident and ready about the ongoing and

forthcoming transformations by giving them resources on how to manage those effectively.

A detailed description on menstrual hygiene

The major part of the session emphasized on menstrual hygiene. The following aspects were explained in detail:

- **What are steps that can be taken when you see a blood stain in your underpants and of course that there is nothing to panic about.**
- **How to use sanitary pad**
- **How to properly dispose a sanitary pad**
- **Key hygiene tips were explained along with its importance**
- **How to manage period pains and related symptoms**

The session was attended by nearly 400 students. Each and every aspect was clearly explained with sufficient age-appropriate and situation relevant examples.

We acknowledge the presence of Mrs. Leena Chacko madam and coordination received from Sr. Mistress Mrs. Preeti Kalita Acharya, and other teachers.

**Shreya Paliwal
Trainee Counselor**

**Sujata Banerjee
School Doctor**

Pictorial Evidence



Report:Interactive Session with teachers (PPW)

Topic- Identification of markers for developmental deficits and importance of early intervention.

Type- Offline (Venue: PPW Staff Room)

Purpose -To identify and help the children who needs special attention and care from clinicians and therapists, before it's too late, and, how can teachers participate in the intervention program.

Parents and educators who clearly understand how young children develop can play an active role in creating programs that foster their natural interest in learning, rather than stifling it. There is a need to be aware of the physical, cognitive, language, and socio-emotional development that typically occur as the child enter into early childhood education system. For children who lags behind in achieving the age-appropriate developmental milestones and has other neurodevelopmental challenges, early intervention can be effective in helping them make progress toward achieving them, and it can also facilitate the development of the skills needed for problem-solving, self-control, socialization and communication. Additionally, children receiving Early Intervention support may show potential for increased academic readiness and to better be able to interact with their peers.

Considering the above-mentioned aspects, teachers were introduced with the significant developmental milestones for preschoolers along with the unusual behavior patterns which might signal some neurodevelopmental childhood disorders. The interactive session with Pre-Primary Wing (Nursery to class II) teachers was conducted on **16/07/22** in order to spread awareness about incidence of symptoms they can look out for, while interacting with children, and also are able to check with their parents about the developmental milestones and other behavioral issues, and convey the need for intervention to a pediatrician and/or clinical psychologist as soon as possible. The session was held by the trainee counsellor with permission of Dr. Shilpa Dixit (Sr. Mistress), especially aimed to discuss teachers' observations of the students and their areas of concern while dealing with them. This discussion propelled a close interactive visit of the trainee counsellor to the respective classes and make note of key observations among those children who seemed to have some noticeable challenges.

Key age-appropriate developmental features:

Milestones at three years old

Milestones at four years old

Milestones at five years old

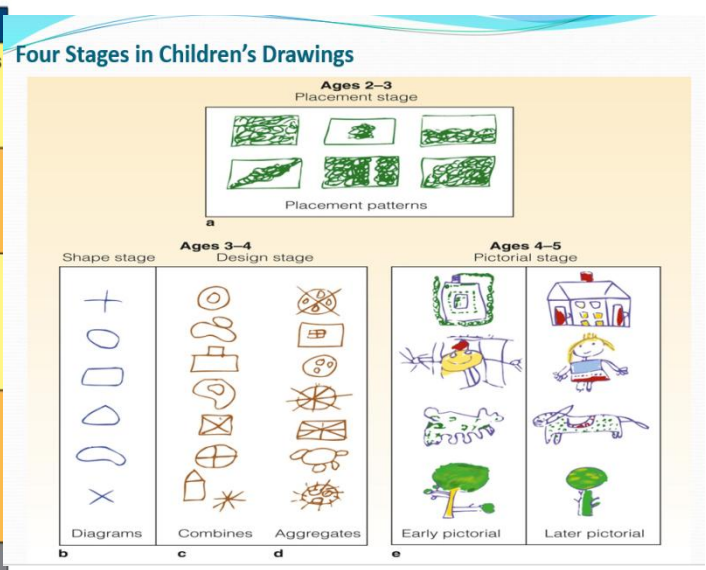
Markers for various Neurodevelopment Disorders

Management Strategies

- **Intellectual disability** is characterized by deficits in general mental ability; these deficits result in impairments in adaptive functioning.
- **Learning disorder** may be found in children with normal intelligence and lead them to experience problems in acquisition and use of reading, writing, and math skills.
- **Communication disorder** is signified by problems in language, pronunciation, or fluency.
- Children having **Autism Spectrum Disorder (ASD)** displays symptoms of problems in communication and social interaction, and stereotyped, repetitive behavior, interests, or activities.
- In the case of **Attention-Deficit/Hyperactivity Disorder (ADHD)**, the significant clinical symptoms include inattention and hyperactivity-impulsivity.
- **Neurodevelopmental motor disorders** may be diagnosed when clumsiness in motor skills or tic symptoms appear.

Age	Gross Motor	Fine Motor	Speech/Language	Social
4 yrs	Goes up and down stairs one foot per step. Skips on one foot. Hops on one foot.	Imitates gate with cubes. Copies + Goodenough test 4.	Names 3 colours. Fluent conversation. Understands "in front of", "between", "behind".	Buttons clothes fully. Attends to own toilet needs.
4.5 yrs		Copies gate with cubes. Copies square. Draws recognisable man and house.		
5 yrs	Skips on both feet. Runs on toes.	Copies 'X' (5 years) X Copies (5½ years) triangle. Δ Goodenough test 8.	Knows AGE. Names 4 colours. Triple order preposition. Tells the time.	Ties shoelaces. Dresses and undresses alone.
6 yrs	Walks heel to toe Kicking, throwing, climbing.	Copies: ◇ □ Goodenough test 12. Imitates or copies steps with 10 cubes		

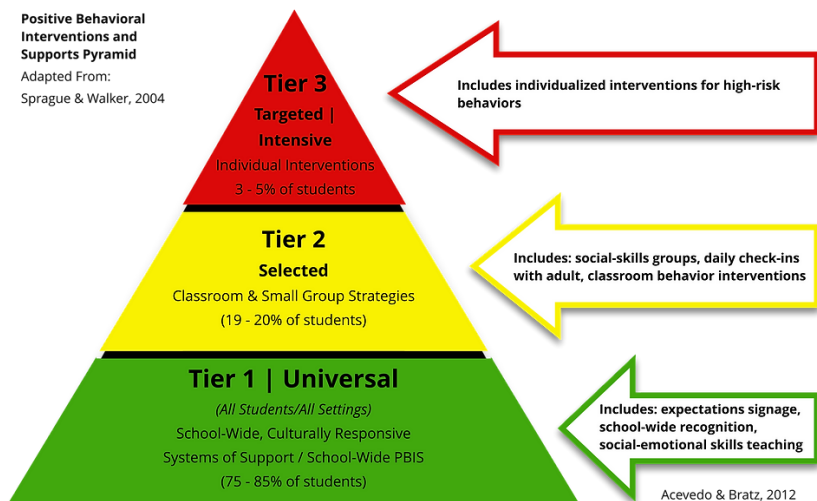
Note: Goodenough test: 3 + a/4 years (a = each feature recorded in his picture).



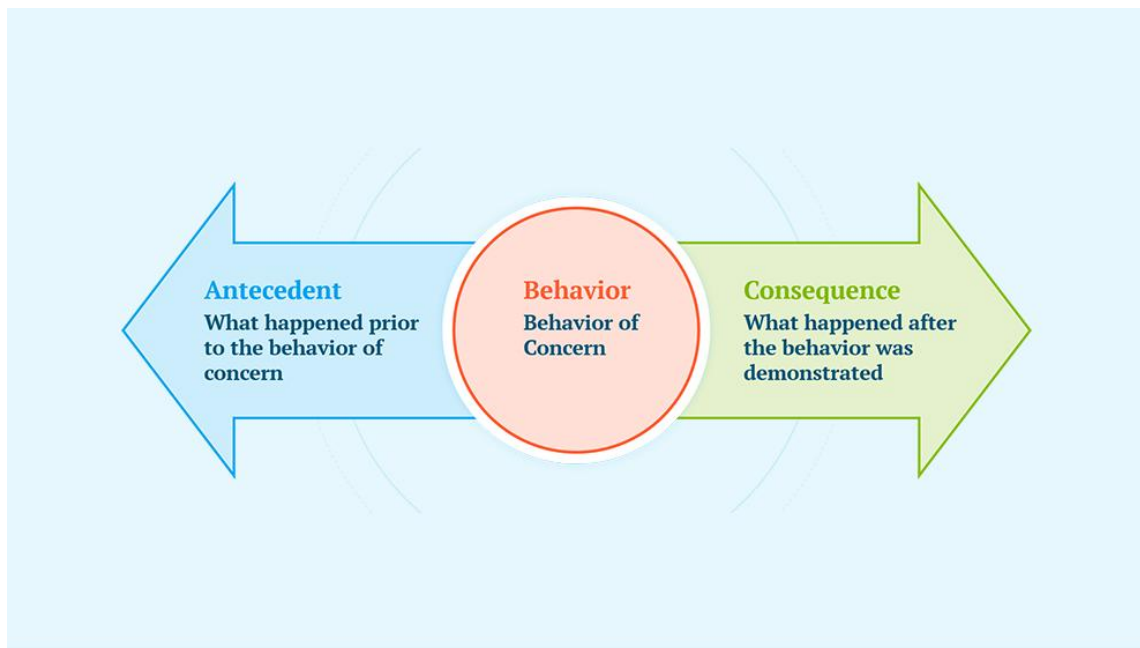
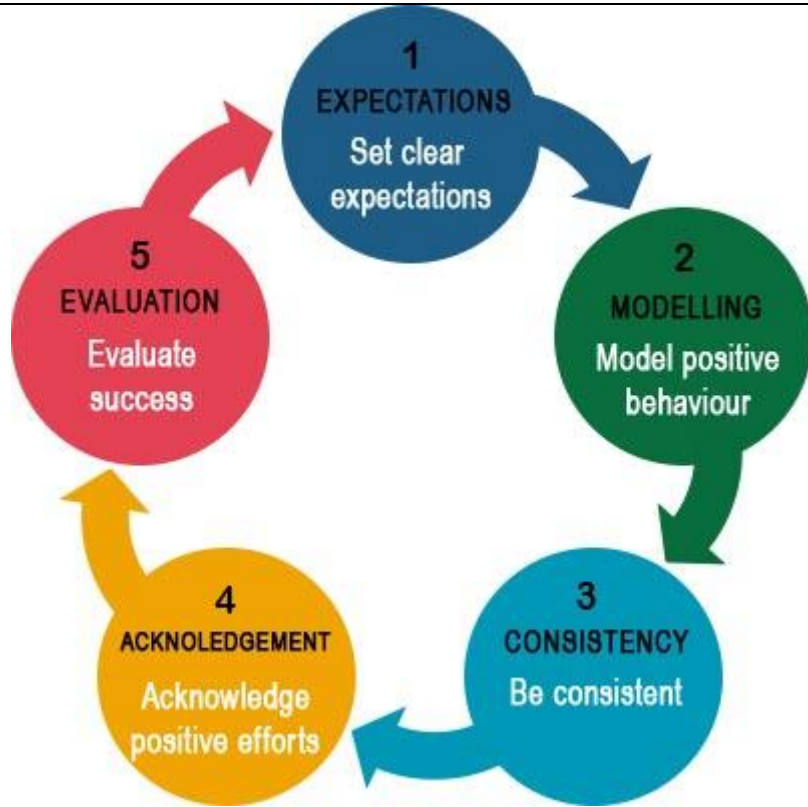
: After introducing the teachers with these markers, they added their observations that were concerning them among children from their respective classes.

- Hyperactivity,
- Does not follow instructions,
- Speech problem,
- Harming other kids,
- No sense of belonging,
- Poor self-care,
- Non-interactive and reserved,
- Deficits in fine motor skills,
- Less physical growth,
- Temper tantrums, etc.

My suggestions to deal with concerning problems:



- Positive behavior support offers a holistic approach that considers all factors that have an impact on a child and the child's behavior. It can be used to address problem behaviors that range from aggression, tantrums, and property destruction to social withdrawal. It offers an approach to develop an understanding of why the child engages in problem behavior and strategies to prevent the occurrence of problem behavior while teaching the child new skills.



Nearly **20 teachers attended the session**. Overall, the session was well coordinated. Ideeply acknowledge the support and cooperation extended by the Coordinator Pre-Primary Wing (Dr. Shilpa Dixit), all the PPW teachers, and the school counsellor Mrs. Sujata Banerjee.

Shreya Paliwal
Trainee Counsellor

Reviewed and modified by
Sujata Banerjee

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Pictorial Evidence



Report : Counselling Session PPW

- Topic** - Counselling on "HEALTH SAFETY"
Type - Offline (Venue : classroom)
Purpose - To make children learn the basics of caring for themselves and healthy eating habits so that they are aware of essential **Life skills** with **Academic skills** too.

A comprehensive health counselling is essential part of the curriculum. If children understand germs cause illness and eating different foods, Fruits and Vegetables gives them energy to play, they are more likely to follow healthy practices.

Keeping all these aspects into consideration a counselling session was conducted by the Pre- Primary Wing on 18th July 2022 for classes Nur-Class2.

Children learnt factors that prevent illness and are necessary for a healthy body. Following this few important issues were also explained:

- Waking up early in the morning.
- Exercising daily.
- Eating healthy breakfast (Eat before going to school)
- Eating lunch and dinner on time.
- Playing outdoor games in the evening.
- Early to bed and early to rise
- Having proper sleeping regime

Children were also taught to cover their mouth and "Cough the germs into their elbow". They were also encouraged not to waste food as there are many who do not get food to eat. Last but not the least was that for a healthy body they must always remain happy.

Teachers explained all the points with the help of various teaching aids. They learnt to care for their health. The session was conducted successfully by the active cooperation of all Teachers, Co Ordinator mam and Parents too.

**Prepared by Mrs. Sheetal Agrawal
CR (K.G)**

**Reviewed and Modified by
School Counsellor**

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Pictorial Evidence



OPJS/QMS/Report/21-22

Report: Counselling Session (Classes- VI-VII)

Topic- Bullying

Type - Offline (Venue: Auditorium)

Purpose -To make the students understand the impact of bullying and how they can manage it.

Around the growing years of school children, they feel compelled to fall under peer pressure to oppress another student. They even act out their aggression on someone whom they perceive as weak or deserving of it. The problem of bullying real and has a lot social, emotional, behavioral and academical negative consequences for individuals who bullies, who has been bullied, and on the bystanders as well. To address this uncommon problem and to show that we condemn the bullying behavior, was the need of the hour, in order to promote positive school climate.

The counselling session was held on **29th of July 2022** by Ms. Shreya Paliwal, trainee counsellor of the school wherein the students were sensitized about the negative consequences of bullying and how to deal with them effectively. **Nearly 900 students (from class VI to VIII) attended the session in the auditorium during assembly hour.**

Following aspects were discussed in detail during the session:

- Clearly defined bullying and explained its distinction with friendly jokes and or teacher's scolding
- Elaborated on the types of bullying (Physical, verbal, relational, emotional)
- Introduced cyberbullying and how is it different from traditional bullying
- Discussed various forms of cyberbullying
- Emphasized the seriousness of the problem by mentioning evidence-based research studies and surveys.
- What are bullying behavior really about?
- The long-term and immediate adverse effects on children being bullied, who bullies, and who witnesses the bully was comprehensively discussed.
- Social, emotional, behavioral, and academic distress caused due to bullying and its vicious cycle was explained
- Measures that can be taken to prevent bullying were elaborated including logical and legal consequences.
- How to handle the bullies in your life and how to heal with the damage.
- Need to check on oneself and watch out for bullies
- Importance of Empathy and Responsibility
- How to combat peer pressure and bystander effect

Overall, the session was informative and aimed at empowering the students to report bullying and take stand for themselves and their peers. I **deeply acknowledge the support & cooperation extended by Mrs. Sadhana Rig (Sr. Mistress) to ensure the successful conduct of the session.**

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Prepared by
Shreya Paliwal
Trainee Counsellor

Reviewed & edited by
Sujata Banerjee
Counsellor

Pictorial Evidences



Report : Session for classes XI and XII

Topic - Awareness about Anti Sexual Harassment Committee

Type - Offline (Venue: Auditorium)

Purpose - To make students aware of sexual harassment ,POCSO Act and well equip them in meeting challenging life situations

Senior school students typically perceive their lives to be challenging as there exists increased accountability regarding their behaviour & actions. Keeping these facts in view, we frequently organize guidance and even training sessions to well equip students in meeting variety of challenging life situations. On 26th of September 2022, a special session was organized by the school authorities during the Assembly of Senior Secondary Wing . The session was conducted by Mrs. Leena Chacko (Vice Principal)

She initiated the session by requesting students to be conscious as well as responsible for their actions . She also assured them that school has taken up all the required initiatives to ensure a safe as well as completely secure teaching-learning environment. Following the brief introductory phase, she explained the following aspects in an elaborative manner .

- **Legal definition of sexual harassment**
- **Different forms of harassment**
- **POCSO Act ; meaning**
- **School's Anti Sexual Harassment Committee ; its members and functions**
- **Online acts of harassment that are considered as cyber crimes and the punitive actions against the offender**
- **Juvenile Delinquency ; meaning and legal consequences**

Several context relevant and age appropriate examples were used to clarify the concepts above. Students were also reminded about the 'Compliant Box' kept near Principal sir's office including its proper usage. The role/responsibilities of Anti Harassment Committee were also explained in detail .

Finally the session was concluded with a reminder to students that they must keep a watch upon their own behaviour/actions as well as that of others. The session was attended by nearly 800 students studying in classes XI and XII

Sujata Banerjee
Counsellor

Pictorial Evidence

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Report : Special Session for classes IX and X

	<i>Female</i>	<i>Male</i>
Topic -	<i>Health Education/Menstrual Hygiene</i>	<i>Gender Sensitivity and Health Education</i>
Venue -	<i>Auditorium</i>	<i>Fountain Area</i>
Purpose -	To directly address the age appropriate and gender specific counselling needs of students	

Today's **girl child** will be the **mother of tomorrow**. Educating & making them aware is like sowing the seed to raise the green plant of a charming full grown family which bears fruits. **Counselling & guiding adolescent girls** is perhaps the best way to **enhance their self esteem confidence** as well as **health consciousness**.

Taking these aspects into consideration, on **11th October 2022**, a **specialized counselling session** was organized by Mrs. Bhabani Nande (**Sr. Mistress**) in association with the **Health and Wellness Club OPJS-R** for the **girl students** studying in **classes IX and X**. The session was divided into three phases

Phase 1: Biological changes during/after menarche

This phase phase was conducted by Mrs. Nidhi Sharma (Teacher Biology Department). The students were then educated about the **biological changes** associated with puberty focusing upon the aspects given below

- **Puberty ; meaning & characteristics**
- **Importance of this event** from the point of **human development**
- **Menstrual Cycle ; meaning and different phases**
- **Ovulation : meaning and its signification**
- **Menstruation : its biological significance**

Phase 2: Health Education and Menstrual Hygiene

This phase was conducted by Dr. Monika Tripathi (School Doctor). Students were educated about making age appropriate **health friendly life choices** focusing upon the aspects given below

- **Necessity of health education for girl students**
- Age appropriate **guidelines for hair care / hair care/nail care**
- Healthy **eating pattern** to be followed during the **teenage**
- Low **haemoglobin** in female students ; causes and effects
- Healthy **habits and diet to maintain** normal haemoglobin level in blood

- Health related **guidelines for dressing**
- **Menarche** ; its meaning & management tips
- **Varying menstrual cycle** during the teenage
- Menstrual **hygiene management**
- **Life style & diet** during menstruation

Phase 3:Responsible Behaviour

Third phase was conducted by Mrs. Bhabani Nande (Senior Mistress) .Students were explained about the importance of being responsible as well as sensible in their behaviour and actions .They were reminded about the following aspects in detail:

- **Proper manner of disposing the sanitary napkins in toilets**
- **Maintaining proper hygiene standards**
- **Using the toilets properly and responsibly**
- **Being sensible towards the cleaning staff**

The session was concluded by our Vice Principal (Mrs.Leena Chacko).She encouraged the students to sincerely adhere to the valuable guidelines that have been shared during the session .Furthermore , she shared her good wishes so that children have a healthy happy and productive life. Nearly 400 students attended the session.

Special Session for Male Students

Our schools also promote gender sensitivity to reduce the societal barriers caused due to discrimination and gender biases. Keeping these aspects in view, a specialized session was also organized for male students studying in classes IX and X was conducted on 11/10/22.This session was conducted by Principal (Mr. R .K Trivedi sir) during the assembly and first period near the Musical Fountain area .

- **Adopting a healthy and active lifestyle**
- **Being gender sensitive**
- **Respect for female members in the society**
- **Sexual Harassment : meaning and legal consequences**
- **Appropriate gesture and code of conduct while communicating to opposite sex members**
- **Appropriate language for communicating to opposite sex members**

**Sujata Banerjee
Counsellor**

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Pictorial Evidence

(Session for Female Students) IX & X



Pictorial Evidence
(Session for Male Students) IX & X



Report : Session for classes X XI and XII

Topic - Adherence to School Rules /Schemes for Competitive Examinations

Type - Offline (Venue: Auditorium)

Purpose -To remind students about school rules/regulations, minimum criteria for promotion and to inform them about the academic schemes launched by the school for clearing post school competitive examinations.

Secondary School Students face a lot of problems in their body as well as in mind due to puberty/ other challenges during adolescence stage. They need proper Guidance and Counselling to overcome the specific problems and assist them in achieving self direction in educational, vocational and personal development. Guidance at secondary school stage is an important aspect in moulding the personality of the future leaders of the nation.

Considering the aforementioned aspects, our institution is taking up every possible initiative to guide students towards career as well as self development.

On 31st October 2022, a counselling session was conducted by the school authorities for classes IX and X in the auditorium. The session was conducted by our Principal (R.K Trivedi Sir) focusing upon the following aspects were explained in detail :

- **Importance of adhering to school rules and CBSE regulations**
- **Criteria for promotion as set by the Board**
- **Criteria for attendance as set by the Board**
- **Mode of PT-03 Examinations for classes X XI and XII**
- **Classroom Assessment for Hindi / Sanskrit in class X**
- **Guidelines for awarding marks in internal assessments**
- **Strict adherence to regulations regarding use of unfair means during examination**
- **Detailed description of the schemes launched by school for preparation of Competitive Examination**
- **Essential qualities for achieving success in life**
- **Importance of being self disciplined**
- **Adverse conditions / challenges motivate learners towards self development**
- **Schedule for Final Examination and Result Declaration**
- **Shuffling of students on the basis of fixed criteria to prepare them for competitive examination**
- **Syllabus completion and revision strategy for present class XII**
- **Bridge Courses / Revision after syllabus completion**
- **Importance of focusing upon English for clearing CUET examination**
- **Necessity of developing a Scientific temperament with appropriate examples**

Each and every aspect was cleanly explained with adequate number of situation relevant examples. Teachers were also requested to encourage students for going through the almanac and take a follow-up Nearly 1200 students had attended the session .Overall , the programme was very well planned and coordinated .

Sujata Banerjee
Counsellor .

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Pictorial Evidence



Report : Session for classes XI and XII

Topic - Cyber Security Awareness

Type - Offline (Venue: Auditorium)

Purpose -To generate awareness about the nature of cyber crimes and safety measures to be adopted. To encourage students for optimally developing their potentials through proper utilization of available resources

Our school counseling programmes are designed to facilitate student achievement, improve student behaviour ,attendance and enable students in developing academically as well as socially .Considering the aforementioned aspects, our institution is taking up every possible initiative to counsel

On 11th October 2022, a counselling session was organized by the school authorities in association with Cyber Security Cell , Police Department of Raigarh District for classes XI and XII in the auditorium. The session was conducted by the police officials in two phases :

Phase 1: Awareness Training

In this phase , the students were sensitized about the following aspects were explained in detail :

- **Cyber Crime : legal definition**
Importance of cyber security awareness
- **Nature of cyber crimes (Personal /Financial /Social) commonly observed in Raigarh District**
- **Phishing Attacks**
- **Social Engineering**
- **Identity Theft**
- **Cyber Bullying**
- **Financial Frauds**
- **Passwords and Authentications**
- **Mobile Device Security**
- **Responsible use of Social Media**
- **Safe use of internet/ email**
- **Cyber Laws**

• **Nature of investigations and punishment**

Phase II: Motivational Session

This phase was conducted by Mr. Abhiinav Upadhay (DSP Bilaspur).He motivated the students to proactively engage in self development focusing upon the following aspects in detail .

- Identifying the potentials and nurturing those
- Setting up targets
- Remaining focused on reaching the set targets
- Managing distractions
- Optimum utilization the available resources
- Adopting a systematic approach while studying /working
- Learning the lessons of life from teachers / parents / life situation
- Developing oneself for successfully meeting up the life challenges

Each and every aspect was cleanly explained with adequate number of situation relevant examples. Students seemed to be highly motivated .Nearly 800 students had attended the session .Overall , the programme was very well planned and coordinated

Sujata Banerjee
Counsellor.

10th October, 2022

SPECIAL EVENTS ON 11.10.2022 (TUESDAY)

Event	Venue	Classes	Time	Responsibility
Special Counselling Programme for Girls	Auditorium	Girls of Classes IX & X	7.20 AM to 8.05 AM	BPN, MTR (Health & Wellness Club)
Counselling session by District Cyber Cell		Classes XI & XII	11.40 AM to 12.40 PM	SM, CTs, STs

NOTE-

- The students must be instructed to carry a notebook and pen whenever they come to the auditorium.
- Sports Teachers, CTs & STs to inform and escort the students to the auditorium accordingly.
- Teachers free during these periods, must be in the auditorium with the students.
- Last-minute changes, if any, will be intimated in due course.

OPJS-Raigarh

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Pictorial Evidence



Report:Interactive Session With Students (classes-III to V)

Topic- Personal body safety

Venue- Auditorium

Date - 21.11.22

Purpose -To generate awareness among the students about personal body safety.

A guidance sessions based on personal body safety was organized for the students of classes III to V on 21st Nov.2022 (Monday) by Mrs. SujataBanerjee ,counsellor of the school .

At the beginning of the session, students seemed to be little hesitant to interact with the counsellor. Gradually, rapport was established & they became more comfortable in that setup. A PPT was shown to the students which explained about safe & unsafe touch in a non-threatening manner. Following this , they were explained the following aspects in detail :

- **Identification of private parts**
- **Safe & Unsafe Touches**
- **Appropriate style of responding to unsafe touches**
- **Creating a safe circle**
- **Important aspects of personal safety**
- **Examples of good touch and bad touch**
- **Special committee members**

Conclusion: Towards the end of the session, students were asked simple questions to assess their level of understanding of the facts discussed in the session. Children responded very enthusiastically. The confusions/ doubts that came into light from their responses were clarified by theEvsteachers in the class.

Overall the session was informative and aimed at empowering the students to differentiate between safe / unsafe touch by adopting an age appropriate and non-threatening approach so that they can take care of themselves.

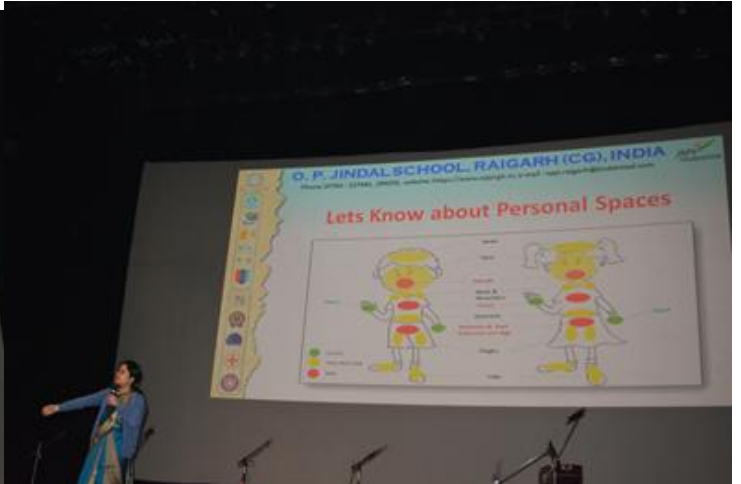
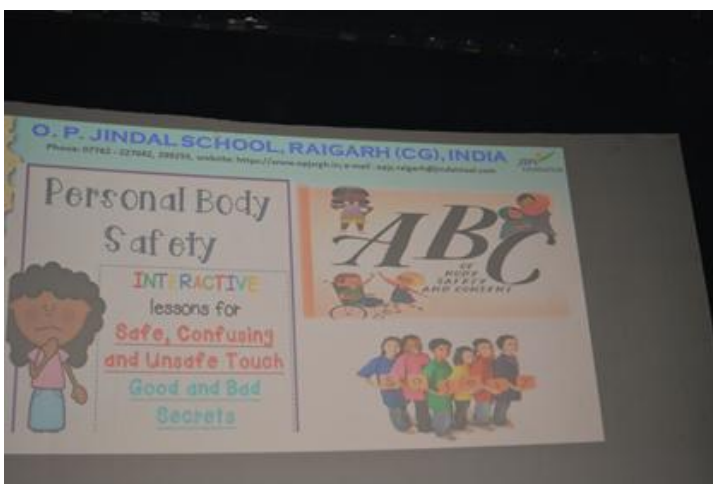
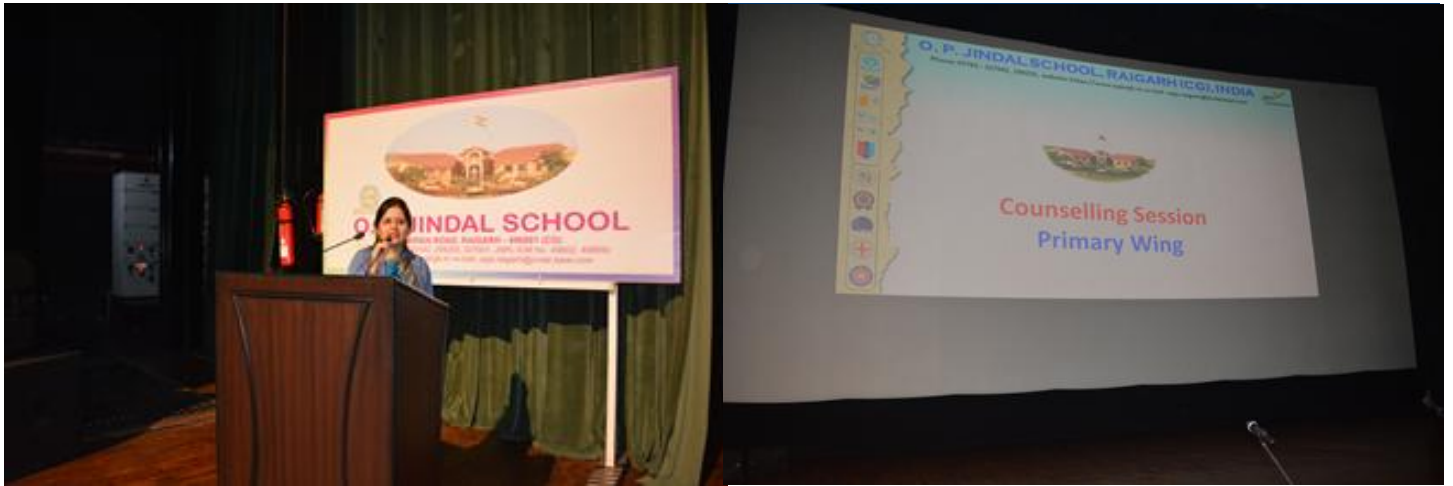
Prepared by

MUNMUN CHOUDHARY

Pictorial Evidence

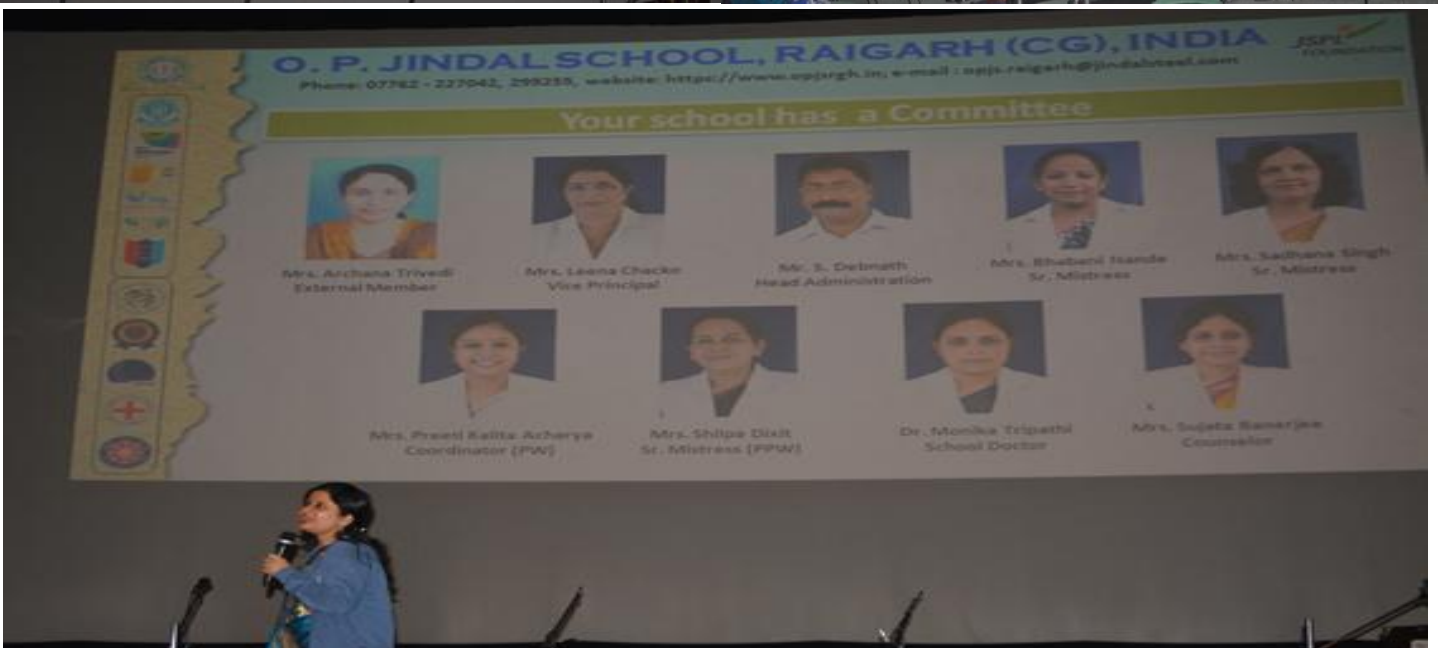
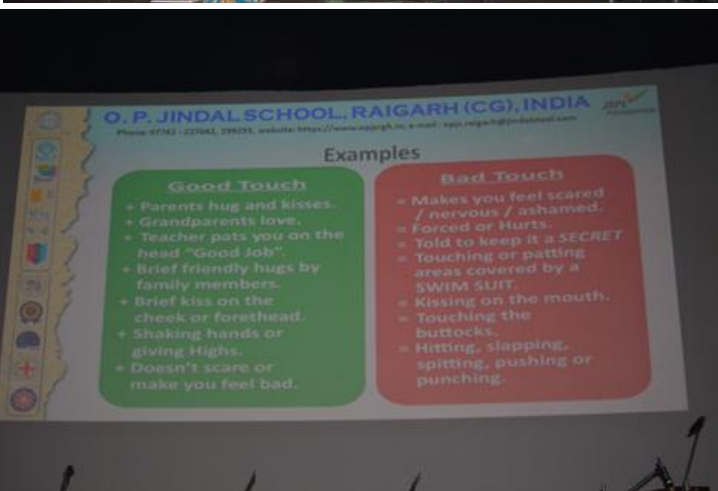
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REPORT

Topic: Counseling Session On Personal Safety

Date: 8th December, 2022

Conducted by: Class Teachers

Venue: Online
(Zoom application)

Attendees: Students and parents of Pre-Primary wing

There is nothing more important to our future than the safety of our children.

A Counseling session on the topic of Personal Safety was held on 8th December 2022 with the students and parents of the Pre-Primary wing. The mode of the session was **Online**. Prior to that day, the class teachers had a Training Session with the school counselor. Class teachers of classes Nursery to class II had Zoom meetings with the students and explained some basic tips that they must be aware and careful. This being a crucial topic, parents were requested to be present with their ward during the session. Children were explained some essential points like:

- **What is Safe and Unsafe Touch?**
- **What are the ways to identify Good and Bad Touch?**
- **Who all come in their Safe Zone?**
- **Whom should they Share their Feeling and Problems with?**
- **How should they Respond if they Experience such Situation?**

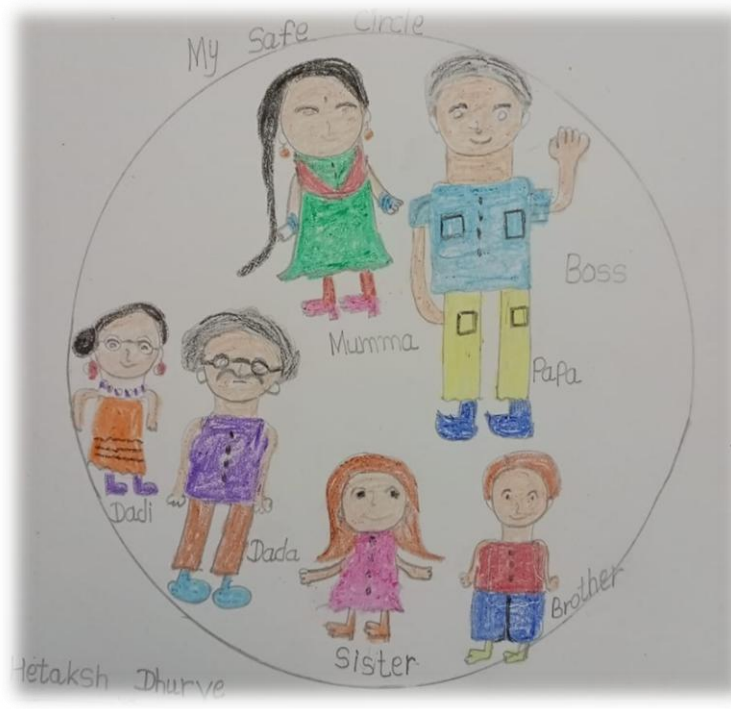
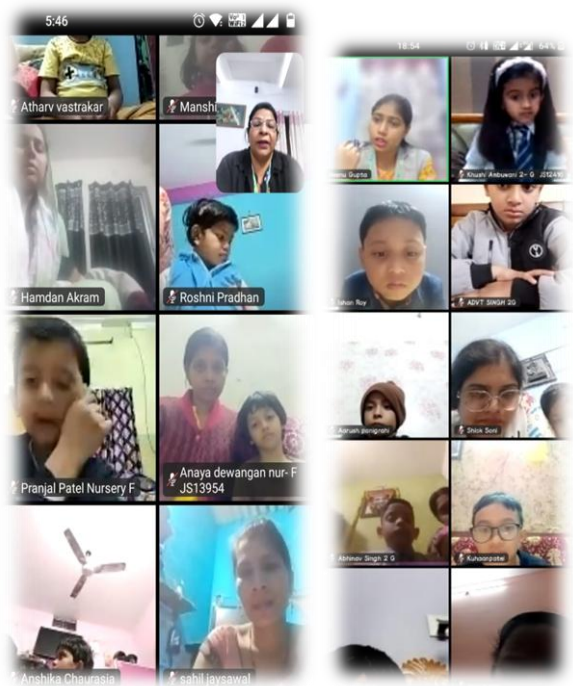
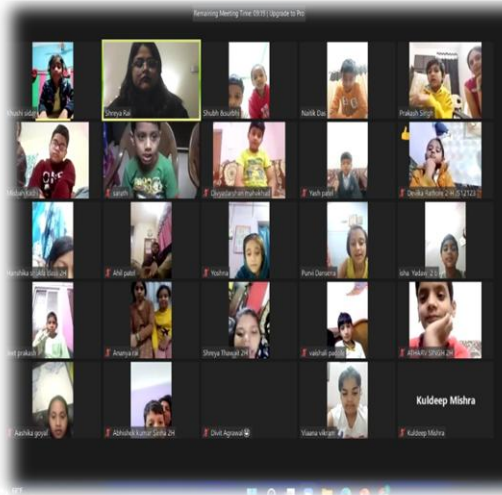
A PowerPoint Presentation consisting of some pictures related to the topic was presented during the session to create interest among children and have a better understanding of the topic.

Parents appreciated the efforts taken by the school and teachers to enlighten children with such important issues and acknowledge children with these valuable points which will result in their lifelong learning.

Prepared by-Mrs .Jaslen Kour

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OPJS/QMS/Report/21-22

Report :Counselling Session PPW

Topic - Handling Gadgets Safely

Type - Online Session

Purpose - To create awareness among the kids about the **pros and cons** of using **electronic gadgets &** guiding them about the measures to be taken while using **mobile**

During, this pandemic COVID-19 , our tiny-tots are using various gadgets like laptop , desktops & mobile phones for long hours for attending their classes & completing assessments. In this regard, it's very important to teach and educate our kids about phone safety. Issues include cyber safety & handling monile /other gadgets responsibly.

Taking these aspects into consideration, our school has decided to introduce a counselling session virtually at the Pre Primary level itself. On 12th March, a counselling session was organized for classes Nursery – Class I. A Power Point Presentation was prepared by Sheetal Agrawal (Teacher PPW). The session was conducted virtually by the class teachers under the supervision of Sr. Mistress Dr. Shilpa Dixit.

At the beginning, children were shown the presentation. Following this , they were explained each and every slide with age appropriate examples as follows

- **Never to touch electrical appliances with wet hands.**
- **Always switch off mobile at night and keep it away.**
- **Never share OTP and other information with others while using mobile.**
- **Keeping mobile phone safely**

Children were also explained that mobiles should not be used at petrol pumps, while eating, walking and when it's put in charge. They were reminded to use the gadgets efficiently. As kids are using technology ,they were also reminded about the flavor of books ,puzzles ,Crayons & scented markers .Kinds were encouraged to use technology as well as other toys /study items in a balance manner.

The counselling session was conducted smoothly. Children enthusiastically attended the session with their parents. Feedback was given by the parents to the class teachers also. The counselling session was conducted smoothly due to active co -operation of teachers, coordinator & parents .

**Sheetal Agrawal
CR (KG)**

Report reviewed & edited by Sujata Banerjee (Counsellor)

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Pictorial Evidence

O.P JINDAL SCHOOL
Presents our
First Counselling session on
"Handling gadgets safely"

Never use mobile at petrol pump

Never watch T.V or MOBILE while eating

Never use mobile while walking

Never use mobile when it's put in charge

TURN OFF CELL PHONES

Children who remains for long hours becomes lazy and fat.

Children should play outdoor games

If someone makes a call while you are using mobile give it to your parents. Don't cut the call.

Never share any personal information or any number with others without your parents consent.

Never put your fingers in the holes of electric plug otherwise you may receive an electric shock

Yes kids love technology, but they also love scented markers, crayons, books and mud puddles. It's all about balance.

Report :Counselling Session PPW

Topic - “GOOD HEALTH”

Type - Virtual Session

Purpose -To enable children in learning the basics of self care and healthy eating habits so that they are aware of essential **life skills**.

A comprehensive health counselling is an essential part of the curriculum. If children understand that eating healthy grains, seasonal fruits and vegetables gives them energy to play, they are more likely to follow healthy diet.

Keeping all these aspects into consideration, a counselling session was conducted by the Pre- Primary Wing on 22th March 2021 for classes Nur-Class1. A power point presentation was prepared by Sheetal Agrawal. The session was conducted virtually by the class teachers under the supervision of Sr. Mistress Dr.Shilpa Dixit .

By viewing the slides virtually & listening to their teacher’s explanation, children learnt factors that prevent illness and are necessary for a healthy body. Following this, few important issues were also explained:

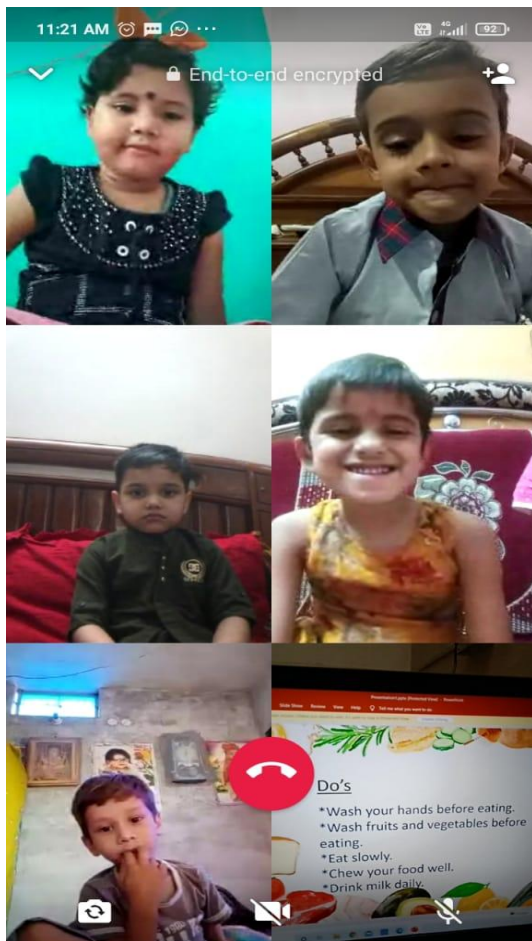
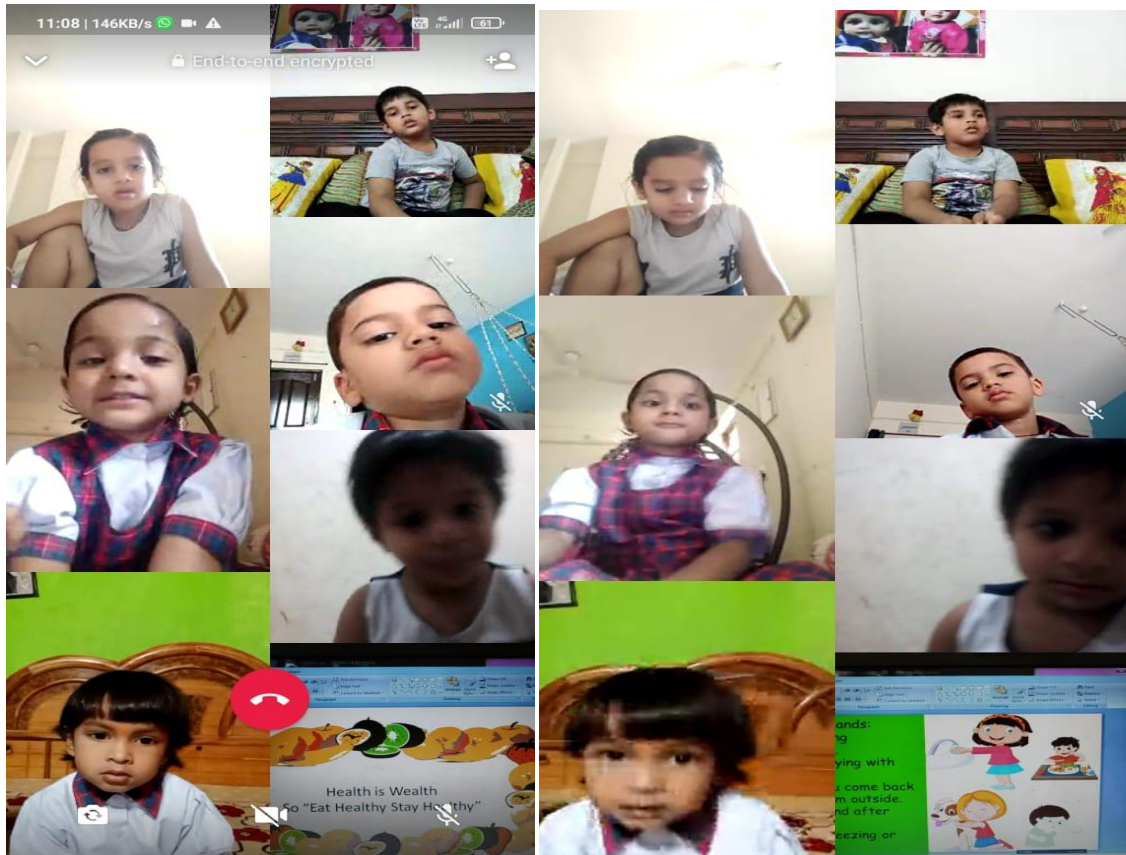
- **Waking up early in the morning**
- **Exercising regularly**
- **Eating healthy breakfast before school begins**
- **Taking lunch on time.**
- **Playing outdoor games with necessary precautions**
- **Going to bed early**
- **Getting adequate sleep**

Children were also taught to cover their mouth while coughing sneezing & blowing their nose. They were also encouraged not to waste food by explaining that in our country, poor people don’t get food twice in a day. Last but not the least, students were asked to carry a big smile on their face & at the same time share their pains with parents /teachers. The session was attended by the kids along with their parents. They learnt to care for their health.The session was conducted successfully by the active cooperation of teachers, coordinator madam and parents too.

**Sheetal Agrawal
CR (KG)**

Report reviewed & edited by Sujata Banerjee (Counsellor)

Pictorial Evidence



Keep yourself hydrated

**Drink lots of water as water is the best medicine to clean our body.*

**Serve water to your parents and guests also.*

**You can help birds and animals too by giving them water.*



Report :Counselling Session PPW

- Topic** - “ORAL HEALTH”
- Type** - Online/ Virtual interaction
- Purpose** - To generate awareness about oral health, to eliminate the risk of cavities among
Pre-Primary school children..

Taking care of one’s health is very important for every human being as preventive care is always less expensive than emergency care. Proper oral health care is important from birth and continuing through childhood. Children should be made aware that healthy teeth are an integral part of healthy body.

Our school always initiates and promotes young learners to take care of their health and become future active citizen of the society and nation. Taking all these aspects into consideration, a virtual Counselling Session was held on 05th April, 2021 for classes Nur-Class1. A PowerPoint presentation was prepared by Sheetal Agrawal (teacher PPW).The session was conducted virtually by the class teachers under the supervision of Sr. Mistress Dr. Shilpa Dixit.

At the beginning, the kids were taught to use a soft tooth brush and tooth paste. Then they were shown the steps of brushing teeth by their class teacher. The tiny-tots were also encouraged to increase their intake of high fiber food, fruits and vegetables. They were explained mouth-washing and flossing. Following this few important issues were also explained

- **Necessity of taking care of teeth**
- **Steps of brushing**
- **Flossing using mouthwash**
- **Limiting sugary drinks and snacks**
- **Visiting dentist at regular intervals**
- **Increasing water intake**

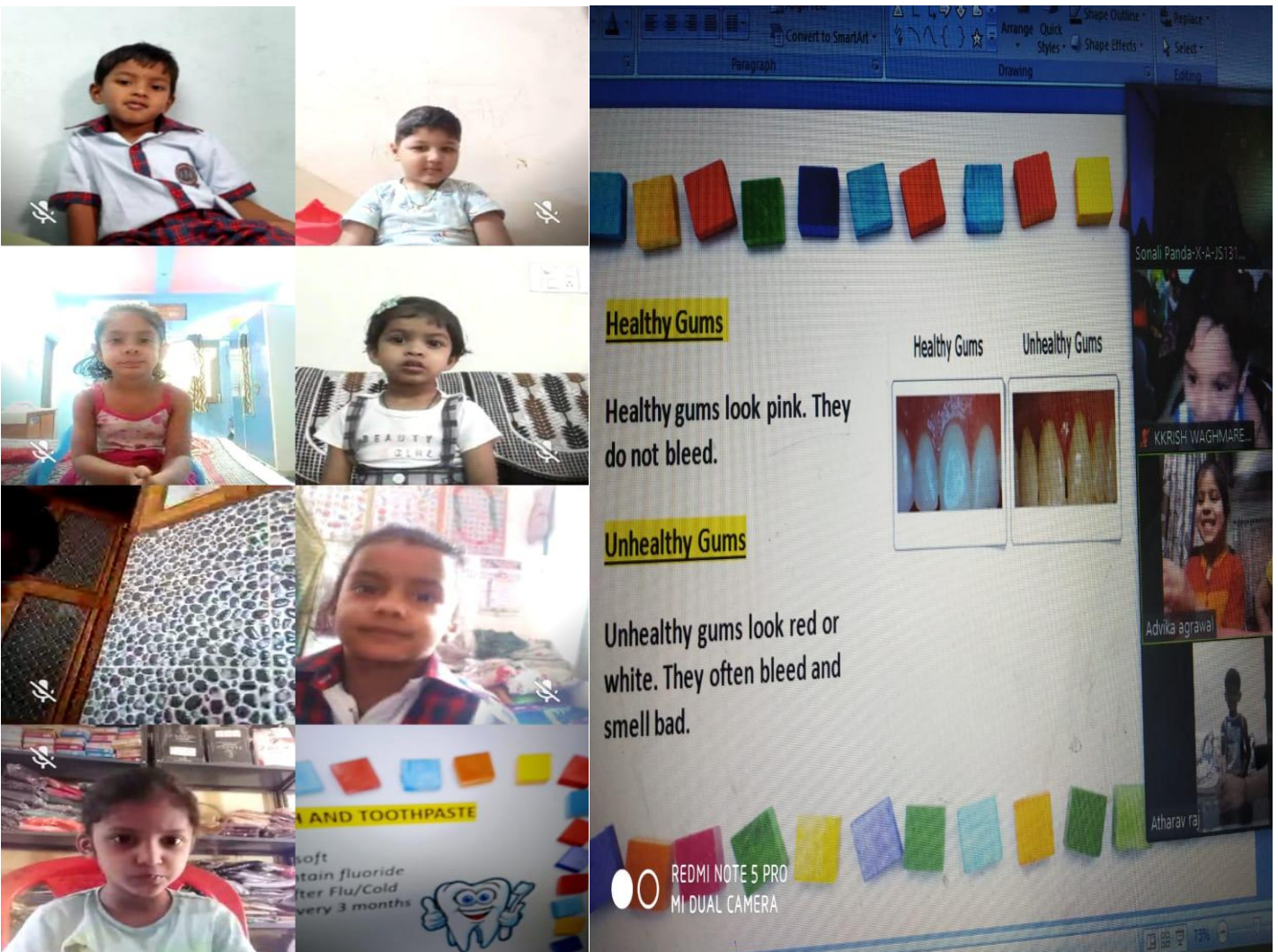
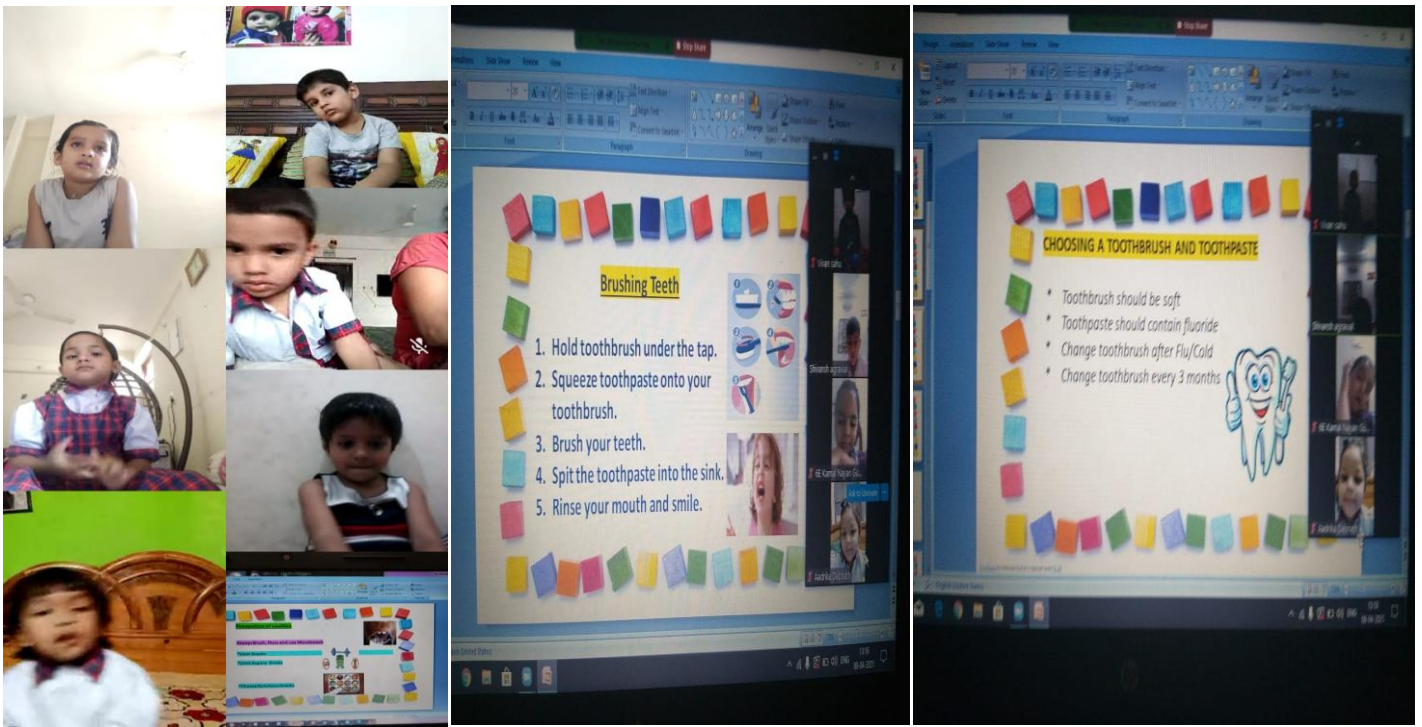
They were also shown slides of cavities, healthy and unhealthy gums. Children understood the importance of brushing and taking care of their teeth.

The Counselling session was conducted smoothly. Parents also joined the session with their kids. They were very happy and share their feedback after the session. We received many photographs of children brushing their teeth and following their oral hygiene. The session was conducted successfully by the active cooperation of all teachers, coordinator madm and parents.

**Sheetal Agrawal
CR (KG)**

Report reviewed & edited by Sujata Banerjee (Counsellor)

Pictorial Evidence



Report :Counselling Session PPW

Topic - GOOD BEHAVIOUR

Type - Online session through zoom

Purpose -To develop age appropriate behavioural skills of children

Children at a young age have incredibly absorbent brains. They remember what they are taught with clarity and their minds absorb everything much faster than they would at a later age. Keeping all these aspects into consideration, a counselling session was conducted for classes Nur-Class1 on 12th April 2021. A power point presentation was prepared by Sheetal Agrawal. Session was conducted virtually by the class teachers under the supervision of Sr. Mistress

Children were virtually given examples as to behave properly at home, during their virtual classes as well as in different social situations. They were also told to use “Five Magic Words”. Children were explained about sharing & caring. Even parents were guided to reinforce their child’s behavioural skill development by giving them more attention when they behave well or act kindly .Following aspects were explained in detail during the session

- **Greeting** everybody you meet.
- **Respecting** their own & other people’s property & school’s property.
- Not **making fun** of anyone. Everyone has feelings.
- Using decent or proper **language**
- **Helping** parents, friends and teachers.
- Putting the **garbage in the bins**.
- **Returning** the things that are **borrowed**
- Not **scribbling on** wall table /study desk

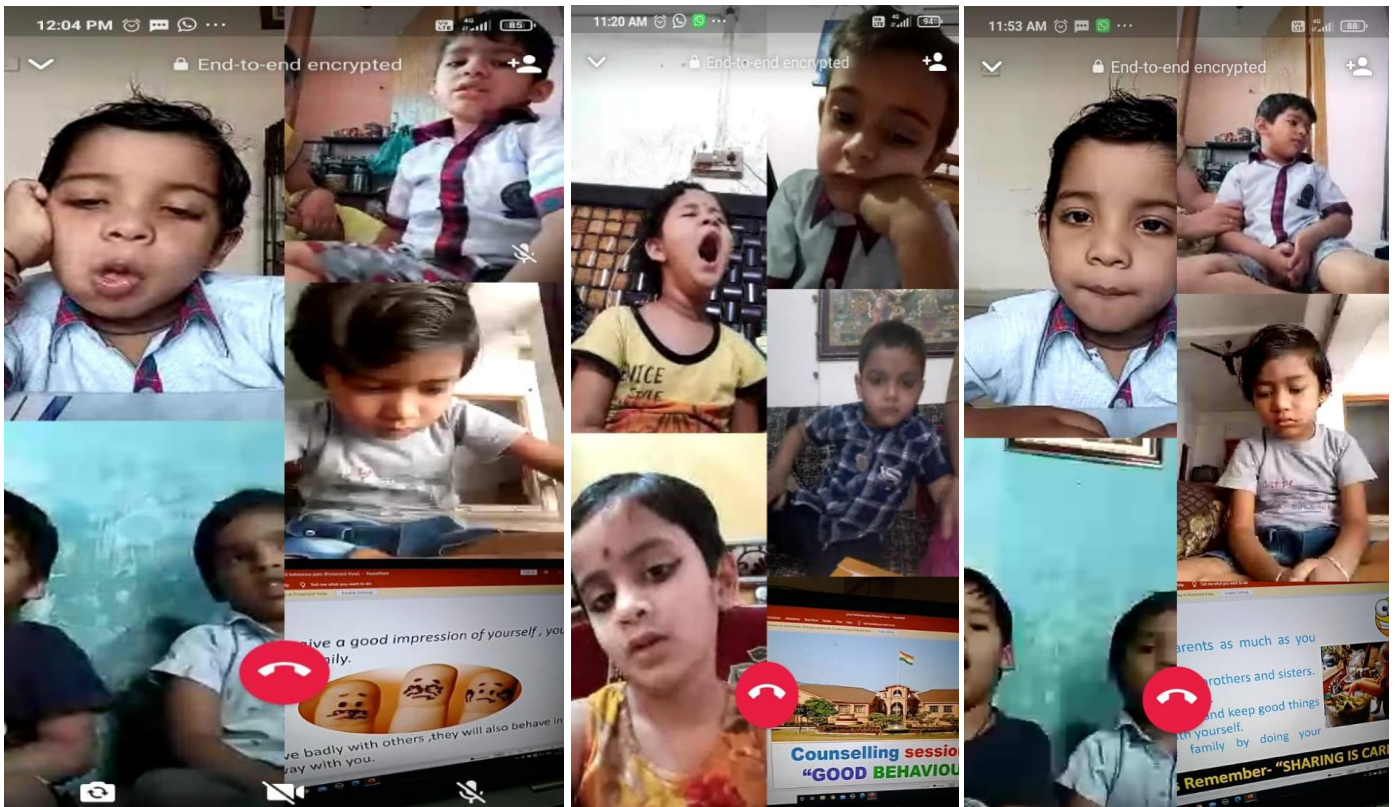
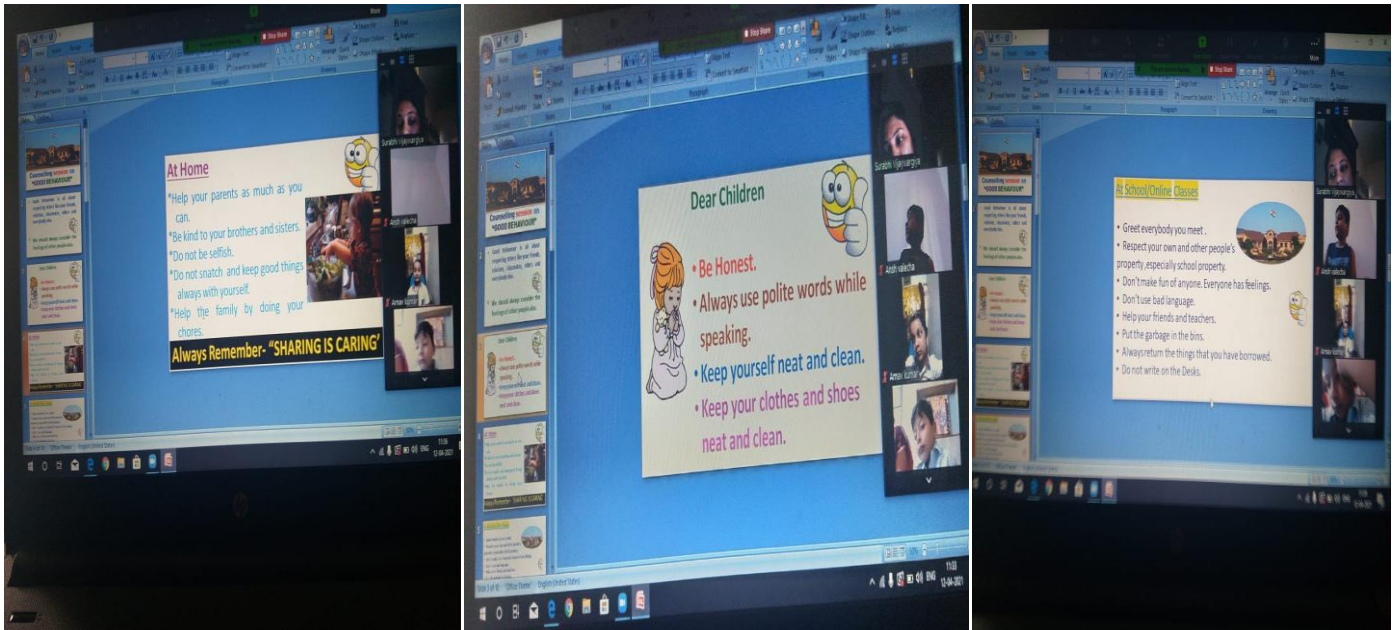
Children were also made aware of personal grooming and table manners. They were explained that through our good behaviour & actions we can create impression in front of parents ,family members, teachers & the whole world

The session was attended by the kids along their parents. It was conducted successfully by the active cooperation of all teachers, coordinator madam and parents too.

**Sheetal Agrawal
CR (KG)**

Report reviewed & edited by Sujata Banerjee (Counsellor)

Pictorial Evidence



Report : Virtual Health Counselling Sessions (Classes II-X)

Topic - Personal Hygiene Management

Type - Virtual Session (through counselling video & interactive session with CTs)

Purpose -To encourage students in adopting a healthy & hygienic lifestyle .

Maintaining a good standard of personal hygiene is essential for enhancing physical, psychological as well as social well-being. It helps in preventing infections & diseases. Healthy habits need to be inculcated since an early age so that children adopt those behaviours & continue healthy living practices throughout their life time. In a nutshell, hygiene education at an early age aims to build up a healthy generation.

Considering the aspects mentioned above, the Health & Wellness Club in our school organized session on Personal Hygiene Management. The session was conducted into three phases as follows :

Phase 1: Classes Nursery - I (24.04.2021)

Phase 2: Classes II- VIII (25.04.2021)

Phase 3: Classes IX- X (03.05.2021)

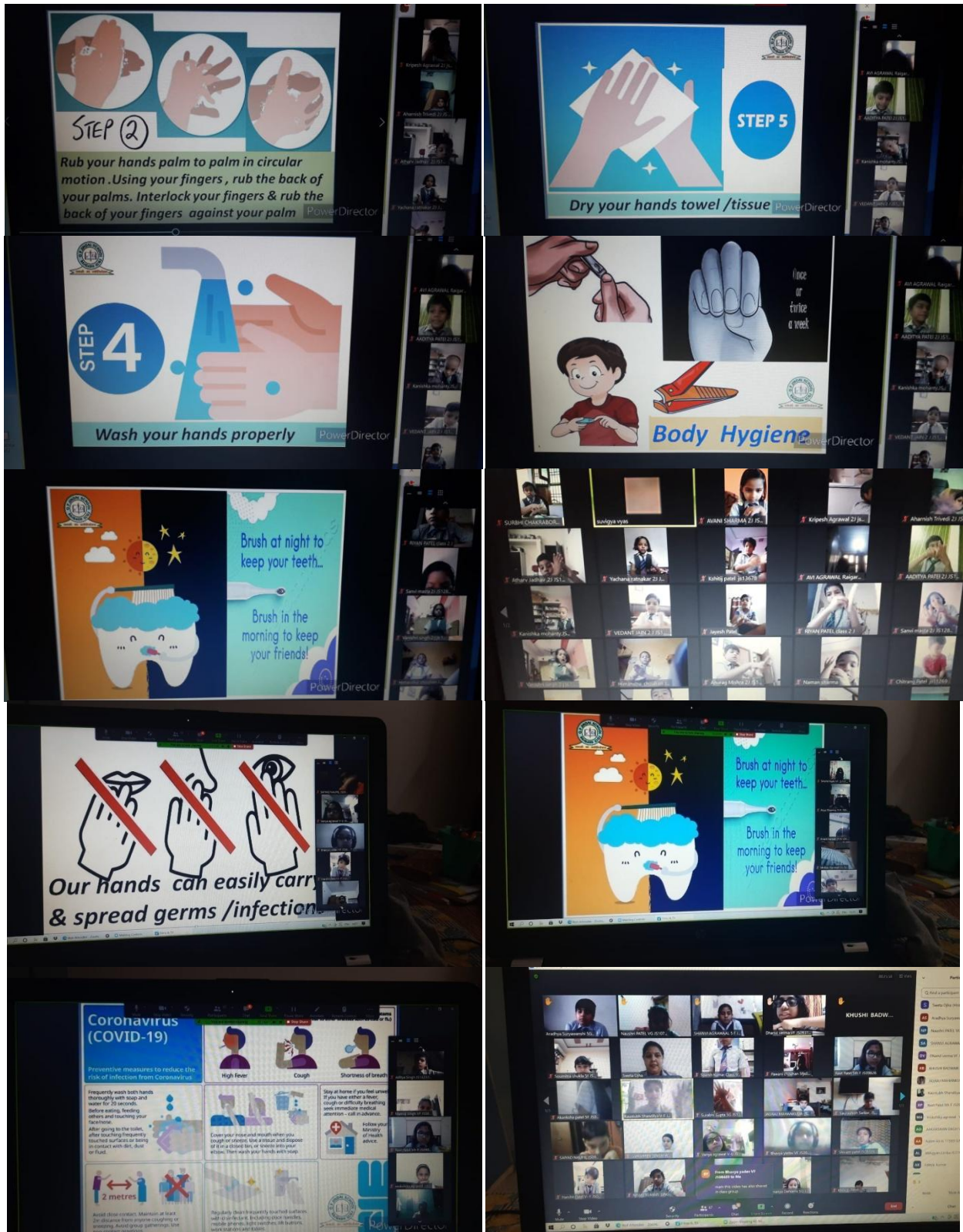
Counselling videos , worksheets & Google Form was developed by the school doctor & counsellor for conducting the sessions phase wise. Guidelines for conducting a session after sharing the counseling video were shared with the class teachers. Finally the sessions were conducted by the class teachers as per the scheduled date through the educational platform (Zoom).The following aspects were explained in detail through the counselling video

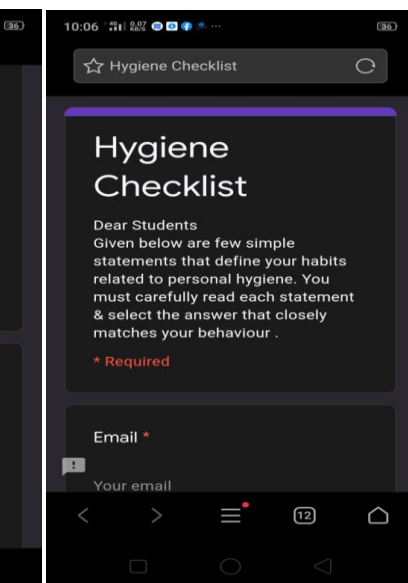
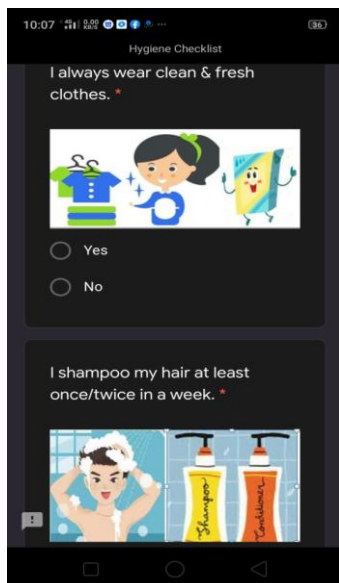
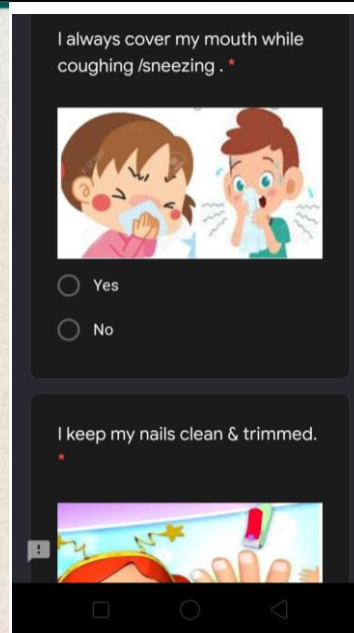
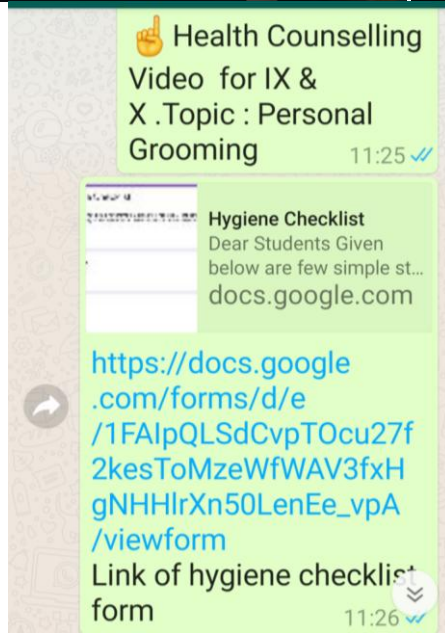
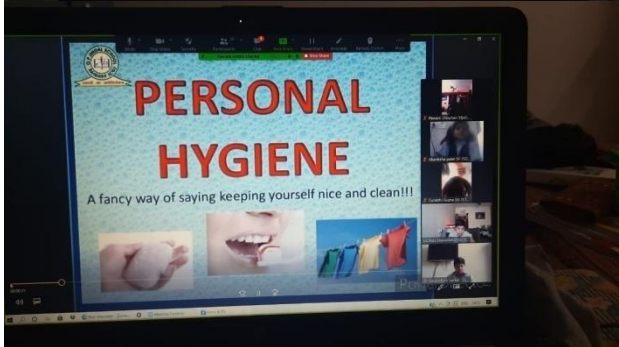
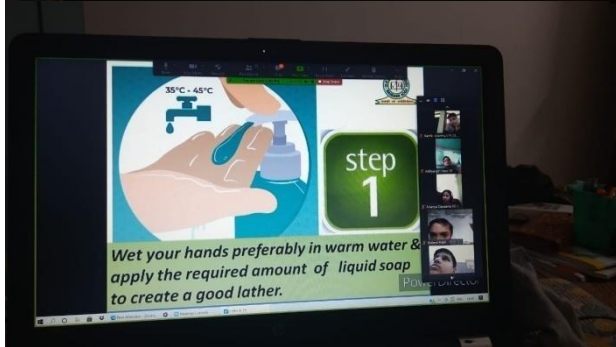
- Meaning of personal hygiene
- Importance of hand hygiene
- Proper technique of hand washing
- Oral hygiene ,its importance & ways to maintain good oral hygiene
- Maintaining body hygiene
- Cleanliness & its importance
- Reminding the guidelines to be followed to stay protected during second wave of COVID-19

As already mentioned that the sessions were conducted in three phase's .The session for Primary Wing was conducted with the help of video .In Primary & Middle Wing, hygiene checklist worksheet was also share with the students in addition to the counselling video. In Senior Wing, a picture based Google Form was also shared with the students in addition to the counselling video. Students were encouraged to self-assess their hygiene standard after watching the counselling video & interacting with their class teachers.

Overall, the health sessions were planned efficiently & conducted successfully due to the constant support of school authorities & teachers. Around 700 students in Pre Primary Wing, 1400 students in Primary Wing, 2800 students Middle & Senior wing participate in the online counselling activities.

Pictorial Evidence





Report : Session by external resource person (Classes IX & X)

Topic - Anger Management

Type - Online (conducted through Microsoft Teams)

Purpose - to train students in developing the ability of managing extreme emotions especially anger /aggression & develop their emotional skills.

Anger being a normal human emotion often help us to pursue our goals & drives us to a happier/healthier life of course when it remains within limits .When misplaced or out of control, it can wreck relationships & even life .Furthermore, research based evidence shows that the period of adolescence (teenage) is often associated with heightened emotionality especially anger /aggression. Besides that, severe angry behaviour during this stage may lead to chronic health conditions over time. Under the circumstances, anger management training seems to be an ideal resource for personal growth .Teaching student's good anger management skills while they are young & optimally receptive is essential because those skills would get cemented in their personality for life time.

Keeping these aspects in view, our school participated in the **Mental Health Programme organized by Fortis Health Care** in the month of **May 2021**. The online session on **Anger Management organized under the Pro-Social Peer Moderation Programme** was attended by our students in **Senior School (classes IX &X)**.The session was conducted on **17/05/21** by **Dr .Sameer Parikh**, eminent **psychiatrist & Director Department of Mental Health & Behavioural Sciences Fortis Health Care**

It was a **one & half hours** session. At the beginning of the session, he explained that anger is one of essential emotions influencing our behaviour & the importance of managing hanger for leading a health as well as productive life. Following the introductory phase, Dr. Parikh explained the aspects **given below** in detail with adequate age **appropriate examples**.

- Human **emotions** are **natural**
- **Anger & Aggression** :psychological definition as well as difference
- Different **forms of aggression** : Verbal ,Physical, Passive etc
- Commonly observed **aggressive personality traits**: defying authority ,bullying etc
- Consequences of aggression
- **Emotional Consequences** faced by aggressor & recipient with examples
- **Physical Consequences** faced by aggressor & recipient with examples
- **Social Consequences** faced by aggressor & recipient with examples
- **Academic consequences** faced by aggressor & recipient with examples
- Researches based evidence proving that **victims** of aggression have a higher **tendency** to dropout, isolation, and depression and becoming aggressive themselves.
- Aggression : learnt behaviour
- Role of **family, peers & community** in developing aggression
- Strategies for effective **management of anger & aggression**
- Identification of triggers : situation based examples
- **Channelization** of anger : situation based examples
- Building **Empathy**: situation based examples
- **Assertiveness** training & its application in real life situations

Interaction with students

The above mentioned aspects were discussed with ample **situation relevant examples**. **Short quizzes** were also **conducted** in which **questions** were **displayed** on the slides & **students answered** through the **chat box**.

Throughout the session , students **were encouraged to ask questions** related to the topics that have been discussed during the session .The **facilitator** of the session **read out the queries** from the chat-box & **Dr. Parikh answered** every query with **huge enthusiasm** .Overall , the session was informative .Nearly **1500 students** from our school attended the session.

Sujata Banerjee
Counsellor



PICTORIAL EVIDENCE

FORTIS SCHOOL MENTAL HEALTH PROGRAM

PRO SOCIAL PEER MODERATOR PROGRAM

AGGRESSION MANAGEMENT

WITH DR. SAMIR PARIKH




DATE - 17TH MAY | TIME - 5-6:30PM

*FREE OF COST
*E CERTIFICATES WILL BE PROVIDED

TO REGISTER, SIGN UP AT
[HTTPS://LINKTR.EE/FORTISMENTALHEALTH](https://linktr.ee/fortismentalhealth)

FORTIS 24X7 HELPLINE
+918376804102



Chacko Ma...
11:58

Classes IX & X
Dear Students
Your school invites you all to **register** yourselves (free of cost) & **attend** the **webinars** organised by Fortis Delhi as a part of School Mental Health Programme .

Topics :
1. Aggression Management (17.05.2021)
2. Gender Sensitization (18.05.2021)

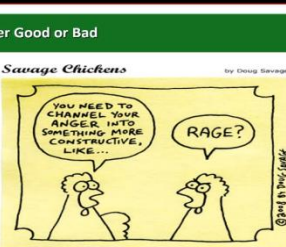
Participants would be provided **E - Certificates** .

Type a m...

Aggression Management


Is Anger Good or Bad

Savage Chickens by Doug Savage

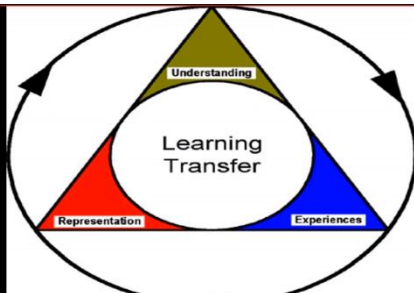


Need help? Leave

- > Gossiping
- > Spreading rumours
- > Excluding
- > Sitting alone



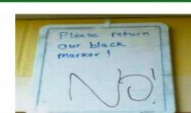
Fortis



Fortis

Aggression Also Means...

- > Defying authority
- > Bullying
- > Yelling
- > Breaking Things
- > Interrupting
- > sarcasm



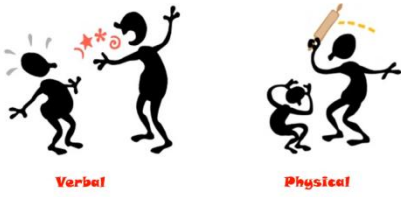
Oh, I'm sorry...
Did the middle of my sentence interrupt the beginning of yours?

Fortis

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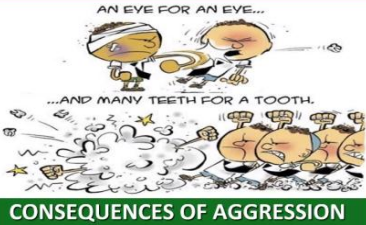
Types of Aggression



Verbal

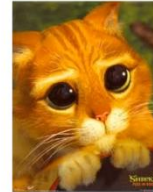
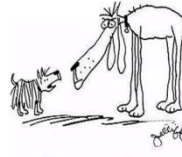
Physical

Anger Vs. Aggression

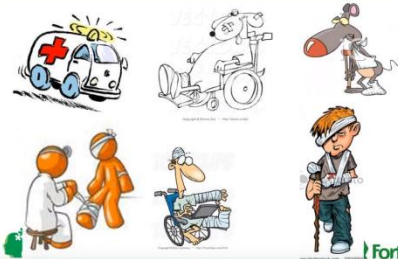


CONSEQUENCES OF AGGRESSION

Emotional Consequences



Physical Consequences



Academic Consequences



But what if I fail?
We all get to laugh at you.

Consequences for the Aggressor



- NOT COOL
- NOT FRIENDLY
- NOT POPULAR
- NOT RESPECTED
- NOT WELCOME
- ALL OF THE ABOVE

MONKEY SEE, MONKEY DO



WHAT'S YOUR EXCUSE?

IS AGGRESSION LEARNT?

Family



Peers



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Community

www.clipartof.com · 442219

Media

- Identify your triggers
- Channelize anger
- Build Empathy
- Become Assertive

Identify Your Triggers

Watch your thoughts

- You did that on purpose...
- You wanted to hurt me...
- You deserve this...
- You never even asked me...
- You're being unreasonable...
- You think you're so good...
- I'll show you...
- You started it...
- That's not fair...

Catch it at the Right time

- Stomach gets tight/upset
- Heart is beating faster
- Clenching fists
- Feel myself getting flushed
- Pressure on my temples
- Sweaty palms
- Clenched jaw

Holding onto anger is like drinking poison and expecting the other person to die.
Buddha

STEP 2: CHANNELIZE YOUR ANGER

Express yourself

- Write a Diary
- Talk to a "supporter"
- Write a blog
- Paint

Channelize your energy

- Go for a jog
- Dance
- Play a sport
- Regularize breathing

Problem Solve

- Try to look at situation objectively/ as bystander
- Look at alternatives
- Evaluate various options.
- Be sporty to "try" a new one

Be Regular With

Adequate

Good Diet

Exercise

Relaxation

Recreation

STEP 3: BUILD EMPATHY

Stop the Blame Game

Talk to the "Culprit"

- Put yourself in other's shoes
- Give your point of view
- Listen to the other's view
- Reason
- Try to 'forgive'

Passive

Being a... Door Mat!!

Passive Aggressive

Being a... Sniper!!

Assertive

Being a... Sign Board!!

How To Be Assertive?

Do	Don't
➤ Be aware of your emotions and triggers	➤ Make excuses
➤ Look for mutually acceptable alternatives.	➤ Apologize for asking
➤ Be specific and clear	➤ Always give in
➤ Express your reasons and feelings	➤ Put yourself down
➤ Listen to the other	➤ Blame yourself or others
➤ Give feedback about behaviour	➤ Criticise the person
➤ Accept and Apologize when you make a mistake	➤ Interrupt
➤ Include positive messages	➤ Be sarcastic
➤ Talk one on one	➤ Shout
	➤ Use physical force
	➤ Use threats

- Self Disclosure
- Compromising and Negotiating
- Making and Refusing Requests
- Giving and receiving criticism
- Giving and receiving compliments

Saying NO

- Use assertive body language
- Decide on your position before speaking
- Don't apologise when it's not necessary
- Don't make excuses when not necessary
- Don't ask permission to say no
- Don't wait for acceptance – accept the consequences
- The **Broken Record Technique**



Report : Session by external resource person (Classes VI-X)

Topic - Gender Sensitivity

Type - Online (conducted through Microsoft Teams)

Purpose - To develop understanding about gender sensitivity & promote a gender sensitive attitude among the students.

Gender sensitivity refers to behaviour that avoids discrimination by understanding & accepting the multiple differences between men & women. **Children** become well **aware** of the **difference** between genders in the process of their **social development**. This awareness unconsciously develops a **set of ideas** in their mind that may influence the way children interact with each other. In **absence** of **proper guidance** at the early stage, children may develop **gender biases /stereotypes** that can **affect their decision making, social relationships & personal/professional life** in the long run.

Keeping these aspects in view, our **school participated** in the **Mental Health Programme organized by Fortis Health Care** in the month of May 2021. The online **session on Gender Sensitization** under the **Pro-Social Peer Moderation Programme** was **attended** by our students in **Middle & Senior School (classes VI-X)**. The session was conducted on **18/05/21** by **Dr. Sameer Parikh**, eminent **psychiatrist & Director Department of Mental Health & Behavioural Sciences Fortis Health Care**

The session was conducted from **5:00 P.M to 6:30 P.M**. At the beginning of the session, he explained the **meaning of gender sensitivity** including the factors that usually influence **gender based perceptions**. Following the introductory phase, Dr. Parikh explained the following aspects in detail with adequate age **appropriate examples**.

- Gender Sensitivity is based on **stereotyped** mindset & being **judgmental**
- Hypothetical assumptions that ignore individuality and promote categorization (**stereotypes**)
- **Examples** of gender based **stereotypes**
- Learned behaviours from observations)of perceiving some personality traits as of either of the genders (**Gender Roles**)
- **Gender role perception** based on limited, biased observation.
- **Sources & impact** of gender based discriminatory practices
- **Attitude /behaviour** patterns to **eradicate gender based discriminations**
- **Role of family** in developing gender sensitive children
- **Role of school** in developing gender sensitive student community
- **Role of peers** in developing gender sensitive social group
- **Role of community** in developing gender sensitivity among the members
- **Role of media** in developing gender sensitive society
- **Impact** of gender sensitive attitude upon **self /interpersonal relationships & community** as a whole
- Ways to **control gender biases /stereotypes**
- Being **open minded & empathic**
- Importance of **setting boundaries**, recognizing their necessity & respecting those

Interaction with students

The above mentioned aspects were discussed with ample **situation relevant examples**. **Short quizzes** were also **conducted** in which **questions** were **displayed** on the slides & **students answered** through the **chat box**. Throughout the session, students **were encouraged to ask questions** related to the topics that have been discussed during the session. The **facilitator** of the session **read out the queries** from the chat-box & **Dr. Parikh answered** every query with **huge enthusiasm**. Overall, the session was informative. Nearly **1500 students** from our school attended the session.

Sujata Banerjee
Counsellor

PICTORIAL EVIDENCE


FORTIS SCHOOL MENTAL HEALTH PROGRAM



PRO SOCIAL PEER MODERATOR PROGRAM

GENDER SENSITISATION

WITH DR. SAMIR PARIKH



DATE - 18TH MAY | TIME - 5-6:30PM

* FREE OF COST
* E CERTIFICATES WILL BE PROVIDED

TO REGISTER, SIGN UP AT
[HTTPS://LINKTR.EE/FORTISMENTALHEALTH](https://linktr.ee/fortismentalhealth)

13:35 4G 5.89 KB/S

Chacko Ma... 11:58

Classes VI-VIII
Dear Students
Your school invites you all to **register** yourselves (free of cost) & attend the **webinars** organised by Fortis Delhi as an initiative under their School Mental Health Programme .

Topics :
1. Bully to Buddy ;say no to cyber-bullying (23.05.2021)
2. Gender Sensitization (18.05.2021)
Participants would be provided E- Certificates

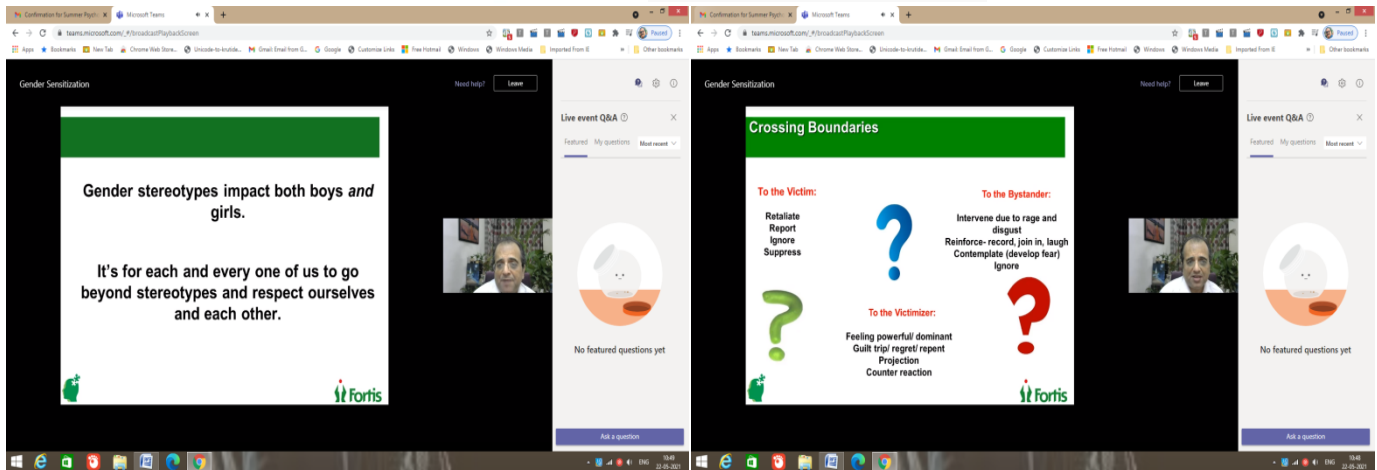
13:35 4G 0.00 KB/S

Chacko Ma... 11:58

Classes IX & X
Dear Students
Your school invites you all to **register** yourselves (free of cost) & **attend** the **webinars** organised by Fortis Delhi as a part of School Mental Health Programme .

Topics :
1. Aggression Management (17.05.2021)
2. Gender Sensitization (18.05.2021)
Participants would be provided E- Certificates

FORTIS 24X7 HELPLINE
+918376804102



The screenshot shows a Microsoft Teams interface for a live event Q&A session. The main content area displays a slide with the following text:

Gender Stereotypes impact both boys and girls.

It's for each and every one of us to go beyond stereotypes and respect ourselves and each other.

Below the slide, there are two columns of questions:

- To the Victim:** Retaliate, Report, Ignore, Suppress
- To the Bystander:** Intervene due to rage and disgust, Reinforce- record, join in, laugh, Contemplate (develop fear), Ignore
- To the Victimizer:** Feeling powerful/ dominant, Guilt trip/ regret/ repent, Projection, Counter reaction

The interface also includes a 'Live event Q&A' window, a 'Need help?' button, and a 'Leave' button. The Fortis logo is visible in the bottom right corner of the slide.

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The following table summarizes the content of the 10 screenshots shown in the grid:

Screenshot Index	Slide Title	Key Content
1	Crossing Boundaries	Visual, Auditory, Physical
2	Impact on the Self	Low self-esteem, Self-stereotyping, Self-fulfilling prophecy, Impact on future decisions and aspirations, Avoidance of situations, Dissatisfaction and distress
3	Boundaries: What they are	Personal space built out of beliefs, attitudes, experiences & learning. 'Your' idea of boundaries may be different from 'Mine'.
4	Quiz!	1. Don't _____ like a girl 2. Be a _____! 3. When a girl says no, she actually means to say _____ 4. A _____ thinks with the head and a _____ with the heart. _____ love to gossip with friends
5	Break Out of the Stereotype	Don't let yourself be defined by stereotypes, Be open to exploring your own interests, Focus on your own goals and priorities
6	Question your Assumptions	Refrain from generalizing, Question your beliefs
7	Be Empathetic	Imagine yourself in the other's shoes, Be open to other's views and differences, Gain personal perspective
8	True or False	Men and women all prefer the color blue over all other colors

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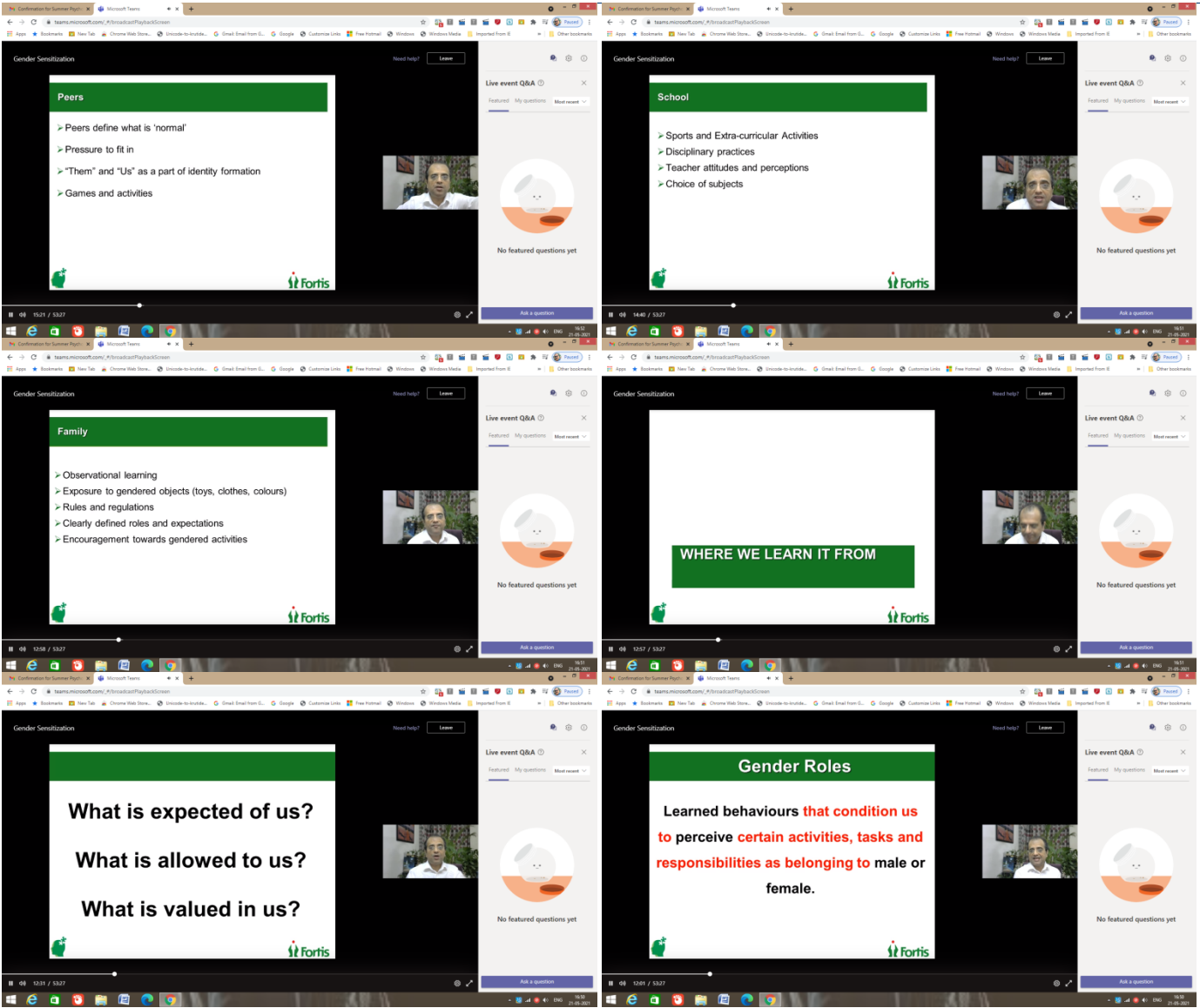
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The image displays a series of 14 screenshots from a Microsoft Teams live event titled "Gender Sensitization". Each screenshot shows a slide with text and a "Live event Q&A" sidebar. The slides cover various topics related to gender stereotyping and its impacts.

- True of False**
 - Men are better pilots than women
 - Boys don't cry
 - Women are better at looking after children
 - Girls like to go shopping more than boys
- Impact on Society**
 - Inequality and discrimination
 - Lack of diversity
 - Increased need for conformity
 - Increased aggression and violence
 - Increased crime
- Impact on Relationships**
 - Barriers in communication
 - Lack of understanding
 - Uncertainty in interpreting others' behaviours
 - Inequality in relationships
- Impact on the Self**
 - Low self-esteem
 - Self-stereotyping
 - Self-fulfilling prophecy
 - Impact on future decisions and aspirations
 - Avoidance of situations
 - Dissatisfaction and distress
- IMPACT OF GENDER STEREOTYPING**
- Media**
 - Objectification of men and women
 - Unrealistic expectations of self and other
 - Construction of myths and false perceptions
 - Definition of attractiveness and popularity (Machismo vs. beauty)
 - Influence of role models
 - Depiction of traditional gender roles
- Community**
 - Social norms and expectations
 - Concerns around safety
 - Gendered language

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Fortis

Department of Mental Health and Behavioural Sciences,
Fortis Healthcare Limited

certifies that

ADVAIT C SHRAWANKAR

participated in a 6-day (one hours) online workshop series on **Pro Social peer Moderator Program** held from 17th to 22th May 2021.
The modules of the program include Aggression Management, Risk Behaviour Management, Gender Sensitization, Media Literacy, Study and Exam Skills, and Caring for the Environment

Dr. Samir Parikh
Dr. Samir Parikh
Director
Fortis National Mental Health Program
Fortis Healthcare

Fortis

Department of Mental Health and Behavioural Sciences,
Fortis Healthcare Limited

certifies that

Tanushri A Banerjee

participated in a 6-day (one hours) online workshop series on **Pro Social peer Moderator Program** held from 17th to 22th May 2021.
The modules of the program include Aggression Management, Risk Behaviour Management, Gender Sensitization, Media Literacy, Study and Exam Skills, and Caring for the Environment

Dr. Samir Parikh
Dr. Samir Parikh
Director
Fortis National Mental Health Program
Fortis Healthcare

OPJS/QMS/Report/21-22

Report : Session by Fortis Mental Health Care

- Topic** - Bully to Buddy
- Type** - Online (conducted through Microsoft Team)
- Purpose** - To well equip students for effectively handling challenging situations (like bullying) which potentially threaten their safety & security. Encouraging them to become resilient & sensible as well as respectful towards others.

Middle school is an **exciting yet challenging** period for students, teachers as well as parents. During this passage from childhood to adolescence, middle school students are characterized by a need to explore a variety of interests connecting their learning to its practical application in life. In this **stage**, children search for their **unique identity**, they are **extremely sensitive** & heavily **reliant** upon their peers. Counselling & guiding students at regular intervals have been found to have a **positive impact** upon the behaviour & achievement of students.

Taking these aspects into consideration ,the **Anti Bullying Committee** of our school under the headship of our Vice Principal (Leena Chacko madam) organizes **awareness programmes** for students during every academic session .**In this session** , school decided to **participate** in the **online session** being organized by **Fortis Health Care** as a part of its **School Mental Health Programme** .The session was **conducted** by **Dr.Samir Parikh** , eminent **psychiatrist & Director, Department of Mental Health & Behavioural Sciences Fortis Health Care** on **23/05/2021 at 5:00 P.M.** The session was **compulsory** for the **Middle School students** but **few senior school students voluntarily attended** the webinar. The session was also attended by few teachers along with the school counsellor.

In the introductory phase, **Dr. Parikh shared** in brief about the **purpose** of conducting the session & the **topics** that are to be covered which seemed to **enhance** the level of **interest** as well as **alertness** of the attendees. At the same time, students were urged to be **highly receptive** & note down the information that would be shared during the session The following aspects were explained in detail :

- **Bullying ;meaning & legal definition**
 - **Different forms of bullying with examples**
 - **Criteria for defining an act as bullying**
 - **Cyber Bullying ;meaning & different forms**
 - **Impact upon the victim**
 - **Signs to identify a victim**
 - **Signs to identify a bully**
 - **Effective ways to prevent /handle bullying & cyber bullying**
 - **The A B C D E Approach**
 - **Importance of being aware ,emotionally strong & vocal**
 - **Cyber Safety ;Rules to be followed by students while exploring the cyber world**
- Each & every aspect was explained in detail with situation relevant examples. Furthermore , children were encouraged to nurture their humane qualities & develop a sensible as well as friendly attitude . They were asked to respect & care about other's

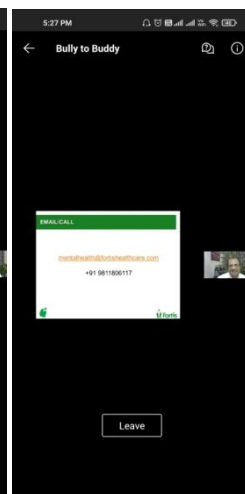
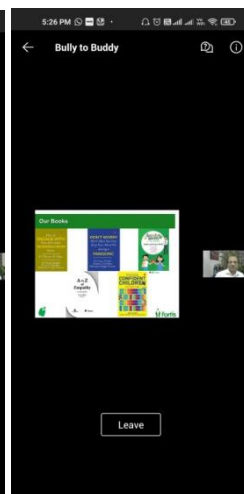
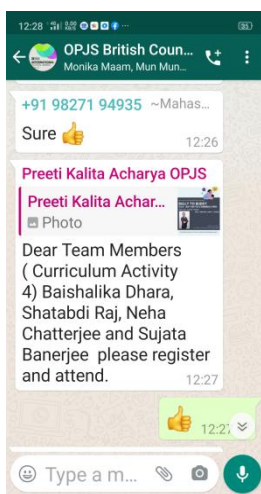
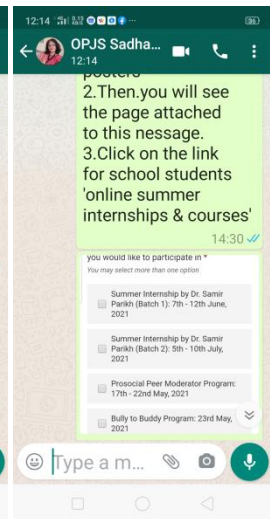
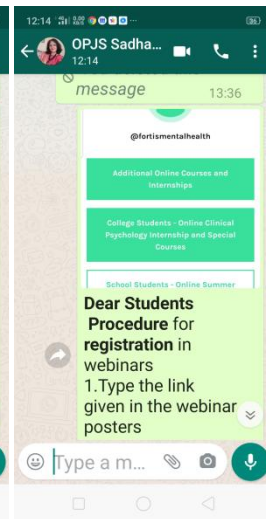
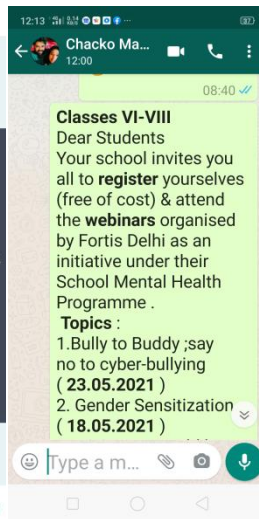
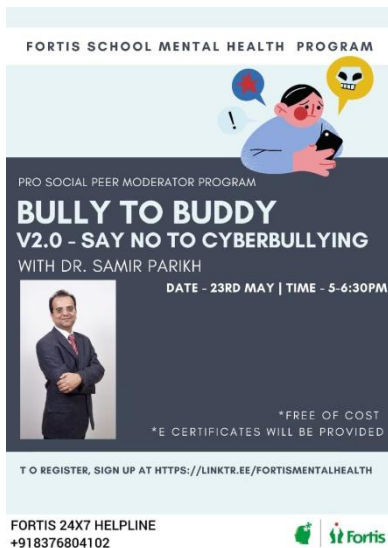
feelings.

Interaction with students

The phase of the session lasted for 30 minutes & was well coordinated. Students were being encouraged throughout the session for expressing their relevant queries / feelings regarding the topics being discussed through the chat-box. Towards the end of the session, facilitator of the session read out the questions & Dr. Parikh patiently answered all the queries raised by the students/other attendees. Overall the session was attended by nearly 900 students & it was highly informative, interactive & very well coordinated.

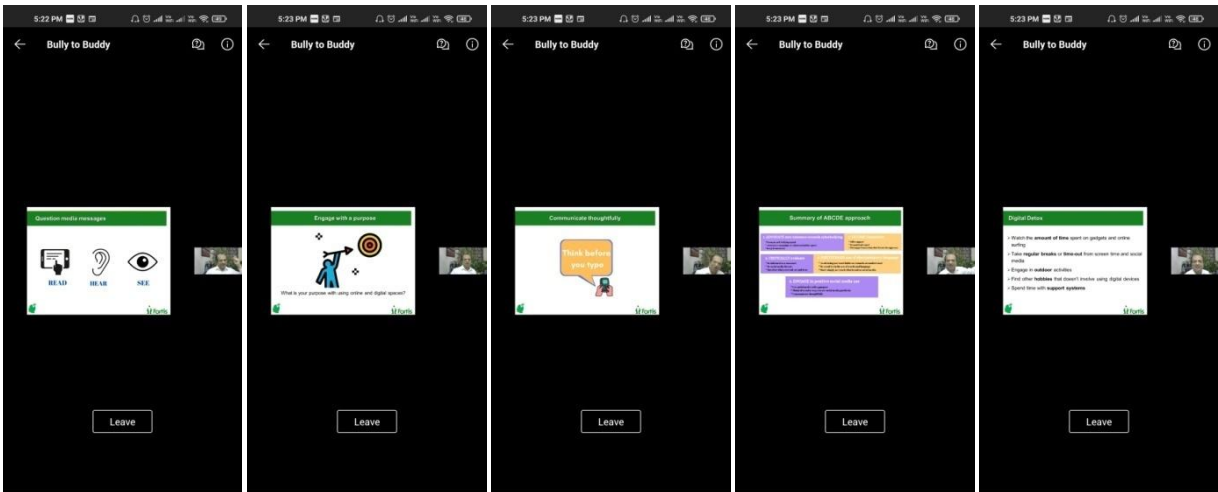
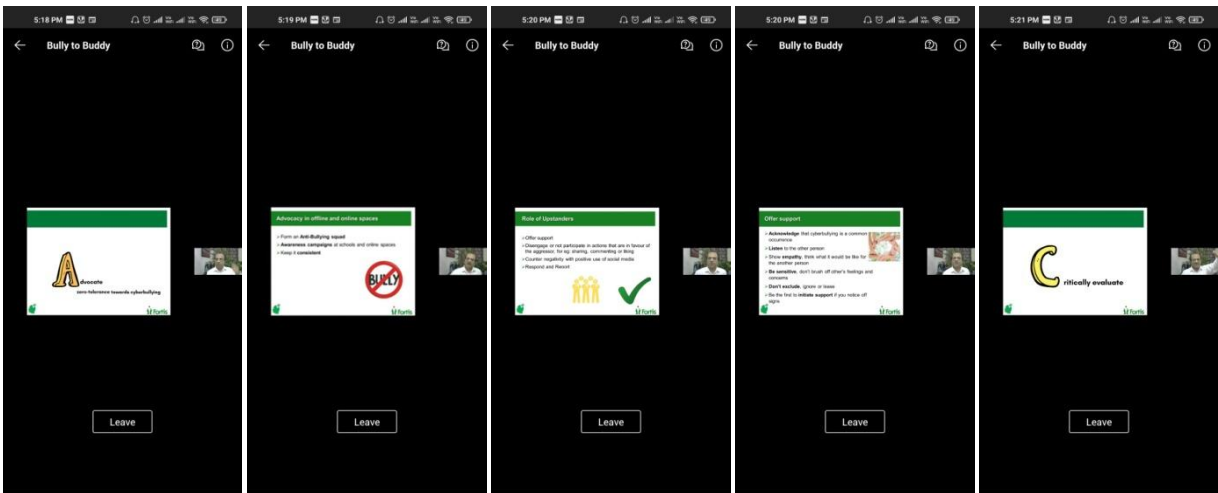
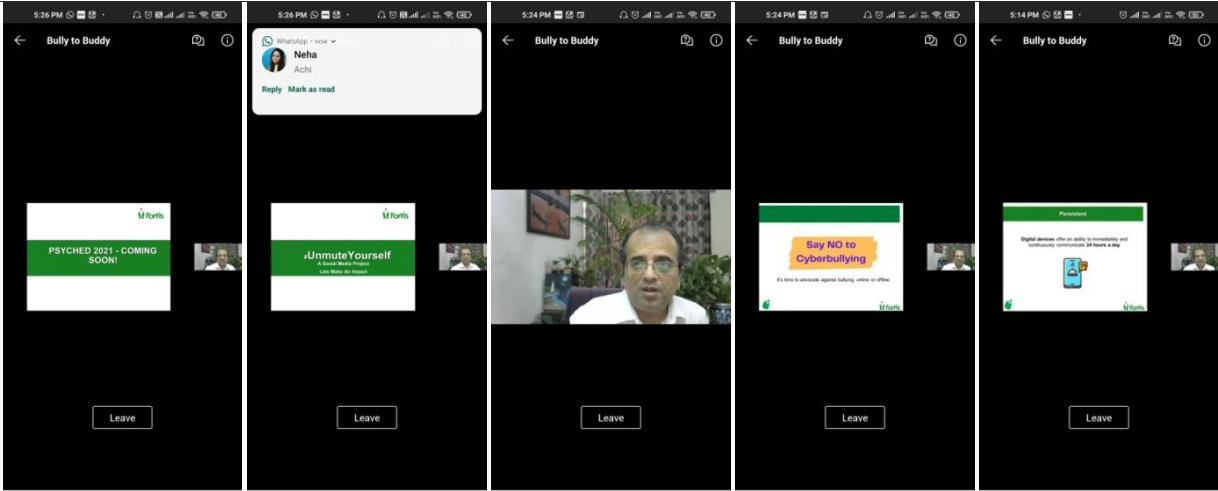
Sujata Banerjee
Counsellor

Pictorial Evidence



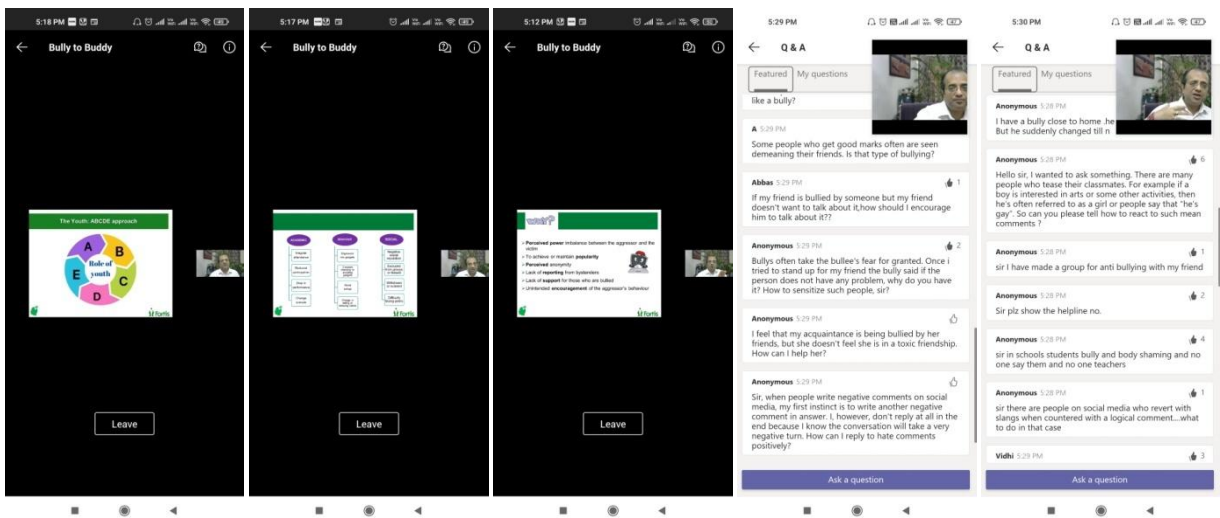
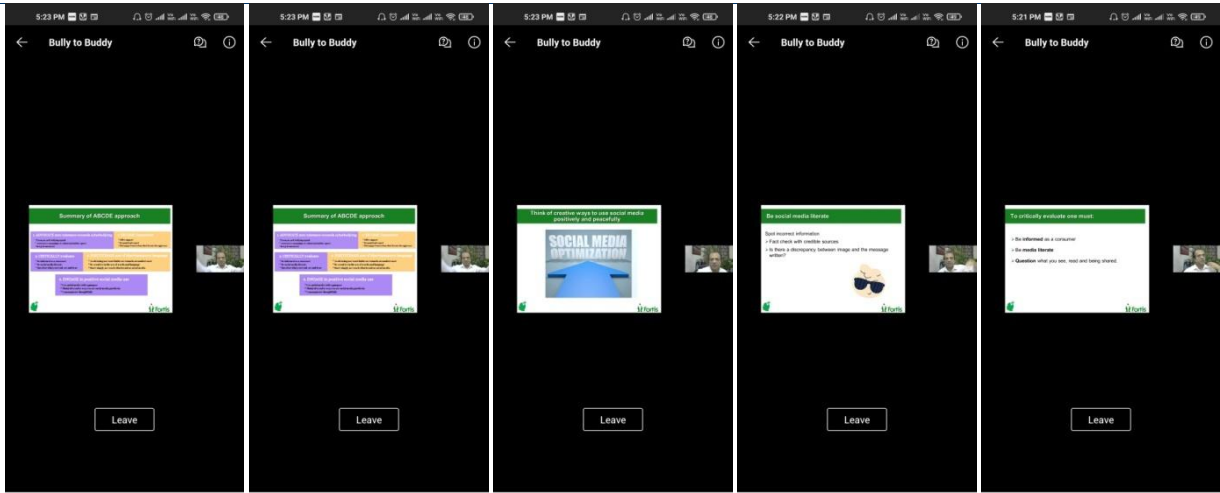
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Report : Counselling Session for students /parents class VII

Topic - Self Development & Academic Motivation

Type - Online (conducted through Zoom)

Purpose - Encouraging students for developing their life skills, academic skills as well as creative abilities. Communicating important events /programmes being initiated by the school.

One of the most important challenges created by the COVID-19 is **adapting to an online mode** (system) of education that originally existed in physical schools. Children's **dream** to rejoin **school (offline)** in the **new session** was completely **shattered** due to the devastating **second wave** of pandemic. **Adapting** to the **lifestyle changes**, remaining **confined to house**, maintaining **social distance** & the **constant fear of contracting** the virus is often affecting the mental well-being of children as well

Taking these aspects into considerations, our school organized an **online counselling session** for the students studying in **class VII** on **21/06/2021 at 06:30 P.M.** The session was conducted by our **Principal Mr. R.K Trivedi sir** through educational platform (Zoom). Students were asked **to attend** the session preferably along **with their parents**. The session was conducted in **two phases**.

Principal sir initiated the session by **congratulating students / parents** for their overwhelming **response & participation** in the **morning yoga session(online)** conducted by the school on **International Day of Yoga (21.06.21)**. Following this, considering the **ongoing pandemic** & related challenges, he assured students/parents saying if anyone is **facing any serious problem / challenges** (financial, psychological, social etc) where they feel that **school's intervention /support is required**, they can **approach the school authorities** through their **class teachers**. He then emphasized upon the importance of developing a **strong academic base in Middle School for performing well in senior school**. Following the introductory phase, he highlighted upon the aspects mentioned below

- **Healthcare should be our prime concern**
- **Attendance & sincerity in online classes**
- **Taking class notes & maintaining the notebooks** properly for periodic evaluation
- Possibility of **marks allocation** on the basis of **notebook completion, attendance, active participation in class /activities along with online examinations** in case of cancellation of offline examinations due to the pandemic. **Brief overview on marks allocation policy /guidelines** given by the Board for class **X & XII**.
- **Avoidance of unnecessary exposure to screen-time** due considering its health hazards
- Preferably **using laptop (if available)** for attending classes

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- Devoting time & energy on **self development**.
- Project: **One Activity One Child** (students were requested to **take up one activity** like reading / creative writing /improving fitness etc & **pursue** the selected activity during the next three months .Finally they would have to **prepare & submit** a detailed report on that signed by their parents).
- Rescheduling of **Periodic Test I** (online mode) from **13th July 2021** to provide **more time** for preparation. **Reduction in preparatory leave between two examination** to ensure **minimum wastage of teaching hours**.
- Resuming of **hobby development classes** at the earliest to promote skill development
- Introduction of **General Awareness & Communicative English** sessions in Middle Wing. **Assessment of knowledge gain** from these to be done through **Assessment of Speaking & Listening Skill (ASL) examination** probably in December 2021.
- Sharing information regarding the **establishment of Idea & Innovation Lab** (virtual) where students can freely **share their ideas** related to scientific facts/economic aspects /social issues/other aspects with their teachers. **Interactive sessions with professions** invited from **reputed institutions** across the country would also be conducted.
- **Refresher course** to be completed as & when **schooling shifts from virtual to offline mode**. It would cover the basics of every subject / essential portions that could not be covered completely in online mode

All the aspects were well explained & **communicated in English for students & Hindi for parents**. Highlighting the **disadvantages of attending online classes through mobile phones** ,Principal sir **requested the parents to arrange desktop / laptop to their children when it would be feasible for them** by explaining how that would **remain useful during the post COVID period** as well .Towards the end of first phase , Principal sir requested students/parents to **forward their queries related to the session through their class teachers**.

The **second phase** was conducted by our **Middle Wing coordinator (Mrs.Sadhana Singh madam)** .She **congratulated** the students for their **active participation in counselling session as well as the Virtual Summer Camp Activities** .Furthermore , she explained how participation in different **activities** would **enable** students to **explore & identify** their special **qualities/ hidden talent** which in the long run may become their **alternative career choice..** She concluded the session by encouraging all the students to actively take part in **virtual class activities & copy checking sessions** explaining its benefits in detail.

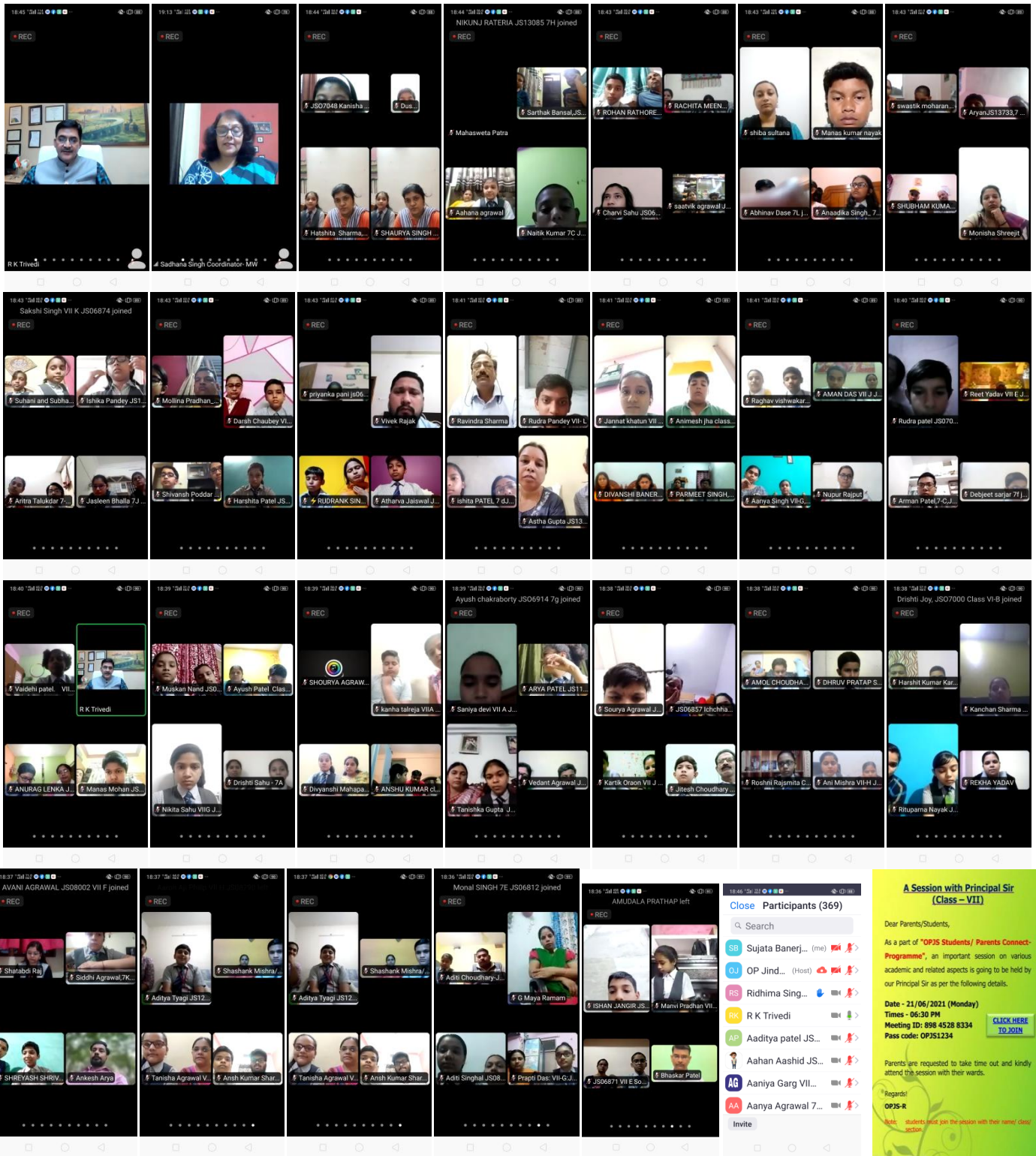
Nearly **370 students attended** the session along with their **parents & teachers**. The session was very inspiring & useful for keeping students at the right track.

Sujata Banerjee
Counsellor

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Pictorial Evidence



A Session with Principal Sir (Class – VII)

Dear Parents/Students,

As a part of "OPJS Students/ Parents Connect- Programme", an important session on various academic and related aspects is going to be held by our Principal Sir as per the following details.

Date - 21/06/2021 (Monday)
Times - 06:30 PM
Meeting ID: 898 4528 8334
Pass code: OPJS1234

[CLICK HERE TO JOIN](#)

Parents are requested to take time out and kindly attend the session with their wards.

Regards!
OPJS-R
Parents must join the session with their name/ class/ section

Report : Counselling Session for students /parents class VI

Topic - Self Development & Utilization of available resources

Type - Online (conducted through Zoom)

Purpose - Encouraging students for developing their life skills, academic skills as well as creative abilities. Communicating important events /programmes being introduced in the school curriculum.

The ongoing COVID-19 **pandemic** is having a **profound impact**; not only on people's **health**, but also on the way they **learn, work and live**. **Adapting to an online mode** (system) of education that was originally existed in physical schools is one of the biggest challenges encountered by the younger generation. Moreover, almost every student's **burning desire** to rejoin **school (offline)** in the **new session** was completely **shattered** due to the devastating **second wave** of pandemic..

Taking these aspects into considerations, our school organized an **online counselling session** for the students presently studying in **class VI** on **22/06/2021 at 06:30 P.M.** The session was conducted in two phases by our **Principal Mr. R.K Trivedi** along with the **Middle Wing Coordinator Mrs.Sadhana Singh** through educational platform (Zoom). Students were asked to **attend** the session preferably along with **their parents**.

PHASE 1

Principal sir began his session by assuring students / parents that due to this **ongoing pandemic**, if anyone is **facing any serious problem / challenge** (financial, psychological, social etc) where they feel that **school's intervention /support is required**, they can **approach the school authorities** through their **class teacher**. He then emphasized upon the importance of developing a good academic base in **VIII for performing well in senior school**. Following the introductory phase , he highlighted upon the aspects mentioned below:

- **Health & wellbeing to be given prime importance**
- **Attendance & sincerity in online classes**
- Taking **class notes & maintaining the notebooks** properly for periodic evaluation
- Possibility of **marks allocation** on the basis of **notebook completion, attendance, active participation in class /activities along with online examinations** in case of cancellation of offline examinations due to the pandemic. **Brief overview** on **marks allocation** policy /guidelines given by the **Board** for class X & XII.
- **Avoidance of unnecessary exposure to screen-time** due considering its health hazards
- Preferably **using laptop (if available)** for attending classes
- Devoting time & energy on **self development**.
- Project: **One Activity One Child** (students were requested to **take up one activity** like reading / creative writing /improving fitness etc & **pursue** the selected activity during the next three months .Finally they would have to **prepare & submit** a detailed report on that signed by their parents.)

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- Rescheduling of **Periodic Test I** (online mode) from **13th July 2021** to provide **more time** for preparation. **Reduction in preparatory leave between two examinations** to ensure **minimum wastage of teaching hours**.
- Resuming of **hobby development classes** at the earliest to promote skill development
- Introduction of **General Awareness & Communicative English** sessions in Middle Wing. **Assessment of knowledge gain** from these to be done through **Assessment of Speaking & Listening Skill (ASL) examination** probably in December 2021.
- Sharing information regarding the **establishment of Idea & Innovation Lab** (virtual) where students can freely **share their ideas** related to scientific facts/economic aspects /social issues/other aspects with their teachers. **Interactive sessions** with **professions** invited from **reputed institutions** across the country would also be conducted.
- **Refresher course** to be completed as & when **schooling shifts from virtual to offline mode**. It would cover the basics of every subject / essential portions that could not be covered completely in online mode

All the aspects were well explained & **communicated in English for students & Hindi for parents**. Highlighting the **disadvantages of attending online classes through mobile phones**, Principal sir **requested the parents to arrange desktop / laptop to their children when it would be feasible for them** by explaining how that would **remain useful during the post COVID period** as well. Towards the end of first phase, Principal sir requested students/parents to **forward their queries related to the session through their class teachers**.

PHASE 2

To begin with the second phase, Mrs. Sadhana Singh (Coordinator Middle Wing) **congratulated** the students /parents for their **active participation this counselling session as well as the virtual summer camp organized during the vacation**. Following this, she highlighted upon the aspects given below:

- **Role of parental involvement in academic achievement & all-round development**
- **Being positive & accepting** online schooling as the **best possible option of continuing education** even during the **pandemic situation**.
- Sharing **suggestions for betterment** rather than **being critical** regarding online teaching as it may de-motivate the child thereby affecting his /her academic development
- **Skill development** through participation in variety of **activities organized by school**
- Need of **parental supervision** to prevent deviation for **guiding the technologically smart & confident generation of students**
- **Essentiality** of parents / teachers / students **working in collaboration**

She concluded the session by **thanking** the school authorities, parental community, teachers & students. **Nearly 400 students attended** the session along with their parents & teachers

Sujata Banerjee
Counsellor

O. P. JINDAL SCHOOL, RAIGARH (CG) 496 001, INDIA

Phone: 07762-227042, 299255, JSP ICM No. 49802, 49809; website: <https://www.opjsrgh.in>; e-mail: opjs.raigarh@jindalsteel.com

Pictorial Evidence

A Session with Principal Sir (Class - VI)

Dear Parents/Students,

As a part of "OPJS Students/ Parents Connect-Programme", an important session on various academic and related aspects is going to be held by our Principal Sir as per the following details.

Date - 22/06/2021 (Tuesday)
Times - 06:30 PM
Meeting ID: 828 2212 0907
Pass code: OPJS1234

[CLICK HERE TO JOIN](#)

Parents are requested to take time out and kindly attend the session with their wards.

Regards!
OPJS-R

Note: students must join the session with their name/ class/ section.

Close Participants (390)

Search

- SB Sujata Banerj... (me)
- OP Jind... (Host)
- RK R K Trivedi (Co-host)
- Sadhana... (Co-host)
- Aanvi Singh VI F...
- AK Aaradhay Kumar...
- Aaradhya Shukla...
- AV Aarav vij VI K JS...

Invite

Report : Counselling Session for students /parents class IV

Topic - Self Development & Academic Motivation

Type - Online (conducted through Zoom)

Purpose - Encouraging students for developing their life skills, academic skills as well as creative abilities. Communicating important events /programmes being initiated by the school.

The pandemic seems to have turned **children's lives upside down**. Being **deprived of offline school and outdoor playtime**, they are bound to **remain confined** within their home with nobody but parents/siblings for company. Furthermore, children in **nuclear families** with **both parents working** may find it even more **difficult to adapt** to this new normal situation. This challenging phase **may affect** the **well-being & academic motivation** of children to a great extent .

Taking these aspects into considerations, our school organized an **online counselling session** for the students studying in **class IV** on **23/06/2021 at 07:30 P.M.** The session was conducted by our **Principal Mr. R.K Trivedi sir** through educational platform (Zoom). Students were asked **to attend** the session preferably along **with their parents**. The session was conducted in **two phases**.

Principal sir initiated the session by sharing with students / parents **statistics** related to the total number of **teaching hours** devoted ,**teaching-learning contents** shared, **activities conducted, certificates awarded, training & counselling sessions conducted** during the online academic session (**20-21**). The data shared in this regard reflected the active participation of teachers & students for the smooth conduct of online schooling. Following the introductory phase, with due consideration to **ongoing pandemic** related challenges, he assured students/parents saying if anyone is **facing any serious problem / challenges** (financial, psychological, social etc), they can **approach the school authorities** through their **class teachers**. He then emphasized upon the aspects mentioned below

- **Health & wellbeing to be given highest importance**
- Importance of **attendance & sincerity in online schooling**
- Taking **class notes & maintaining the notebooks** properly for periodic evaluation
- **Eating healthy food prepared at home to ensure proper growth**
- Possibility of **marks allocation** on the basis of **notebook completion, attendance, active participation in class /activities along with online examinations** in case of cancellation of offline annual examinations due to the pandemic. **Brief overview on marks allocation policy /guidelines** given by the Board for class **X & XII**.
- **Avoidance of unnecessary exposure to screen-time** due considering its health hazards
- Preferably **using laptop (if available)** for attending classes
- Devoting time & energy on **self development**.

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- Project: **One Activity One Child** (students were requested to **take up one activity** like reading / creative writing /improving fitness etc & **pursue** the selected activity during the next three months .Finally they would have to **prepare & submit** a detailed report on that signed by their parents).
- Rescheduling of **Periodic Test I** (in online mode through Think Merit Profile) from **05th July 2021** to provide adequate **time** for preparation. **Reduction in preparatory leave between two examinations** to ensure **minimum wastage of teaching hours**.
- Required devices (desktop /laptop/ mobile) to kept ready for examination.
- Resuming of **hobby development classes** at the earliest to promote skill development
- Introduction of **General Awareness & Communicative English** sessions in Middle Wing.
- **Refresher course** to be completed as & when **schooling shifts from virtual to offline mode**. It would cover the basics of every subject / essential portions that could not be covered completely in online mode
- **Idea & Innovation Lab (virtual)** established for Upper Primary Middle & Senior Wing to **inspire creative thinking** & enable students for interacting with **professionals from top institutes** of the country .

All the aspects were well explained & **communicated in English for students & Hindi for parents**. Highlighting the practical **difficulties in attending online classes through mobile phones** ,Principal sir **requested the parents to arrange desktop / laptop to their children when it would be feasible for them** by explaining how that would **remain useful beyond the pandemic** as well .Towards the end of first phase , Principal sir requested students/parents to **forward their queries related to the session through their class teachers**.

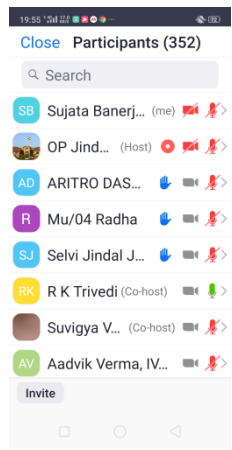
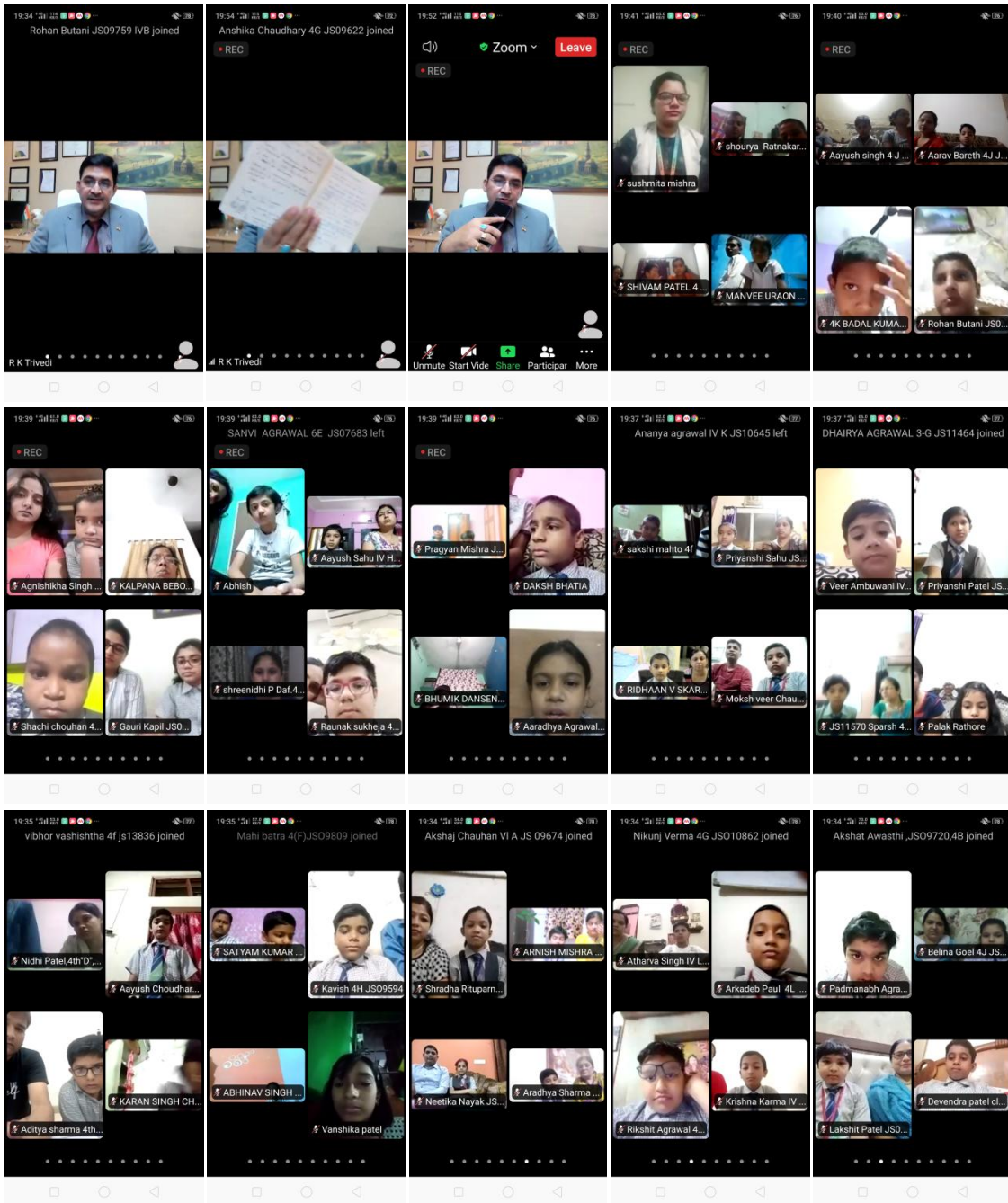
The **second phase** was conducted by **Mrs. Suvigya Vyas, in-charge teacher in Primary Wing** .She **congratulated** the students for their **active participation in counselling session** & explained the following aspects in detail

- Active **involvement of parents** in online education of children
- **Preparedness for online examination**
- **Essentiality** of parents / teachers / students **working in collaboration**
- **Active participation** in online examinations & copy correction sessions

Finally, she concluded the session by expressing heartfelt thanks for the school authorities , parents ,students , teachers/ administrative staff who had contributed for the smooth conduct of this programme .Nearly **355 participants attended** the session including students , **parents & teachers**. The session was very inspiring & useful for keeping students inspired & academically motivated even in this unpredictable situation.

Sujata Banerjee
Counsellor

Pictorial Evidence



A Session with Principal Sir (Class – IV)

Dear Parents/Students,

As a part of **"OPJS Students/ Parents Connect- Programme"**, an important session on various academic and related aspects is going to be held by our Principal Sir as per the following details.

Date - 23/06/2021 (Wednesday)
Times - 07:30 PM
Meeting ID: 871 3110 5910 [CLICK HERE TO JOIN](#)
Pass code: OPJS1234

Parents are requested to take time out and attend the session with their wards.

Regards!
OPJS-R

Note: students must join the session with their name/ class/ section.

OPJS/QMS/Report/21-22

Report : Counselling Session for students /parents class V

Topic - Self Development & Academic Motivation

Type - Online (conducted through Zoom)

Purpose - Encouraging students for developing their life skills, academic skills as well as creative abilities. Communicating important events /programmes being initiated by the school.

The ongoing pandemic seems have brought huge strain upon the young minds due to social isolation, change in routine (which existed during offline school), traumatic experiences (heart aching loss of close ones) or breakdown in support system (loss of family income) etc .In addition to that ,children's **dream** to rejoin **school (offline)** in the **new session** was completely **shattered** due to the devastating **second wave** of pandemic. Adapting to the changing situation seems to have affected well-being & academic motivation of children .

Taking these aspects into considerations, our school organized an **online counselling session** for the students studying in **class V** on **23/06/2021 at 06:30 P.M.** The session was conducted by our **Principal Mr. R.K Trivedi sir** through educational platform (Zoom).Students were asked **to attend** the session preferably along **with their parents**. The session was conducted in **two phases**.

Principal sir initiated the session by sharing with students / parents **few statistics** regarding the total **teaching hours** invested, number of **educational contents** shared /**activities conducted, certificates awarded, teachers training & counselling sessions** conducted during the **online academic session** (20-21). The data shared in this regard reflected the active participation of teachers & students for the smooth conduct of online schooling.

Following the introductory phase, with due consideration to **ongoing pandemic** related challenges, he assured students/parents saying if anyone is **facing any serious problem / challenges** (financial, psychological, social etc), they can **approach the school authorities** through their **class teachers**. He then emphasized upon the aspects mentioned below

- **Health & wellbeing to be given highest importance**
- Importance of **attendance & sincerity in online schooling**
- Taking **class notes & maintaining the notebooks** properly for periodic evaluation
- **Eating healthy food prepared at home to ensure proper growth**
- Possibility of **marks allocation** on the basis of **notebook completion, attendance, active participation in class /activities along with online examinations** in case of cancellation of offline annual examinations due to the pandemic. **Brief overview on marks allocation policy /guidelines** given by the Board for class **X & XII**.
- **Avoidance of unnecessary exposure to screen-time** due considering its health hazards

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- Preferably **using laptop (if available)** for attending classes
- Devoting time & energy on **self development**.
- Project: **One Activity One Child** (students were requested to **take up one activity** like reading / creative writing /improving fitness etc & **pursue** the selected activity during the next three months .Finally they would have to **prepare & submit** a detailed report on that signed by their parents).
- Rescheduling of **Periodic Test I** (online mode) from **05th July 2021** to provide **more time** for preparation. **Reduction in preparatory leave between two examination** to ensure **minimum wastage of teaching hours**.
- Resuming of **hobby development classes** at the earliest to promote skill development
- Introduction of **General Awareness & Communicative (vocabulary) English** sessions
- Sharing information regarding the **establishment of Idea & Innovation Lab** (virtual) where students can freely **share their ideas** related to scientific facts/economic aspects /social issues/other aspects with their teachers. **Interactive sessions with professions** invited from **reputed institutions** across the country would also be conducted.
- **Refresher course** to be completed as & when **schooling shifts from virtual to offline mode**. It would cover the basics of every subject / essential portions that could not be covered completely in online mode
- **Idea & Innovation Lab (virtual)** established for Upper Primary Middle & Senior Wing to **inspire creative thinking** & enable students for interacting with **professionals from top institutes** of the country

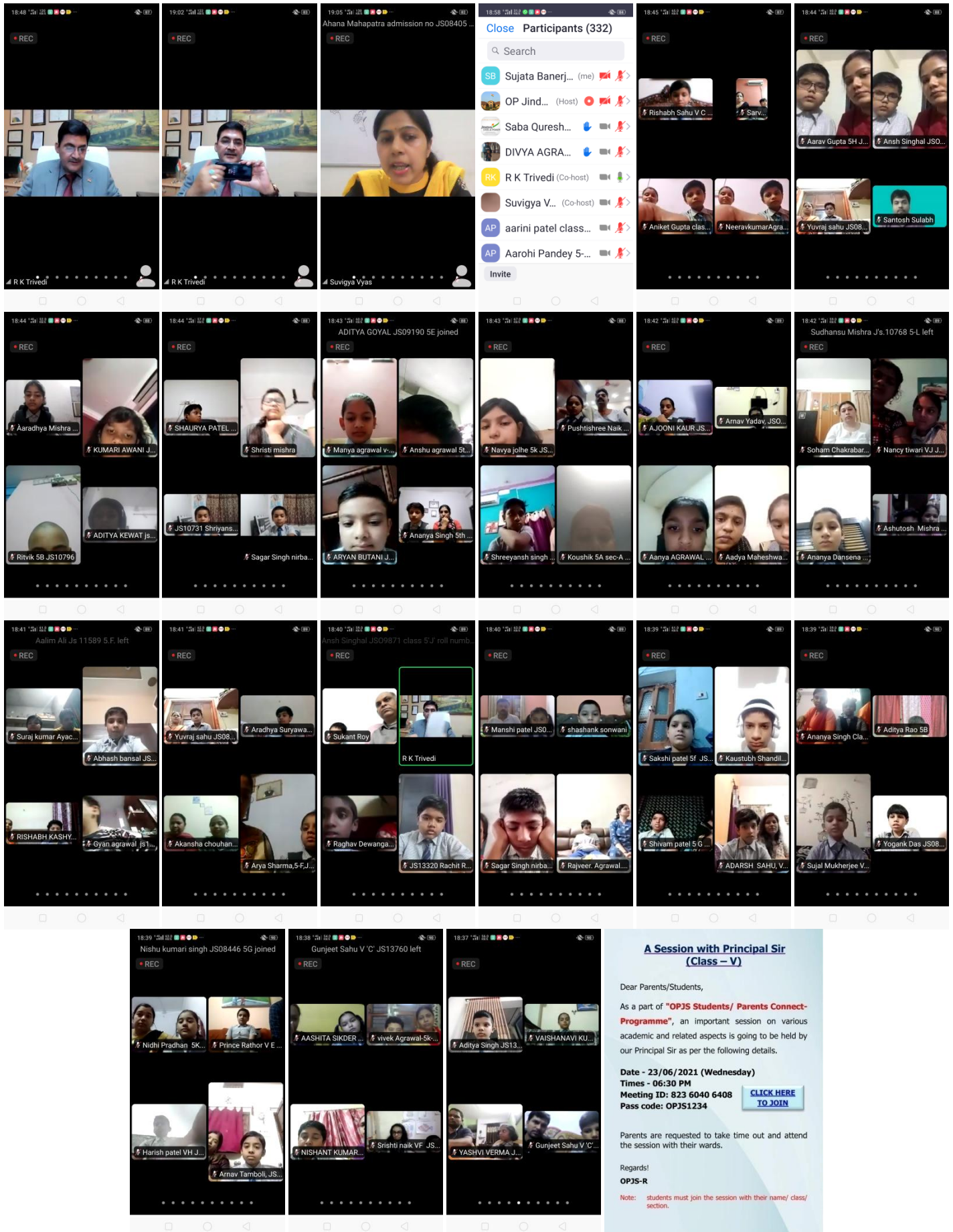
All the aspects were well explained & **communicated in English for students & Hindi for parents**. Highlighting the practical **difficulties in attending online classes through mobile phones** ,Principal sir **requested the parents to arrange desktop / laptop to their children when it would be feasible for them** by explaining how that would **remain useful during the post COVID period** as well .Towards the end of first phase , Principal sir requested students/parents to **forward their queries related to the session through their class teachers**.

The **second phase** was conducted by **Mrs. Suvigya Vyas , in-charge teacher in Primary Wing** .She **congratulated** the students for their **active participation in counselling session**. Furthermore, she **requested** the parents to keep their **system ready for online examination** & instructed the students to attempt the **practice /mock tests**. She concluded the session by encouraging all the students to actively take part in **virtual class activities & copy correction sessions** explaining its importance in terms of online schooling.

Nearly **340 participants attended** the session including **students, parents & teachers**. The session was very inspiring & useful for keeping students motivated .

Sujata Banerjee
Counsellor

Pictorial Evidence



OPJS/QMS/Report/21-22

Report : Counselling Session for students /parents class III

Topic - Self Development & Online Examination

Type - Online (conducted through Zoom)

Purpose - Encouraging students for develop their skills/abilities .Sharing information regarding online examination & important events /programmes being initiated by the school.

India has witnessed an alarming 'second-wave' of COVID-19, with daily rate of infections surpassing even what was witnessed at the height of the 2020 pandemic. In light of this, India's **student community** seems to find themselves **mired in uncertainty** once again when **dream** of rejoining **school (offline)** in academic **session 21-22** was completely **shattered** due to the devastating **second wave** of pandemic. Unfortunately, quite a few of them have experienced the loss of close ones or are suffering due to other problems closely linked to this pandemic.

Taking these aspects into considerations, our school organized an **online counselling session** for the students studying in **class III** on **24/06/2021 at 06:30 P.M.** The session was conducted by our **Principal Mr. R.K Trivedi sir** through educational platform (Zoom).Students were asked **to attend** the session preferably along **with their parents**. The session was conducted in **two phases**.

Principal sir initiated the session by sharing with students / parents **statistics** related to the total number of **teaching hours** devoted ,**teaching-learning contents** shared, **activities conducted, certificates awarded, training & counselling sessions conducted** during the online academic session (**20-21**). The data shared in this regard reflected the active participation of teachers & students for the smooth conduct of online schooling. Following the introductory phase, with due consideration to **ongoing pandemic** related challenges, he assured students/parents saying if anyone is **facing any serious problem / challenges** (financial, psychological, social etc), they can **approach the school authorities** through their **class teachers**. He then emphasized upon the aspects mentioned below

- **Health & wellbeing to be given highest importance**
- Importance of **attendance & sincerity in online schooling**
- **Maintaining the notebooks** properly for periodic evaluation
- **Eating healthy food prepared at home to ensure proper growth**
- Possibility of **marks allocation** on the basis of **notebook completion, attendance, active participation in class /activities along with online examinations** in case of cancellation of offline annual examinations due to the pandemic.

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- **Avoidance of unnecessary exposure to screen-time** due considering its health hazards
- Preferably **using laptop (if available)** for attending classes .
- **One Child on Activity Project** (students were requested to **take up one activity** like reading / creative writing /improving fitness etc & **pursue** the selected activity during the next three months .Finally they would have to **prepare & submit** a detailed report on that signed by their parents.).
- Rescheduling of **Periodic Test I** (in online mode through Think Merit Profile) from **05th July 2021** to provide adequate **time** for preparation. **Reduction in preparatory leave between two examinations** to ensure **minimum wastage of teaching hours**.
- Readiness of devices (desktop /laptop/ mobile) required for examination.
- Procedure of attempting proctored examination through Think Merit Portal including the actions that would lead to cancellation of examination.
- Resuming of **hobby development classes** at the earliest to promote skill development
- Introduction of **General Knowledge & Communicative English (vocabulary)** sessions
- **Refresher course** to be completed as & when **schooling shifts from virtual to offline mode**. It would cover the basics of every subject / essential portions that could not be covered completely in online mode
- **Idea & Innovation Lab (virtual)** established for Upper Primary Middle & Senior Wing to **inspire creative thinking** & enable students for interacting with **professionals from top institutes** of the country .

All the aspects were well explained & **communicated in English for students & Hindi for parents**. Highlighting the practical **difficulties in attending online classes through mobile phones** ,Principal sir **requested the parents to arrange desktop / laptop to their children when it would be feasible for them** by explaining how that would **remain useful beyond the pandemic** as well .Towards the end of first phase , Principal sir requested students/parents to **forward their queries related to the session through their class teachers**.

The **second phase** was conducted by **Mrs. Suvigya Vyas, in-charge teacher in Primary Wing** .She **congratulated** the students for their **active participation in counselling session** & explained the following aspects in detail

- **Reading habit development** during the national reading Month
- Active **involvement of parents** in online education of children
- **Preparedness for online examination**
- **Essentiality** of parents / teachers / students **working in collaboration**
- **Active participation** in online examinations & copy correction sessions

Finally, she concluded the session by expressing heartfelt thanks for the school authorities , parents , teachers ,students , teachers/ administrative staff who had contributed for the smooth conduct of this programme .Nearly **365 participants attended** the session including

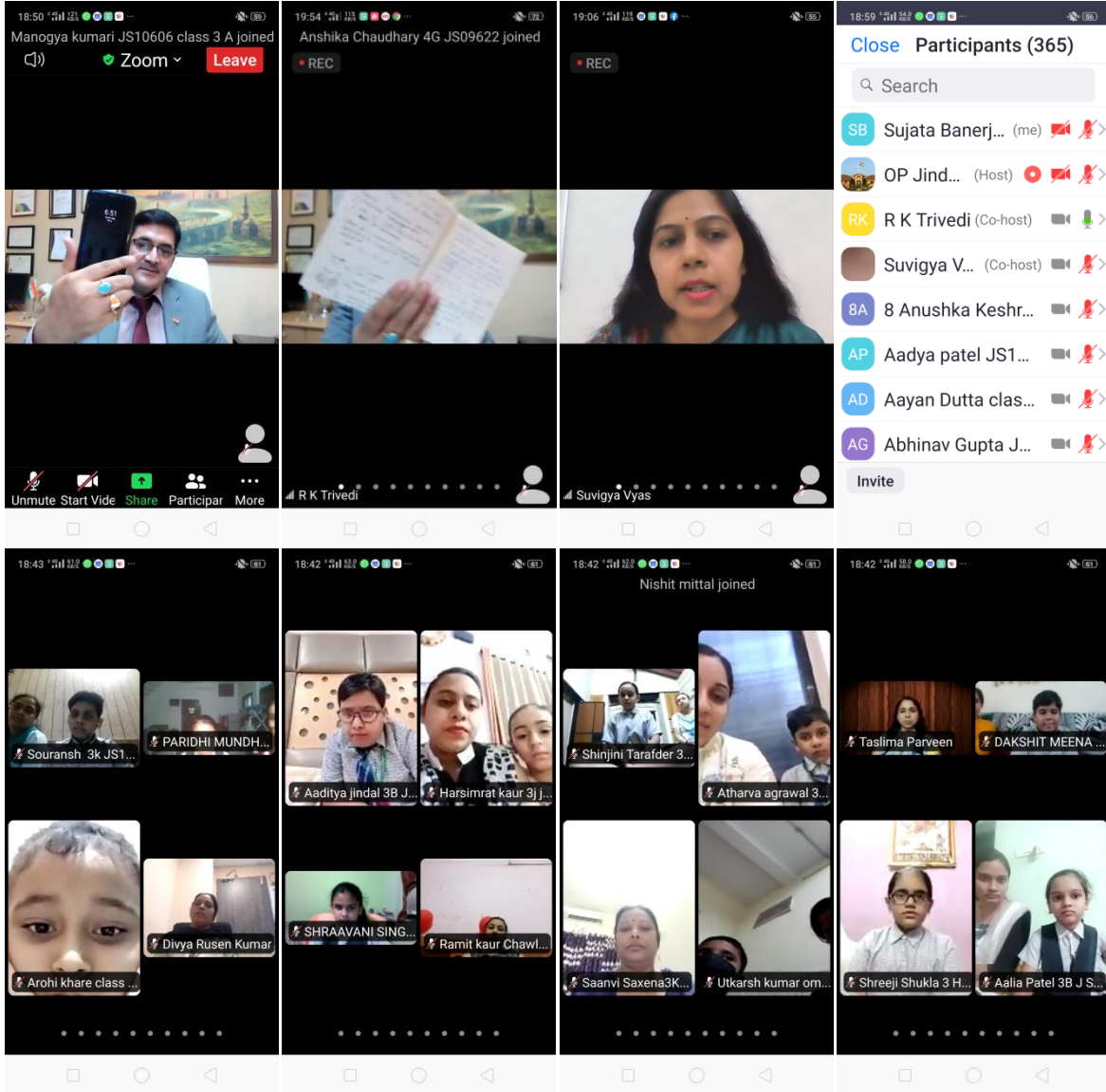
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students ,parents & teachers. The session was very inspiring & useful for keeping students inspired & academically motivated even in this unpredictable situation.

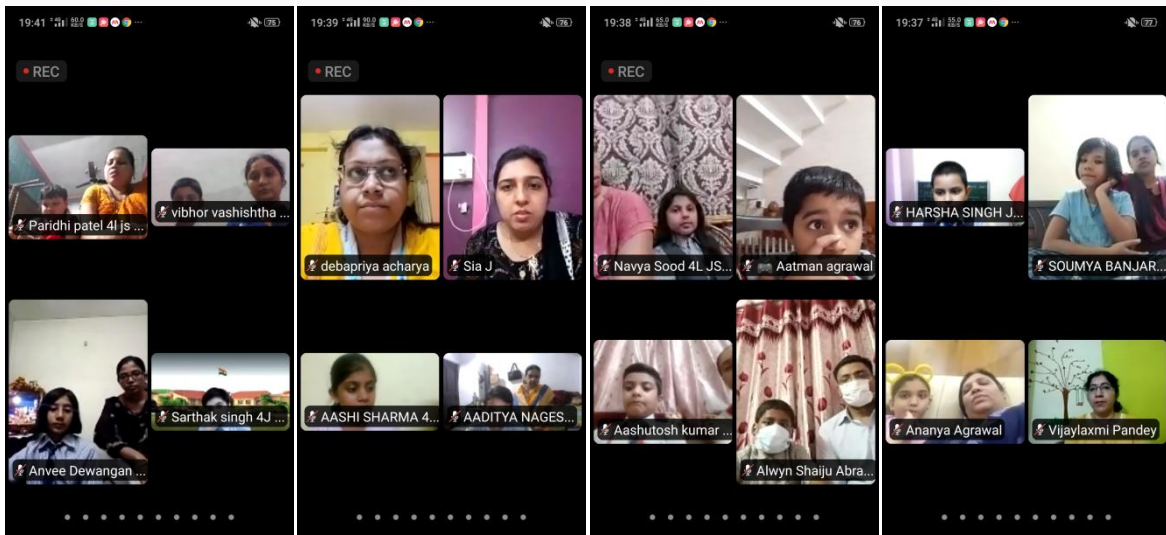
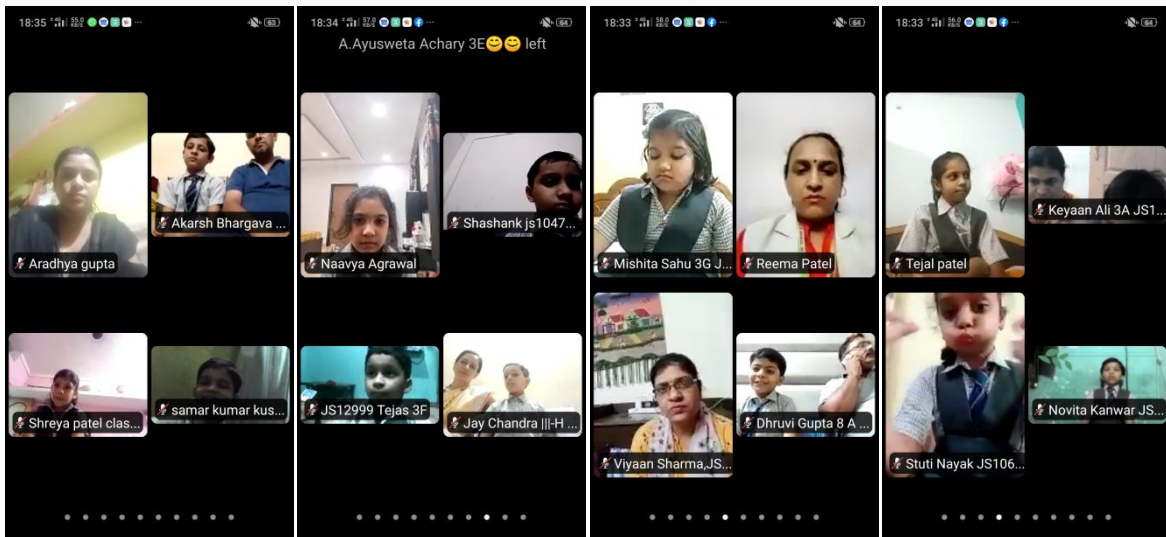
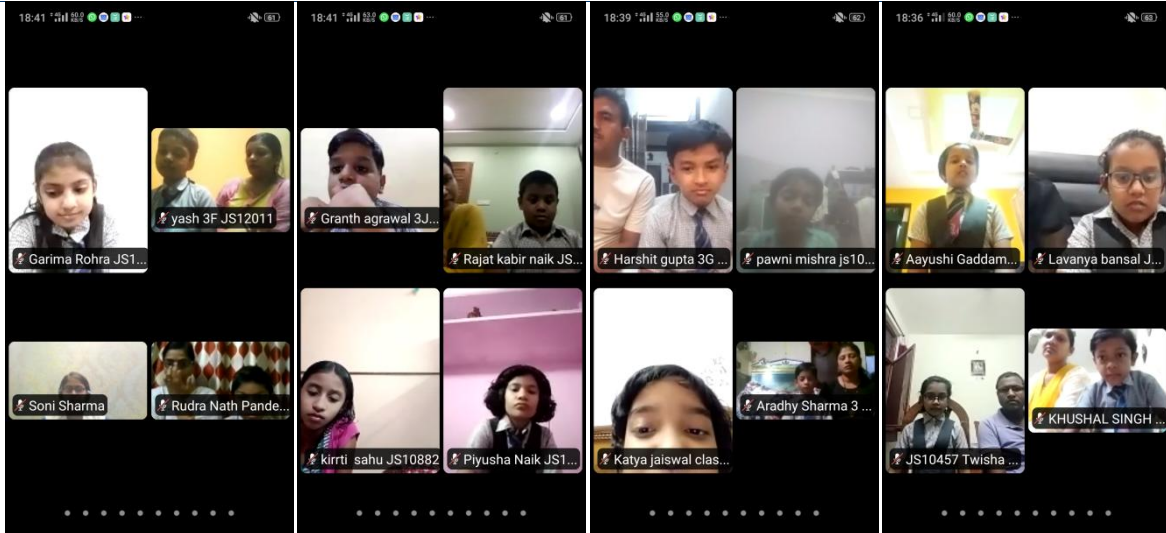
Sujata Banerjee
Counsellor

Pictorial Evidence



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Report :Counselling Session PPW

Topic - “FIRE SAFETY”

Type - Virtual(online interaction)

Purpose - To generate awareness among the young children about the importance of fire safety & explaining the safety measures to be taken during any fire out-break

It’s vital for our young learners to know the steps to be taken in case they witness any fire out-break. This session was planned with the aim of enabling students to understand that they should evacuate the place as fast as possible if there is a fire outbreak. They were also guided to remain calm and organized in such a situation after fully ensuring their safety.

Keeping all these aspects into consideration a counselling session was conducted by the Pre- Primary Wing on 23.06.2021 for classes Nur-Class1. A PPT. was prepared by Mrs .Manu Mishra (teacher) /The session was conducted virtually by the class teachers under the supervision of Senior Mistress (PPW), Dr. Shilpa Dixit .

Children were first made acquainted with the origin, uses as well as danger associated with handling fire. Then they were made aware about the ways of putting off fires. They were shown Fire Brigade, Fire Alarm etc. The role of “Fire Fighters” were also explained to them .The following aspects were highlighted in detail :

- **Not being scared**
- **Strictly avoiding hiding in places during any fire-outbreak**
- **Preparing & practicing escape plan under parental guidance**
- **Crawling on knees when it is smoky**
- **Evacuating the place .moving outside quickly .**

In addition to that , Children were trained to “Stop, Drop and Roll” in case they catch fire. The tiny-tots learnt how to get out fast and never to hide themselves in case there is a fire outbreak.

The points mentioned above were explained with age appropriate examples & demonstrations to enhance the interest of the young learners. Parents also attended the session with their wards. The session was conducted successfully by the active cooperation of Class Teachers , Coordinator madam as well as parents too.

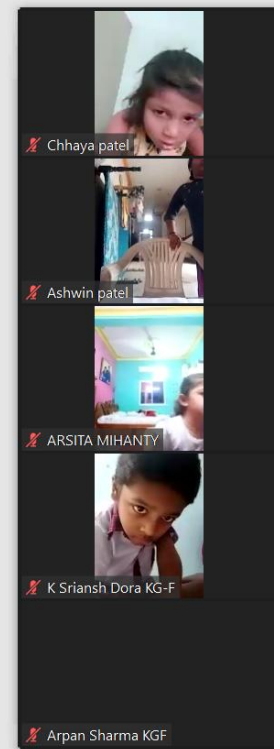
**Prepared by
Sheetal Agrawal
CR (KG)**

Report reviewed & edited by Sujata Banerjee (Counsellor)

PICTORIAL EVIDENCE

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Report on Counselling Session

Topic	Oral Health & Hygiene
Date	05/07/2021 to 07/07/2021
Mode/Venue	Online mode/Zoom app
Purpose	To maintain good oral hygiene

Introduction:-A 3-hour virtual counselling session was conducted by our school's Pre Primary Wing with Dr. Shikhar Daniel. The attendees were class I students along with their parents & teachers

The topics mainly covered are as follow :-

- **Brushing teeth**
- **Healthy diet**
- **Healthy routine**

Dr. Shikhar Daniel explained about the various ways to brush the teeth, given details about lower – upper ,front and back teeth,gums,tongue cleaning and healthy diet and cleared the queries raised by parents .

The program was extremely useful for oral health and regular practicing of good health & diet for kids .

Brief About the Session Attended - Mention what was stated in:-

The session started with the introduction of milk teeth and few tricky questions by Dr. Shikhar Daniel that was :-

- **What is Oral hygiene & why it is important ?**
- **How many times brushing teeth to be done in a day ?**
- **How many times eating chocolates in a day ?**
- **Why tooth ache is found very frequent in kids ?**
- **What duration need to be followed for brushing teeth ?**
- **Why milk teeth are very important for kids of age 5 to 7 ?**
- **What kind of brush & paste to be used ?**

- **He described the importance of health & hygiene & why we should take care of our mouth , teeth & gums great oral & dental cleanliness can prevent bad breathe & tooth rot & gum infection good oral hygiene reduces our risk of serious health issues .**
- **Brushing teeth twice a day is essential for oral health and we should be aware of it .**
- **Doctor started with some basic rules for teeth and gums need to be taken care of which we use in our daily lives. He explained how to brush teeth , how to get rid of bad breathe - tooth & gum ache / cavities .**
- **He demonstrated with dummy tooth to kids for brushing and taking care of teeth & tongue. He suggested to practising it twice in a day , not eating chocolates frequently .**
- **He said to be aware today for not getting any problem in future .**
- **Duration of brushing the teeth to be not more than 2 minutes at a time .**
- **When does the milk teeth gets down and the permanent comes up**

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These were the points covered by him and mainly he has given brief to maintain good dental health, the first and most important step is proper teeth cleaning .

Learning Outcome -

After attending this 3 days session children & parents felt that they have learnt essential basic rules of oral hygiene . The awareness of correct usage of brushing teeth, duration and pressure on teeth & gums has been given by the doctor .

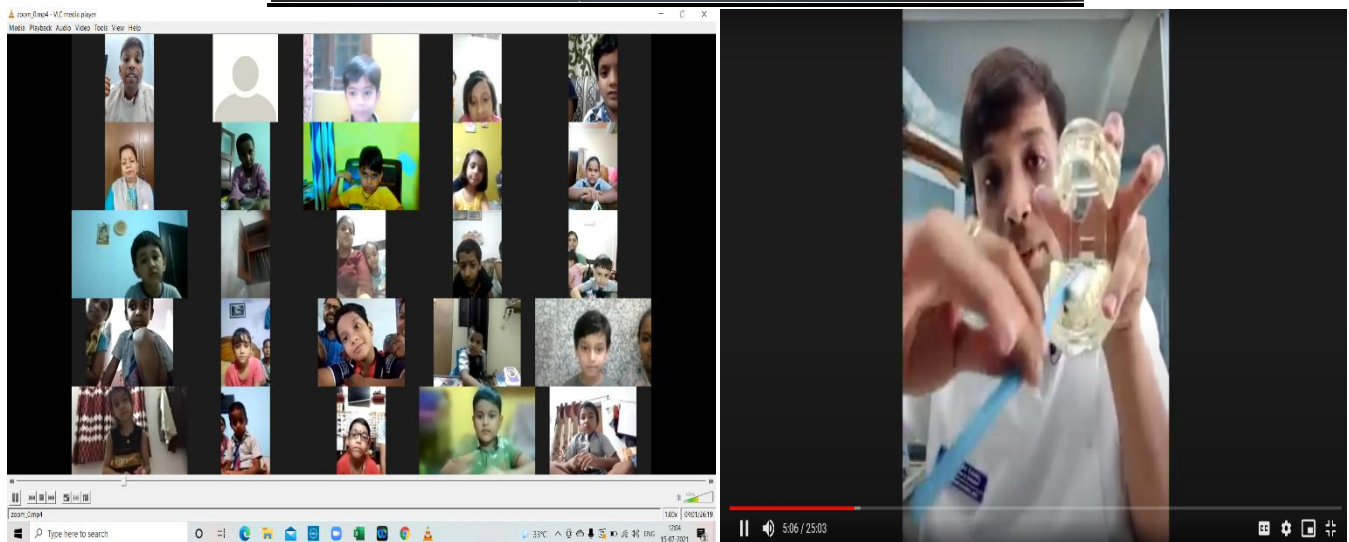
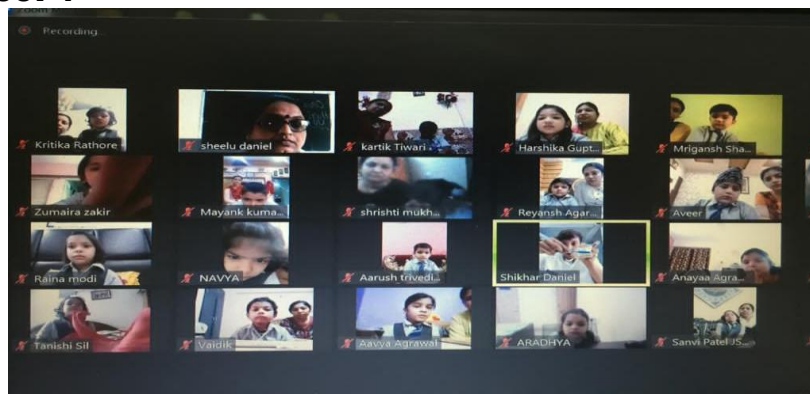
This session has contributed with some good techniques, stories , demonstration & examples to clear the doubts of parents .They have learnt to brush before going to bed to preserve better oral health because at night germs and plaque continue to accumulate .

Better dental health lead to better health & better health means happy life .

Name: Sheelu Daniel (SLD)

Designation: PRT

Employee code: J0074



Pictorial View/Screenshot of the Session:

Report :Counselling Session PPW

Topic - “SAFETY RULES AT HOME”

Type - Virtual session (conducted through Zoom)

Purpose - To make children learn the safety rules to be followed at home.

Home Safety is about supervision in safe environment.Children need to learn what is safe and isn't safe even at home.They must be made aware of accidents that might happen outside the house as well as at home. To ensure safety ,children must be taught about commonly observed home injuries like falls, burns, electric current etc.Supervision is one of the key to Child Safety at home but along with supervision ,providing a safe environment, teaching children some safety rules is very essential.

Keeping all these aspects into consideration, a counselling session was conducted in the Pre- Primary Wing on 17.07.2021 for classes Nur-Class1. The presentation to be used in the session was prepared by Mrs. Sheetal Agrawal (Teacher) .The session was conducted virtually by the class teachers under the supervision of Sr. Mistress (PPW), Dr. Shilpa Dixit .

Children were explained in detail what to do if a stranger comes at their door. They were advised not to eat or drink anything offered by an unknown person.

Following points were also covered in the session

- *Keeping things in their place after using them.**
- * Scattering toys or items is risky as children themselves / other people may trip over .**
- * Harmful consequences of playing with sharp edged objects.**
- * Risks associated with playing in the kitchen.**
- * Fire safety rules**
- * Safe handling of electrical appliances and sockets**

Children were reminded that they are precious and they have to take care of themselves.Parents also attended the session with their wards. Thesession was conducted successfully by the active cooperation of all Teachers, Co Ordinator mam and Parents too. It was a good learning experience for children

**Report prepared by
Sheetal Agrawal (Teacher PPW)**

**Reviewed & edited by
Sujata Banerjee (Counsellor)**

Pictorial Evidence

A Person whom you don't know is a STRANGER

When someone knocks at the door, always see the visitor through the door hole before you open the door

Refuse to eat anything given by a stranger

End-to-end encrypted

Touch electrical outlets

You may get hurt or get on electric shock

OPJS/QMS/Report/21-22

Report : Session for Female Students (Classes V & VI)

Topic - Health Education (Phase 1)

Type - Online (conducted through (Zoom))

Purpose -To guide students for adopting a healthy lifestyle & address their age specific health related queries .

Today's **girl child** will be the **mother of tomorrow**. Educating & making them aware is like sowing the seed to raise the green plant of a charming full grown family which bears fruits. **Counselling & guiding adolescent girls** is perhaps the best way to **enhance their self esteem confidence** as well as **health awareness**.

Taking these aspects into consideration, the **Health & Wellness Club** of our school organized a **virtual session** especially for the **girl students in classes V & VI** in the month of August 2021 The session would be conducted by the school counsellor & doctor in two phases **Phase 1** was virtually conducted on **02.08.21 at 5:00 PM** through online educational platform (Zoom).

The session was **initiated** by Mrs .Sujata Bannared ,**counsellor** of the school. She introduced herself & school doctor (Dr Monika Tripathi) as well as **welcomed** the **audience** for participating in the virtual session .Following the introductory phase, the **purpose** of conducting this session was **shared** in brief .The students were educated about making age appropriate **health friendly life choices** focusing upon the aspects given below

- **Importance of taking care of health** at an early stage
- **Necessity of health education for girl students**
- Age appropriate **guidelines for hair care**
- **Skin care** guidelines
- Guidelines for **nail care**
- Healthy **eating pattern** to be followed during the **teenage**
- Low **haemoglobin** in female students ; causes & effects
- Healthy **habits & diet to maintain** normal haemoglobin level in blood
- Health related **guidelines for dressing**
- Impact of **dressing sense upon personality & social image**

The above mentioned contents were **delivered jointly** by the **school doctor and counsellor** in the **form of a discussion or pre scripted conversation**. This initiative was taken up to **enhance the interest level** of audience.

Interaction with students

Throughout the session, students were encouraged to share their queries relevant to the topics being discussed **through chat-box**. Our **IT member of our session Mrs. L Jyothi** read out the **queries** that was **answered by the school doctor or counsellor** according to the **nature of query** as well as their **areas of expertise** .Students **actively participated** in this interactive phase .

Finally the session was concluded by informing the audience about the second phase & introducing the topics to be covered in that phase. Nearly 240 female students attended the session along with their mothers.

Sujata Banerjee
Counsellor

Dr Monika Tripathi
School Doctor

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PICTORIAL EVIDENCE

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Health Counselling Session


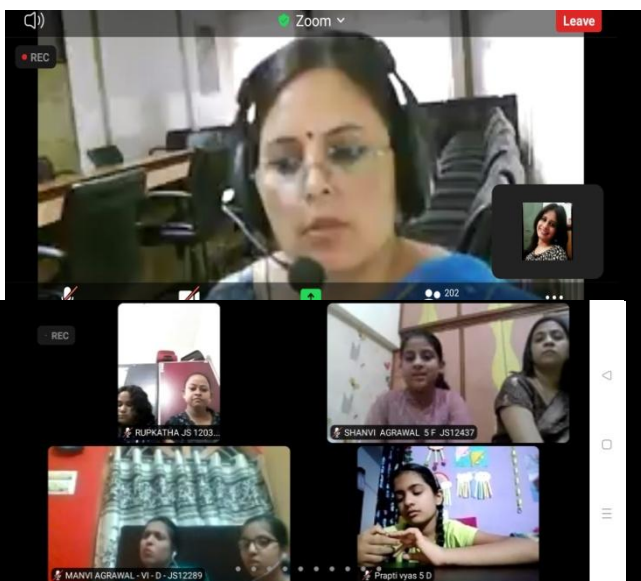
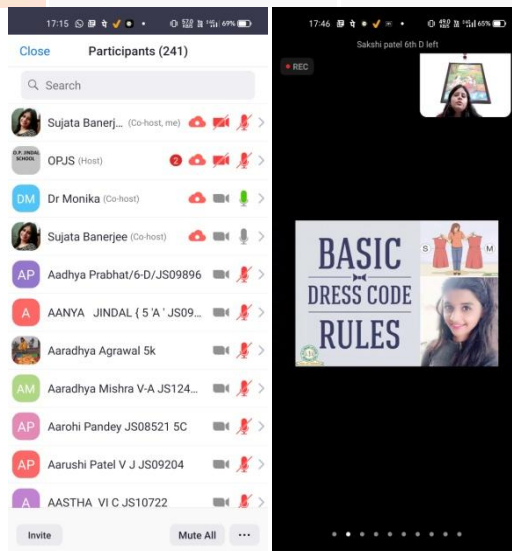
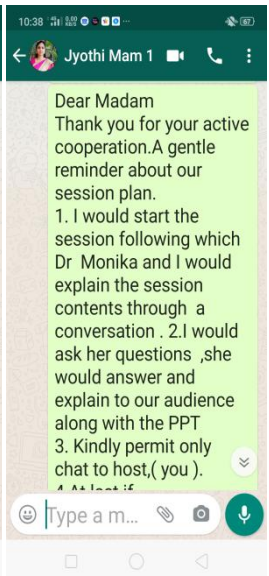
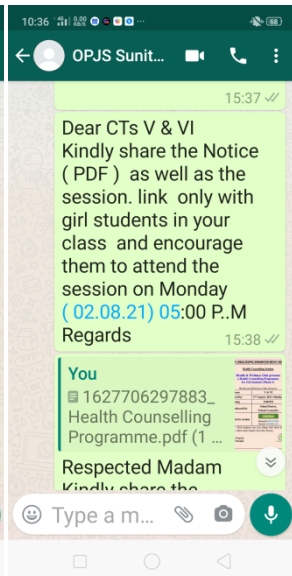
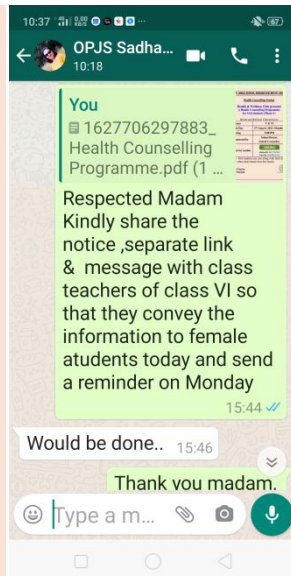
Health & Wellness Club presents a Health Counselling Programme for Girl students (Phase-1)

Health and Wellness Club initiative

Classes	V & VI
Date/Day	2nd August, 2021 (Monday)
Timing	5:00 PM
Conducted by	School Doctor, School Counsellor
Link for session	Click Here Meeting ID: 894 7374 3098 Passcode: OPJSHEALTH

Note – Girl students can join along with their mother or any other adult female from her family.

Leena Chacko
Vice Principal

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**BEST DIET FOR
TEENAGE GIRLS**
13 - 19 Yrs Age

O.P. JINDAL SCHOOL
RAIGARH (CG)

Blood Vessel

Healthy Red Blood Cells (RBCs)

Inside Each RBC

Oxygen

Hemoglobin

Check Your Haemoglobin

20 FOODS TO FIGHT ANAEMIA NATURALLY

Fe Iron

Report : Session for Female Students (Classes V & VI)

Topic - Health Education (Phase 2)

Type - Online (conducted through (Zoom))

Purpose - To guide students in the presence of mothers about the major physiological & psychological changes associated with puberty & training them on hygiene management

A survey conducted by a large teachers union in Mumbai, India, revealed that the reasons for absenteeism of girls from school was due to lack of information about their menstruation cycle and hygiene. These Research findings necessitated the need to educate girl children about physiological and **psychological changes during the menarche** & thereby reduce the high levels of absenteeism among school going adolescent girls. Also talking about age relevant health issues would definitely boost up their **self confidence as well as health awareness**.

Taking these aspects into consideration, the **Health & Wellness Club** of our school organized a **virtual session** especially for the **girl students in classes V & VI** in the month of August 2021 The session was **conducted by the school counsellor & doctor** in two phases. Phase 1 was conducted focusing upon health education & has already been documented. **Phase 2** was conducted virtually on **09.08.21 & was focused physiological & psychological changes associated with puberty** .

In the second phase also, session was **initiated** by Mrs .Sujata Banerjee ,**counsellor** of the school. She **welcomed** the **audience** for participating in the virtual event .Following the introductory phase,, the meaning of **puberty** which was explained as **a normal developmental event** .The students were then educated about the changes associated with puberty focusing upon the aspects given below

- Puberty ; **meaning & characteristics**
- **Importance of this event** from the point of **human development**
- **Menarche** ; its meaning & management tips
- Varying menstrual **cycle** during the teenage
- Menstrual **hygiene management**
- **Life style & diet** during menstruation

The above mentioned contents were **delivered jointly** by the **school doctor and counsellor** in the **form of a discussion or pre scripted conversation**. This initiative was taken up to **enhance the interest level** of audience.

Interaction with students

Throughout the session, students were encouraged to share their queries relevant to the topics being discussed **through chat-box**. Our **IT member of our session Mrs. L Jyothi** read out the **queries** that was **answered by the school doctor or counsellor** according to the **nature of query** as well as their **areas of expertise** .Students **actively participated** in this interactive phase .

Finally the second phase of the session was conducted successfully. Nearly 135 female students attended the session along with their mothers.

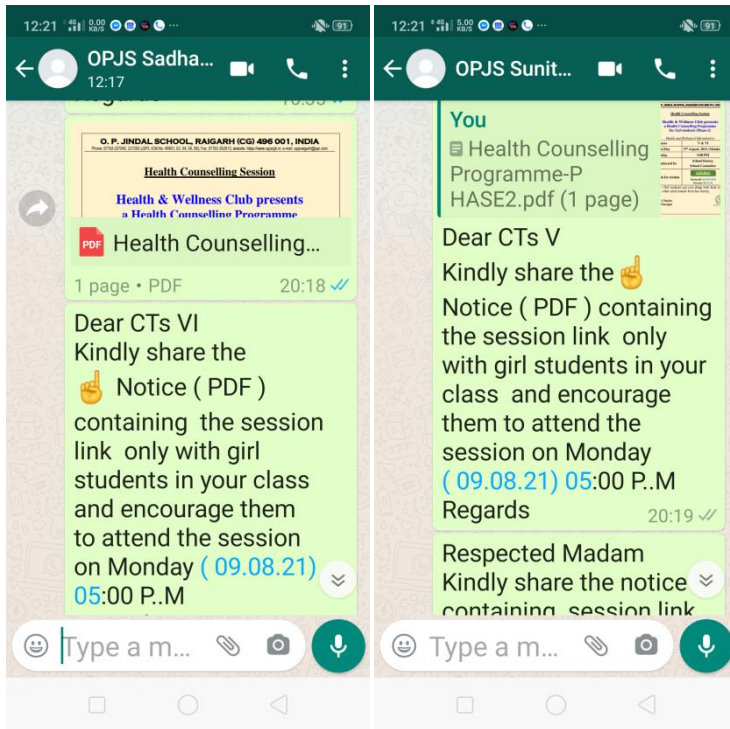
Sujata Banerjee
Counsellor & IC H&W Club

Dr Monika Tripathi
School Doctor & IC H&W Club

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PICTORIAL EVIDENCE



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Health Counselling Session


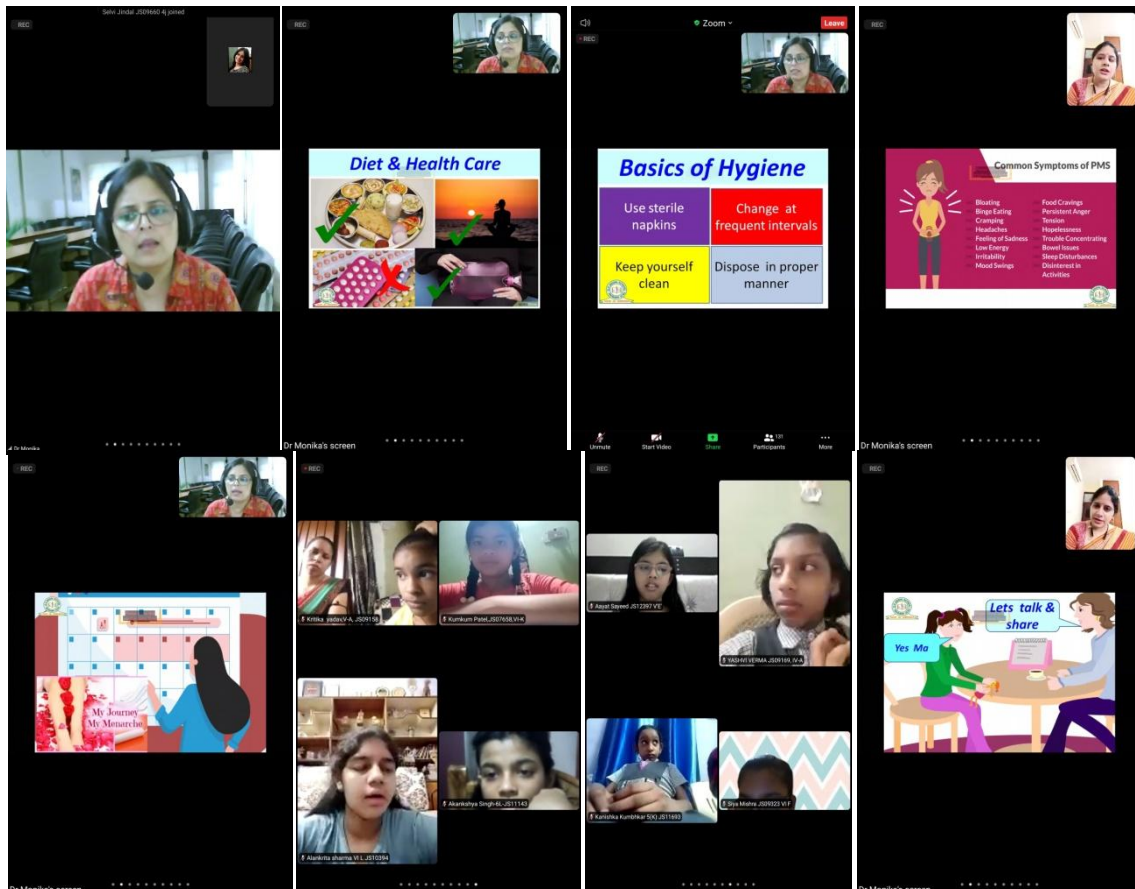
Health & Wellness Club presents a Health Counselling Programme for Girl students (Phase-2)

Health and Wellness Club initiative

Classes	V & VI
Date/Day	9 th August, 2021 (Monday)
Timing	5:00 PM
Conducted by	School Doctor, School Counsellor
Link for session	Click Here Meeting ID: 826 8295 8438 Passcode: HEALTH

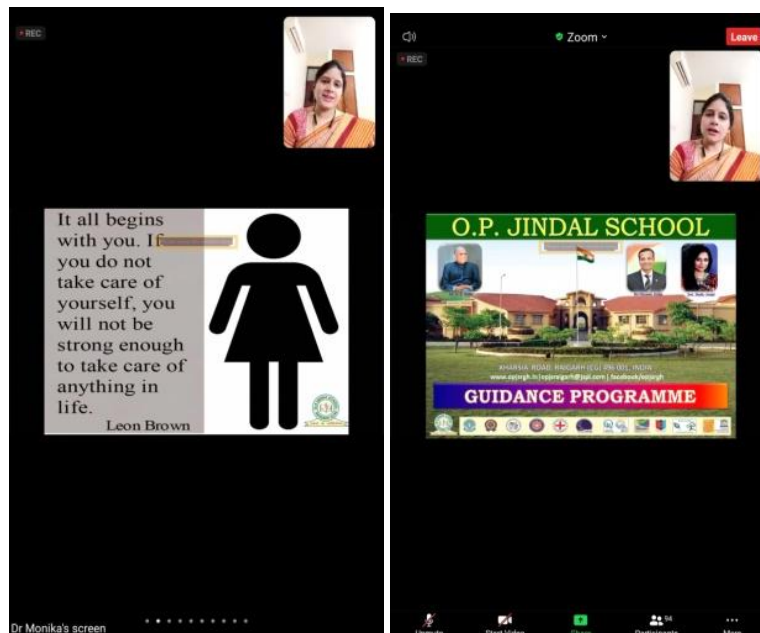
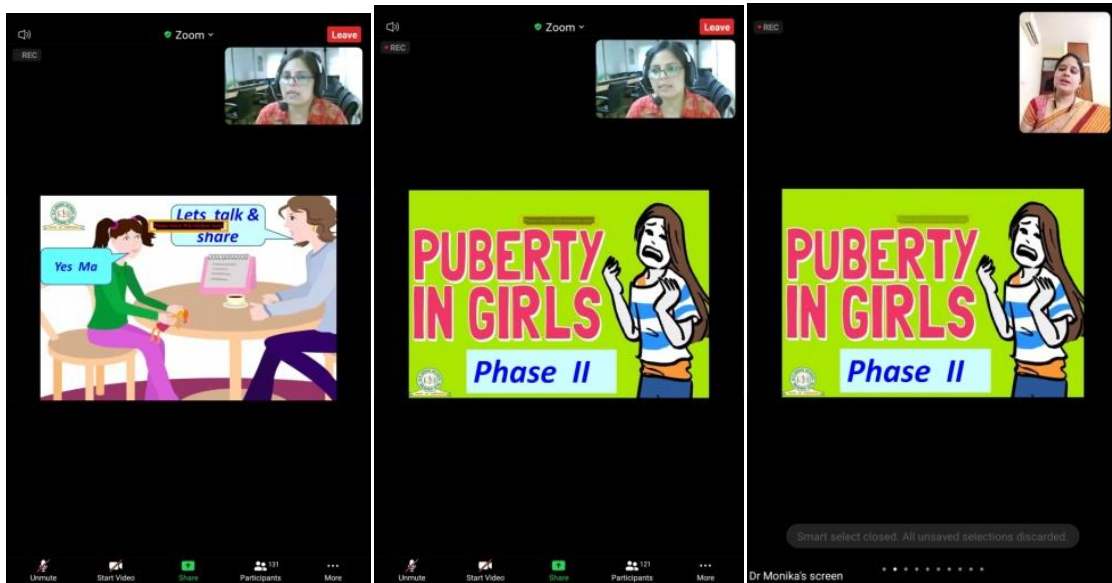
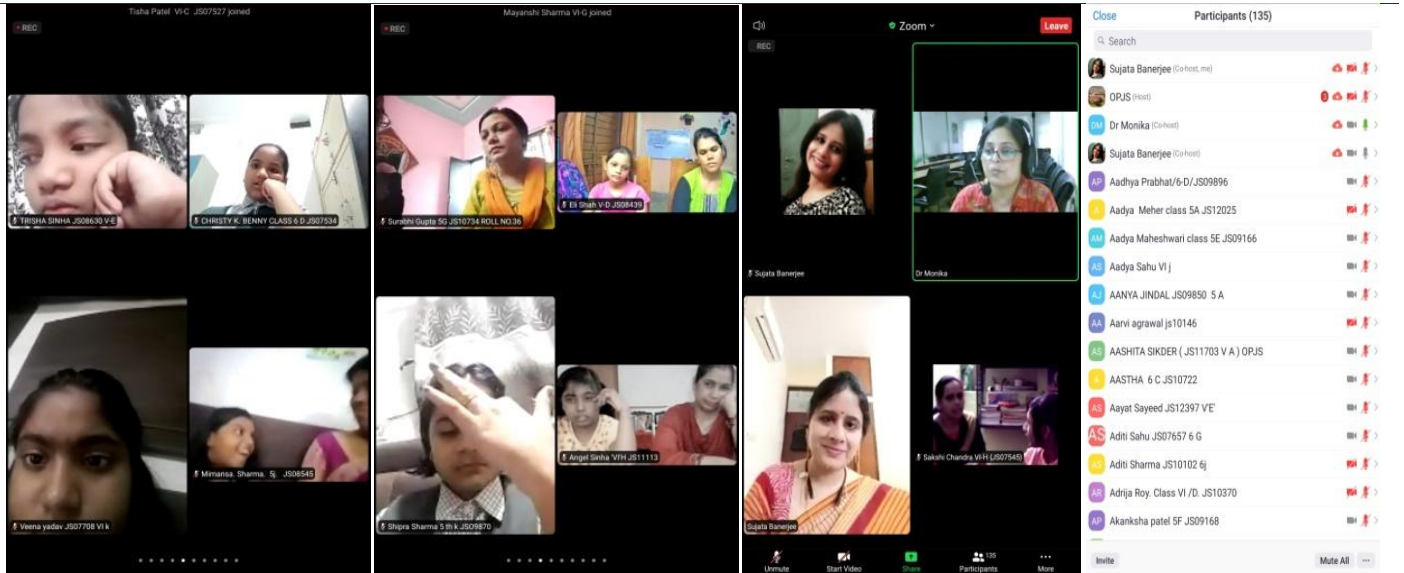
Note – Girl students can join along with their mother or any other adult female from her family.

Leena Chacko
Vice Principal

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Report : Counselling Session for students (classes II & III)

Topic - Safety Guidelines

Type - Online (conducted through Zoom)

Purpose - Educating children about the safety guidelines they must follow to prevent accidents/ injuries. Reminding students about COVID guidelines .

Young people are at risk of meeting with accidents / getting injured even when they are being brought up in caring families, schools, and communities. Imparting knowledge about personal safety is essential to ensure that children remain safe even they are not being monitored by adults. Considering the aforementioned aspects, the **Health & Wellness Club** of our school organized a counselling session with the objective of **teaching children how to remain safe & prevent accidents** in simple and effective ways

At the beginning of the session, the **school counsellor** informed the students about the **topics** that would be discussed in the session. The session was conducted on **25.08.21** in **two phases** .The **first phase** was conducted by the **counsellor** emphasizing upon **safety guidelines** .The **second phase** was conducted by the **school doctor** focusing upon the **COVID prevention guidelines** .The following aspects were explained in detail

- **Importance** of learning about **safety**
- **Safety guidelines** to be followed at **home**
- **Precautions** to be taken while **communicating** with **strangers**.
- **Risks** associated with **fire**
- **Safety rules** to be followed while entering the **kitchen**.
- Safe handling of electrical **sockets**.
- **Safe handling** of electrical **appliances**.
- **Electricity hazards** : causes and prevention
- Safe handling of **sharp objects**.
- Proper arrangement of **toys** after playing.
- Using **staircase** safely.
- Staying away from **cleaning agents** containing strong chemicals.
- Adhering to the **safety guidelines** advised by **parents**.
- **Road safety** norms
- Importance of **staying healthy safe and happy**
- Importance of following safety **guidelines** during **pandemic**
- Proper manner of **wearing mask**
- Maintaining **hand hygiene**
- Social **distancing** norms.
- Boosting up our **immune system**

All the above points were explained with **age appropriate examples**. The session was conducted separately for **class II** at **10:25 AM** and for **class III** at **11:10 AM**. **Two hundred sixty eight (268)** students studying in **class II** attended the session & nearly **two hundred students (200)** student **class III** attended the session. Overall, the sessions were conducted successfully .Due to time constraints, students were encouraged to forward their queries related to the session through class teachers.

Sujata Banerjee
Counsellor

Dr. Monika Tripathi
School Doctor

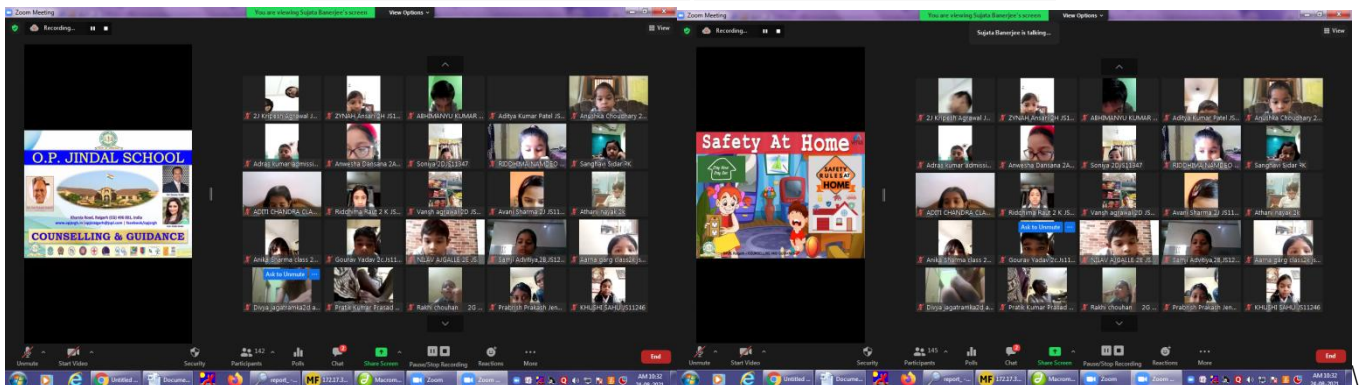
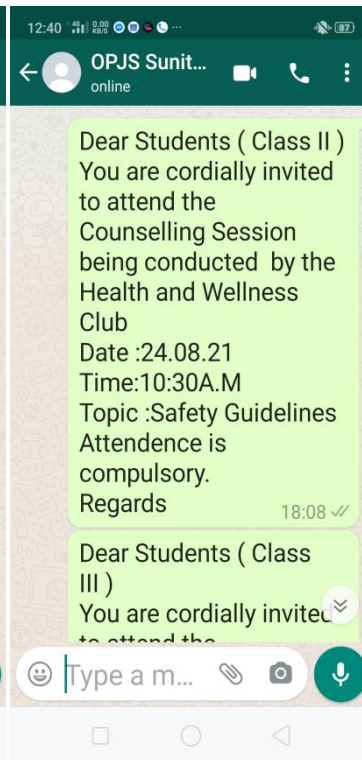
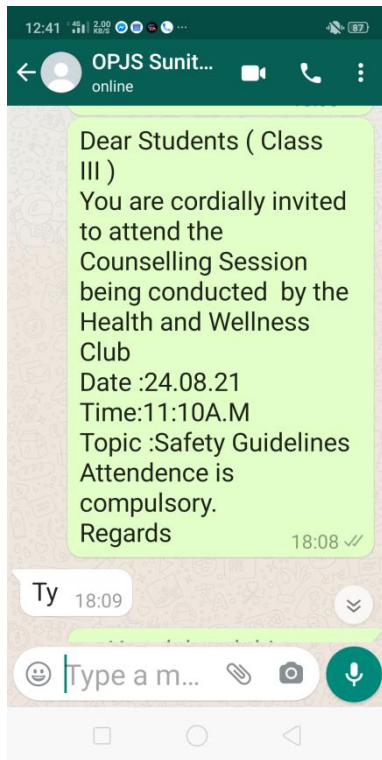
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Pictorial Evidence

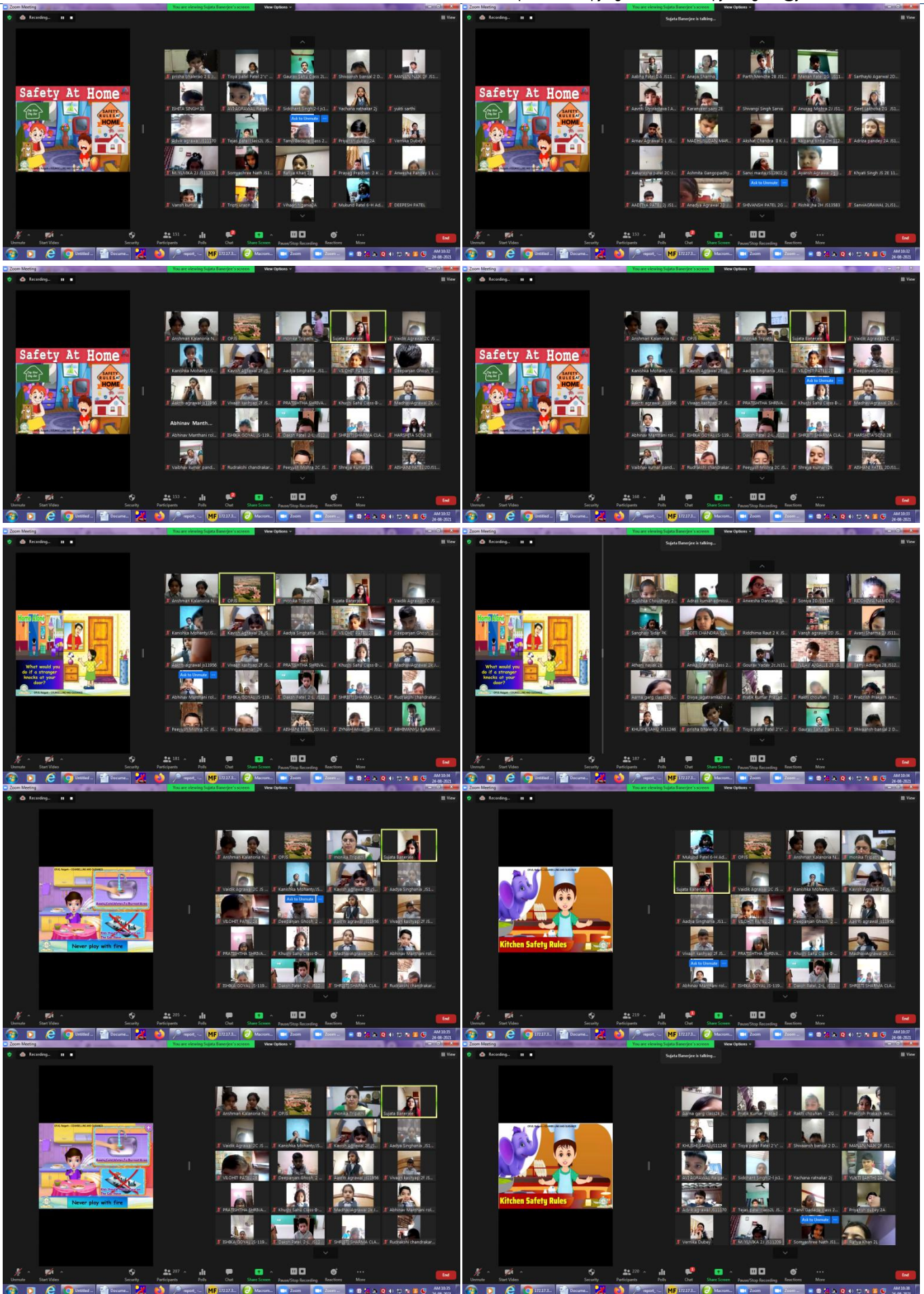
COUNSELLING SESSIONS
DEAR STUDENTS(**CLASS – II**),
YOU ARE CORDIALLY INVITED TO ATTEND THE
COUNSELLING BEING CONDUCTED BY THE HEALTH &
WELLNESS CLUB.
TOPIC: SAFETY GUIDELINESS
Date: 24 August 2021
Time: 10:30 AM
Meeting ID: 884 6549 8085
Passcode: **OPJSPW**
[CLICK HERE](#)

COUNSELLING SESSIONS
DEAR STUDENTS(**CLASS – III**),
YOU ARE CORDIALLY INVITED TO ATTEND THE
COUNSELLING BEING CONDUCTED BY THE HEALTH &
WELLNESS CLUB.
TOPIC: SAFETY GUIDELINESS
Date: 24 August 2021
Time: 11:10 AM
Meeting ID: 824 5171 4726
Passcode: **OPJSPW**
[CLICK HERE](#)



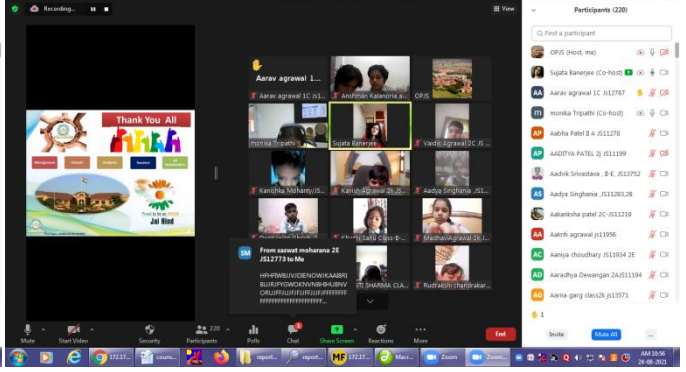
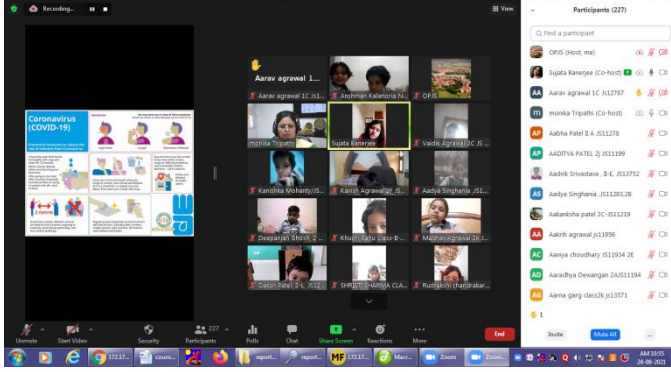
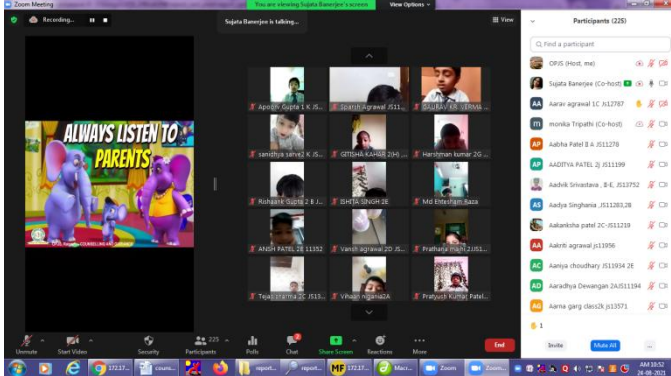
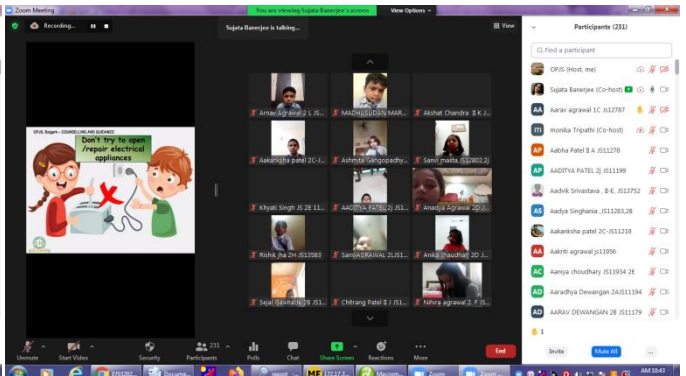
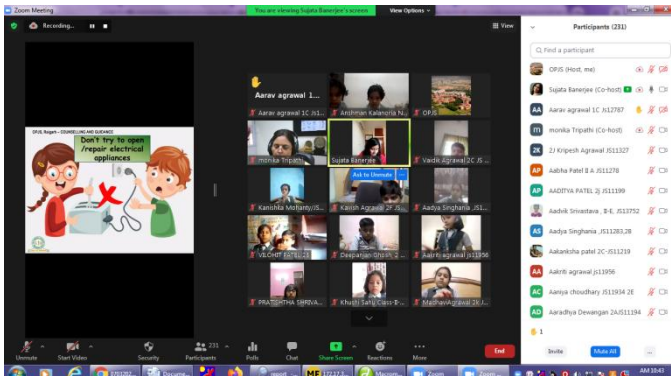
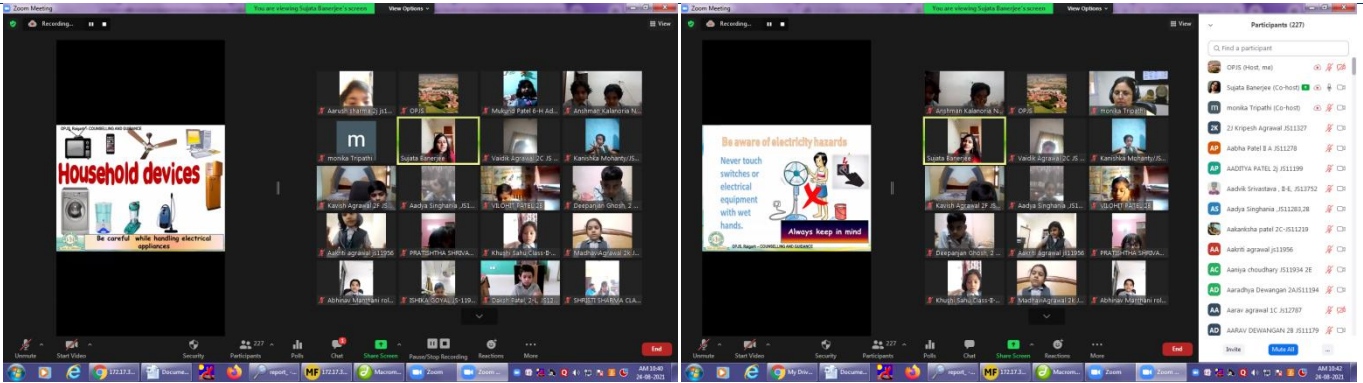
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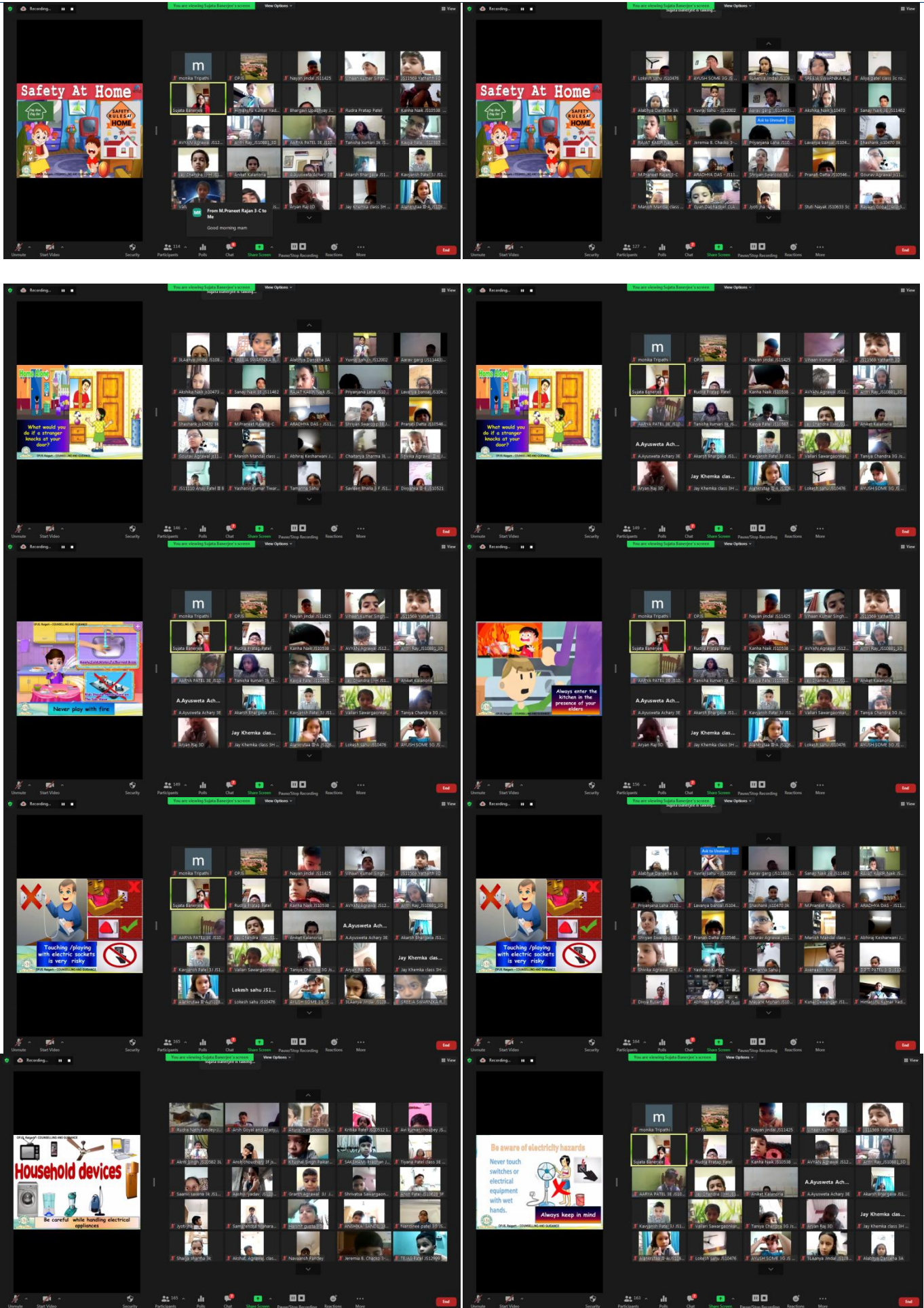
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Report : Counselling Session for students (classes IV & V)

Topic - Exam Preparation & Skill Development

Type - Online (conducted through Zoom)

Purpose - Guiding students to adopt a systematic approach in preparing for examination
Motivating students for adopting healthy lifestyle & promoting skill development

Students usually experience anxiety and uncertainty before taking any exam which in turn can affect their learning as well as performance. Besides that, due to the pandemic & resultant complexities in our lives, it is being assumed that children may feel hesitant to express their problems or approach for help. Under the circumstances, guiding as well as motivating them at regular intervals is highly recommended. Considering the above mentioned aspects, a counselling session was organized by the **Health & Wellness Club** with the **objectives** given below:

- To **guide students** in adopting a **systematic approach** in **preparing** for their **upcoming T2 examination** scheduled to be held on September 2021
- To generate awareness regarding the **healthy choices** to be adopted that would help in **boosting** up their **performance**
- To encourage students in **identifying & developing** their **skills** through active participation in variety of activities.

The sessions were conducted on **25.08.21** separately for classes **IV & V** at **09:00 A.M** as well as **10:25 A.M** respectively. The school counsellor & doctor conducted both the sessions in **three phases**. The **first phase** chaired by the counsellor was focused upon **the importance of examination & necessity of adopting a systematic approach in preparation** for performing well. The **second phase** conducted by the school doctor emphasized upon the importance of healthy **life style**. In the **third phase** school counsellor encouraged students for skill development. Students were informed about the following aspects in detail with **age appropriate situation based examples**:

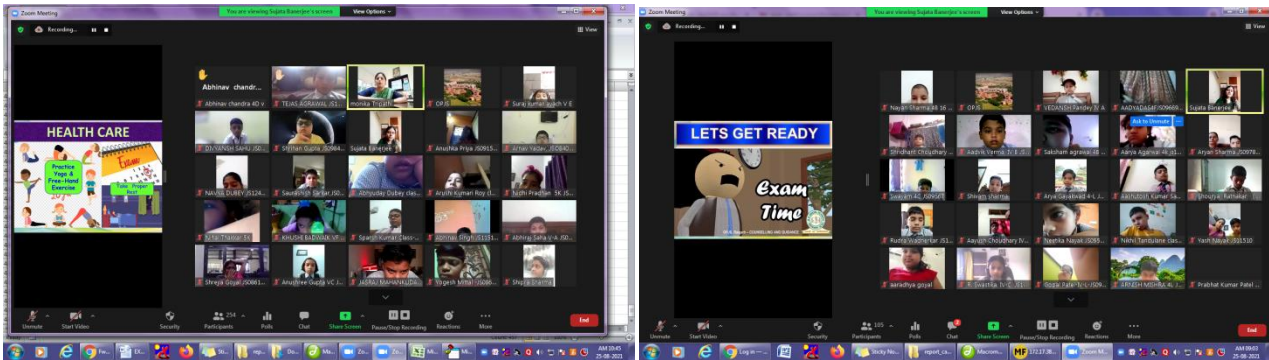
- **Preparedness for examination**
- **Noting down the date and time of examinations** as per time table
- **Reviewing the portions** to be covered for examination
- Importance of being **attentive during online classes**
- Keeping **notebooks up to date**
- Clarifying the **doubts and confusions** (if any) during revision sessions
- Study Time Management through **Self Study Time Table**
- **Self Study Techniques**
- **Revision** prior to examination
- **Balanced diet & healthy lifestyle** appropriate for examination
- **Relaxation techniques** that are health friendly & productive for examination
- Dealing with **distractions** (television, internet and mobile phones).
- **Preparedness for online examination**
- Suggestions related to **writing examination online**
- **Skills ; meaning & importance**
- **Exploring the interest areas**
- **Identification of special abilities**
- **Skill development**

All the above points were explained with **situation relevant examples**. One hundred & ninety six (196) students studying in class **IV** attended the session & nearly three hundred and sixteen (**316**) students studying in **class V** attended the session. Overall, the sessions were conducted successfully. Due to time constraints, students were encouraged to forward their queries related to the session through class teachers.

Sujata Banerjee
Counsellor

Dr. Monika Tripathi
School Doctor

Pictorial Evidence



COUNSELLING SESSIONS

DEAR STUDENTS(**CLASS – IV**),
YOU ARE CORDIALLY INVITED TO ATTEND THE
COUNSELLING BEING CONDUCTED BY THE HEALTH &
WELLNESS CLUB.

TOPIC: EXAM PREPARATION AND SKILL DEVELOPMENT
Date: 25 August 2021
Time: 09:00 AM

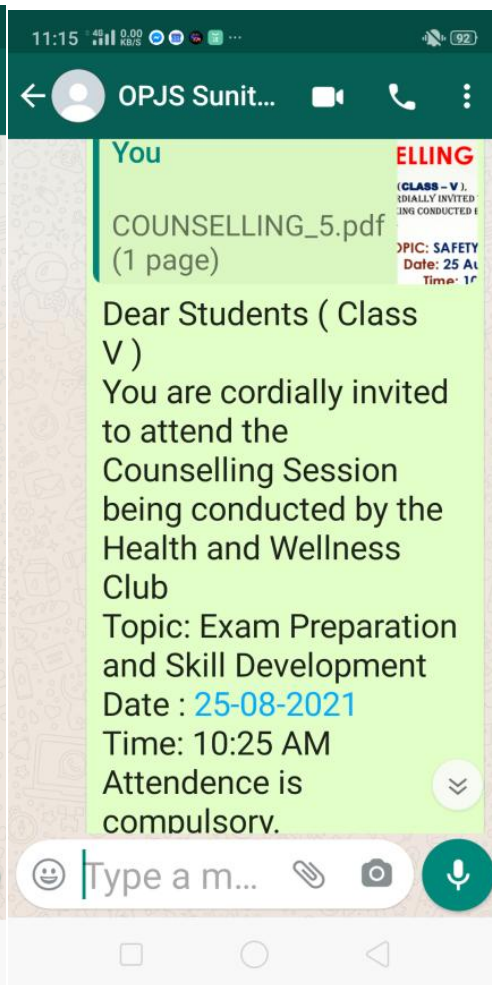
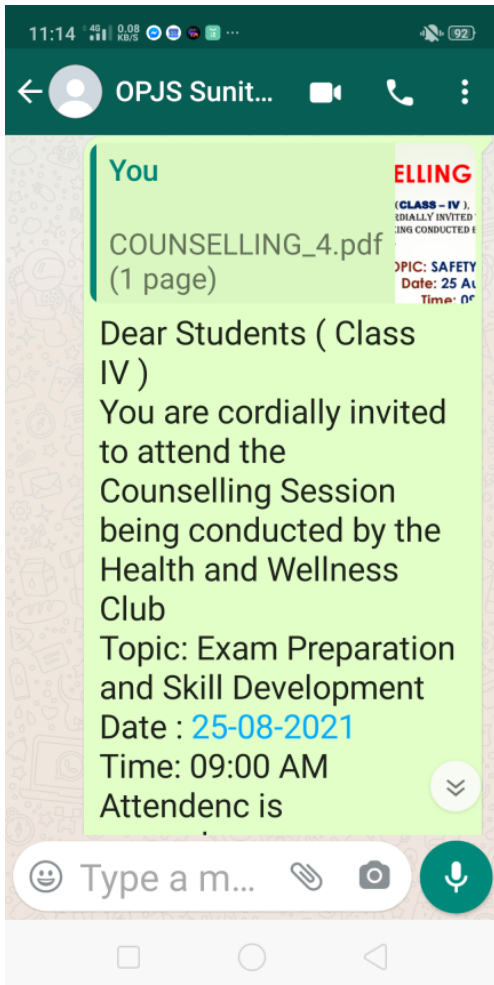
[CLICK HERE](#) Meeting ID: 850 9046 0030
Passcode: OPJSPW

COUNSELLING SESSIONS

DEAR STUDENTS(**CLASS – V**),
YOU ARE CORDIALLY INVITED TO ATTEND THE
COUNSELLING BEING CONDUCTED BY THE HEALTH &
WELLNESS CLUB.

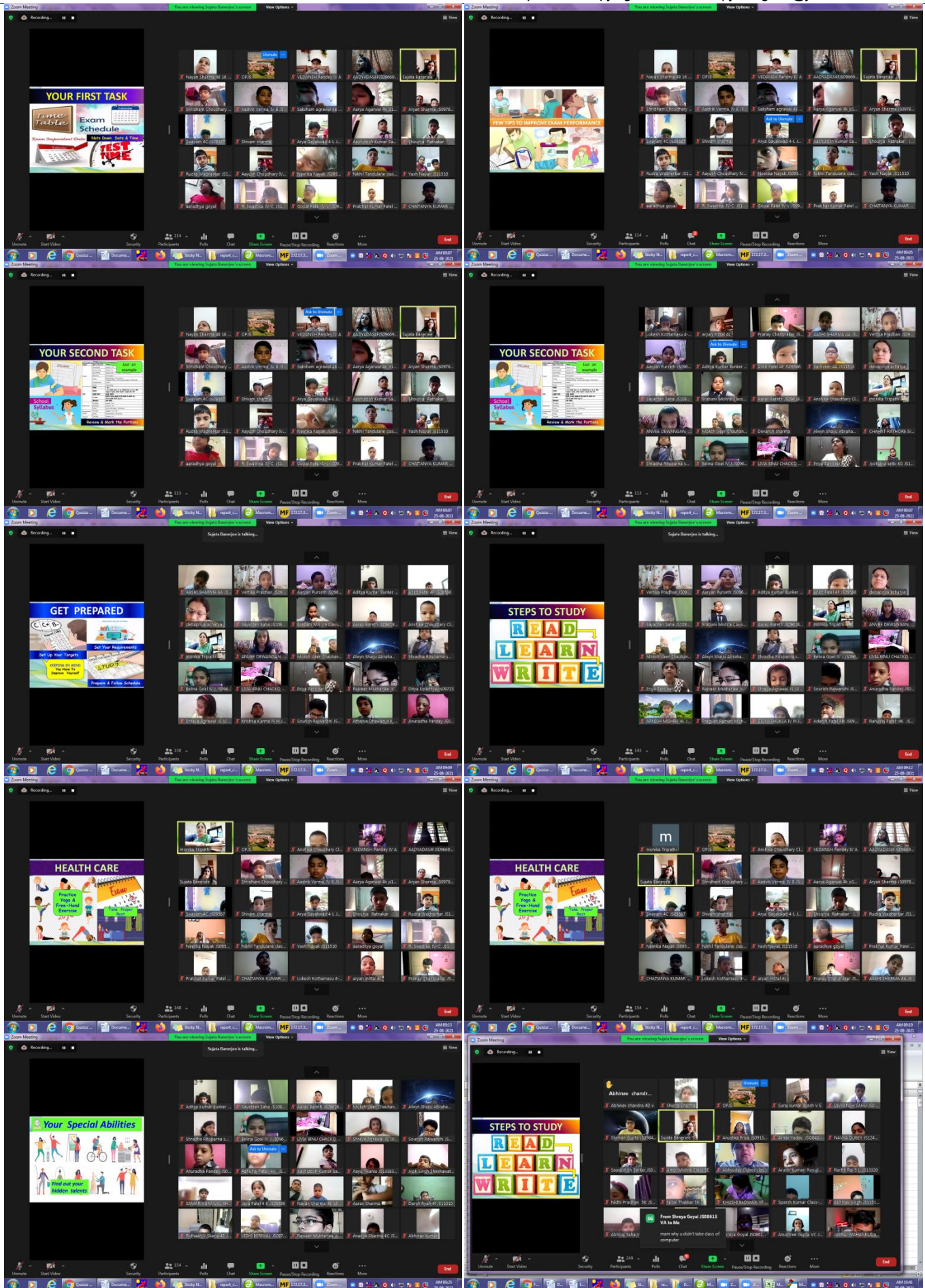
TOPIC: EXAM PREPARATION AND SKILL DEVELOPMENT
Date: 25 August 2021
Time: 10:25 AM

[CLICK HERE](#) Meeting ID: 821 9526 3392
Passcode: OPJSPW



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OPJS/QMS/Report/21-22

Report : Interactive Session with Counsellor (class VII)

Topic - Say No to Bullying

Type - Online (conducted through Zoom)

Purpose - To generate awareness about different forms of bullying & effective ways to act against bullying.

Bullying seems to be one of the most prevalent and widely discussed topics pertaining to school safety and security. The 2013 Youth Risk Behavior Surveillance System (Center for Disease Control and Prevention) reported that 19.6% of students are bullied on school property and 14.8% of students are electronically bullied .However, **scenario has changed** over time due to greater awareness, legal intervention & advancement in monitoring system. **Bullying has been shown to have profound effects on youth which often continue into adulthood.**

Considering the above mentioned aspects, our **school organized a session for the students in class VII to generate awareness** about different forms of bullying & effective ways to stand against /overcome such negative experiences. The session was conducted by on **24.08.21 at 4:30 P.M** as a **part of** British Council Curriculum Activity 04 ‘**Be a Buddy Not a Bully**’.

The session began with a **brief introduction** about its purpose delivered by Mrs. **Preeti Kalita Acharya**. (In-charge **British Council Club**) **Following the introductory phsse , the school counsellor informed students about bullying focusing upon the aspects given below**

- **Bullying ;meaning & legal definition**
- **Different forms of bullying**
- **Verbal Bullying with examples**
- **Physical Bullying with examples**
- **Social Bullying with examples**
- **Cyber-Bullying with examples**
- **Criteria for defining an act as bullying**
- **Effective ways to overcome / stand-up against bullying**
- **Cyber safety rules**
- **Consequences of bullying upon the victim (physical psychological/social/ academic) as well as upon the bully (legal/psychological)**
- **CBSE bylaws to prevent & redress bullying in school**
- **School’s committee to prevent bullying**

The above mentioned points were explained in detail using situation based examoples & real stories .Finally the explanatory phase of the session was concluded by Principal sir who reminded students to keep a check upon their thoughts, behaviour & actions.

Interaction with students

In this phase of the session , students were encouraged to express their queries /doubts related to the topics explained in the session .This phase of the session conducted for

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nearly 45 minutes as students enthusiastically participated & interacted with the counsellor Each & every query raised by the students was patiently attended & answered in detail by the counsellor. Overall the session was conducted successfully & nearly 160 studying in class VII attended the session

Post Counseling Activity

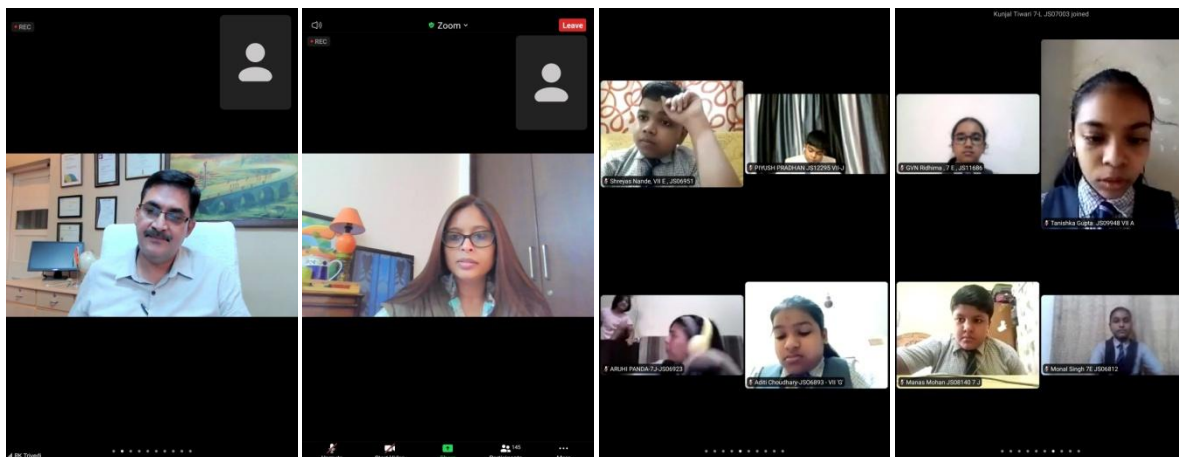
Before concluding the session , students were informed that the counsellor has designed a questionnaire to what extent students experience bullying& how they would react if they themselves experience /witness others being bullied .They were instructed to fill up the questionnaire as soon as they receive it Nearly 320 students participated in the post counseling activity .

Sujata Banerjee
Counsellor

Pictorial Evidence

The pictorial evidence consists of three screenshots. The first is a WhatsApp message from Preeti Kalita Acharya OPJS dated September 2, 2021, inviting students to an interactive session on bullying. The second is a Zoom meeting invitation for August 24, 2021, with the topic 'Interactive Session with The School Counsellor - Class VII' and date 'Aug 24, 2021, i.e. Tuesday'. The third is a screenshot of a Google Form titled 'Act Against Bullying' with 330 responses. A pie chart shows 63.3% (blue) and 36.7% (red) responses. Below the chart is a list of student names.

Name of the student
Aditya Agrawal
Shreya Patel
Divyansh Tiwari
Mayank Das
Tejaswini Patel
Aditya Das



Bully Free Zone
A Guide to Bullying and the Law

NO BULLY ZONE

DIFFERENT FORMS OF BULLYING COMMONLY OBSERVED

INDIA	GHANA	PAKISTAN

CYBER BULLYING

- Exclusion
- Gossip
- Impersonation
- Cyber-stalking
- Outing /Trickery
- Cyber Threats
- Flaming

CRITERIA FOR LABELLING

- Unwelcome & Unwanted
- Repeted over time
- Imbalance in power
- Serious threat upon the victim

LETS KNOW

BULLYING

Any form of aggressive behavior

- Intentional & hurtful
- Spreads hostility
- Violates one's rights
- Repeated over time
- Difficult to defend

CONSEQUENCES

Psychological	Social
Behavioural	Academic

Hitting someone can be as easy as throwing a stone in the sea. But do you have any idea how deep that stone can get?

BEWARE

NO INTERFERENCE IN OTHERS' RIGHTS

NO BULLYING

BEWARE AND AVOIDANCE IS BULLYING

O. P. JINDAL SCHOOL, RAIGARH (CG), INDIA

Bully Free School

O. P. JINDAL SCHOOL, RAIGARH (CG), INDIA

The Bully Free pledge

- I guarantee not to be a bully.
- I guarantee not to bully anyone.
- I guarantee to respect others and treat them as I would like to be treated.
- I guarantee not to hit others, verbally abuse or call others by mean names.
- I guarantee to do my best to create a bully-free environment in the school.

Special Committee

OPJS/QMS/Report/21-22

Report : Interactive Session with Counsellor (class VIII)

Topic - Say No to Bullying

Type - Online (conducted through Zoom)

Purpose - To generate awareness about different forms of bullying & effective ways to act against bullying.

Bullying seems to occur everywhere, even in the highest-performing schools, and it is hurtful to everyone involved, whether they are the targets of bullying or witnesses—and even to bullies themselves. Although not much in records, yet it is an undeniable fact that bullying may have profound psychological effects upon teenagers which often continue to influence them in their adulthood. Schools with a positive climate foster healthy development & minimize the chances of student bullying, aggression, victimization etc

Considering the above mentioned aspects, our **school organized a session for the students in class VIII to generate awareness** about different forms of bullying & effective ways to act against /overcome such negative experiences. The session was conducted by on **25.08.21 at 6:00 P.M** as a **part of** British Council Curriculum Activity 04 ‘**Be a Buddy Not a Bully**’. The session began with a **brief introduction** about its purpose delivered by Mrs. Priti Kalita Acharya (In-charge **British Council Club**) **Following the introductory phase , the school counsellor informed students about bullying focusing upon the aspects given below**

- **Bullying ;meaning & legal definition**
- **Different forms of bullying**
- **Verbal Bullying with examples**
- **Physical Bullying with examples**
- **Social Bullying with examples**
- **Cyber-Bullying with examples**
- **Criteria for defining an act as bullying**
- **Effective ways to overcome / stand-up against bullying**
- **Cyber safety rules**
- **Consequences of bullying upon the victim (physical psychological/social/ academic) as well as upon the bully (legal/psychological)**
- **CBSE bylaws to prevent & redress bullying in school**
- **School’s committee to prevent bullying**

The above mentioned points were explained in detail using situation based examples & real life stories .Finally the explanatory phase of the session was concluded by Principal sir reminding students to self review their thoughts ,behaviour & actions.

Interaction with students

In this phase of the session , students were encouraged to express their queries /doubts related to the topics explained in the session .This phase was conducted for nearly 45 minutes as students enthusiastically participated & interacted with the counsellor. Each & every query raised by the students was patiently attended & answered in detail by the counselor. Overall the session was conducted successfully & nearly 130 studying in

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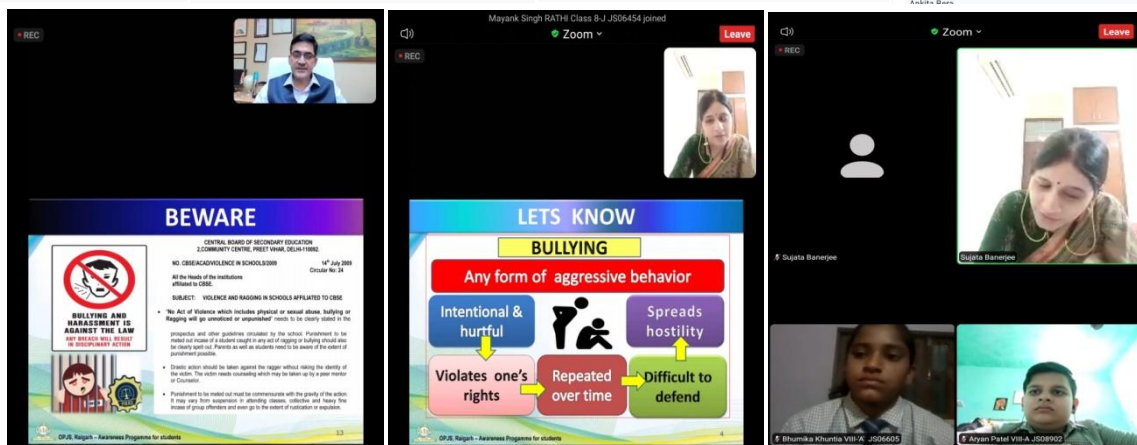
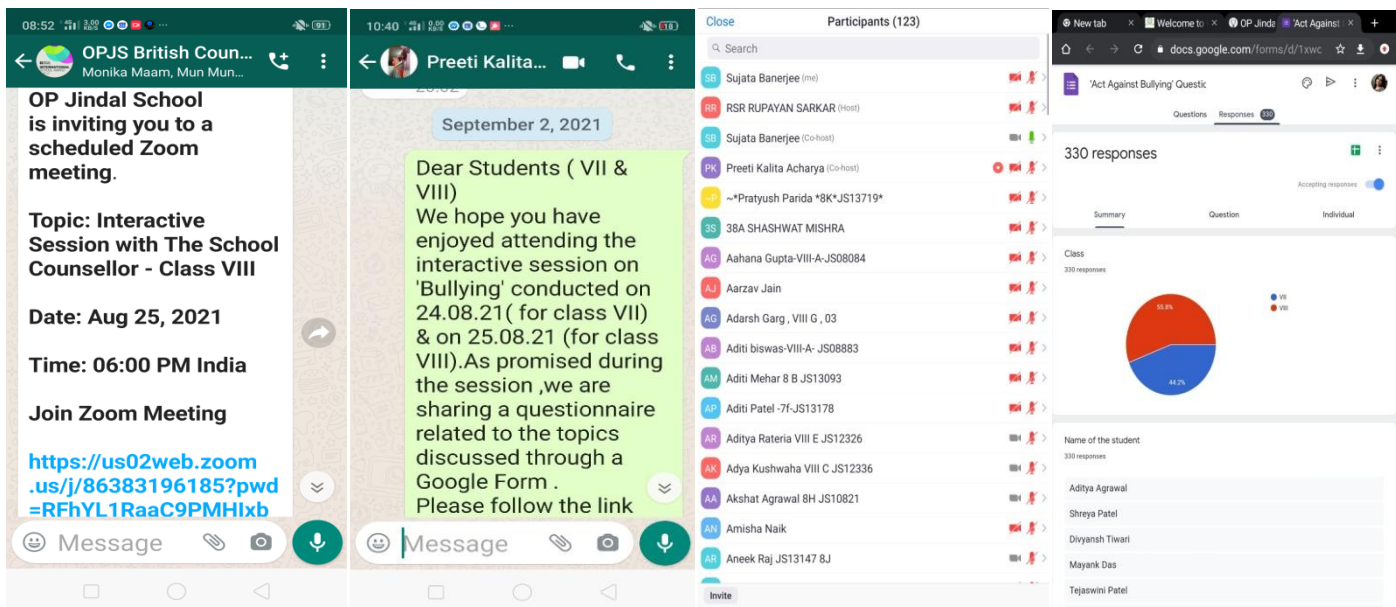
class VIII attended the session

Post Counseling Activity

Before concluding the session, students were informed that the counsellor has designed a questionnaire to what extent students experience bullying & how they would react if they themselves experience /witness others being bullied. They were instructed to fill up the questionnaire as soon as they receive it. More than 300 students from classes VII & VIII participated in the post counseling activity.

Sujata Banerjee
Counsellor

Pictorial Evidence



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PHYSICAL

- Pinching & Grabbing
- Kicking Punching & Hitting
- Destroying belongings

SOCIAL

- Cornering / Isolating someone
- Spreading rumors or gossiping to degrade one's reputation

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Bully Free School
Report to, be a friend and tell a teacher

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The Bully free pledge

- I promise not to be a bully
- I promise not to bully any one.
- I promise to protect those who are bullied.
- I promise to respect others and treat them as I would like to be treated.
- I promise not to hit others, exclude others or call others by mean names.
- I promise to do my best to create a bully-free environment in the school.

Bully Free School
Stand up, be a friend and tell a teacher

CYBER BULLYING
Security Measures Against Cyber Bullying

TAKE A STAND AGAINST CYBERBULLYING

1. Never reveal your personal details
2. Don't share your password with anyone
3. Acquire in-depth knowledge on Cyber-bullying
4. Use one while working online
5. See one while working online
6. Install monitoring software on your computer
7. Stop using before posting anything online
8. Always try to report if you notice accounts after you

If You Experience

1. Say NO/STOP with firmness
2. GO AWAY from that person
3. INFORM a TRUSTED adult

TELL NOT BE SILENT

STOP BULLYING

CONSEQUENCES

- Psychological
- Social
- Behavioural
- Academic

Hurting someone can be as easy as throwing a stone in the sea. But do you have any idea how deep that stone can go?

Trishna Sharma 8B JS13715

Ayush Raj 8th Y JS 12322

Anushka Agrawal

Rashmi Jha (WTGR111)

DIKSHA PATEL JS13027 VIII A ROLL NO.20

Aiditi Mehar 8 B JS13093

Mrudulamaani Patro VIII E JS06509

Isha Kuzhwaaha JS12515 8D

OPJS/QMS/Report/21-22

Report : Awareness Programme for Support Staff (Session I)

Topic - Health Education & Financial Literacy

Type - Offline (Venue: Auditorium)

Purpose -To impart health education & generate awareness about finance management among the team of our support staff

Employee wellness programs, refers to a **collection of initiatives** within an organization to promote **healthy lifestyles & well-being** among employees & in some cases their family members. These initiatives **address** different areas, or **dimensions of well-being** including physical, emotional ,financial ,social etc. Ultimately it leads to betterment of organization climate & productivity.

In the month of **September 2021** , the **Consumer Club** in collaboration with **Health & Wellness Club** organized a **three days awareness programme** for the support staff to impart health education & financial literacy.The second **session** was conducted on **21.09.21** (Tuesday) in **different phases** .

Phase 1: General Interaction with Support Staff

The second days session was initiate by Dr. Sanjay Debnath in which first he tried to assess the learning outcome of the session conducted on previous day by asking general questions to support staff . After that he gave general instructions regarding cleanliness and other aspects given below.

- Guidelines to be followed by male cleaning staff while cleaning the ladies toilets .
- Burden associated with debts
- Importance of the habit of saving instead of borrowing

Phase II : Safety related Laws & Hygiene management

This phase was conducted jointly by Dr. **Monika Tripathi** (school doctor)&**Mrs.Sujata Banerjee** (counsellor). In this phase , resource persons **emphasized** upon the following aspects

- Importance of health awareness
- Necessity of consulting doctors for diagnosis & proper treatment of ailments

- Avoid spending money on unscientific practices to cure illness
- Lifestyle to stay healthy & disease free
- Importance of water in body and its proper manner of intake.
- Health benefits of Breakfast and healthy breakfast options
- Benefits of eating seasonal fruits & vegetables
- Health benefits of common herbs like Tulsi, Giloy, Neem etc

Phase III :Financial Literacy :General Introduction

This phase was jointly conducted by the **senior teachers from Department of Commerce**. Resource persons included **Mr Satyakam Rajput** (Senior PGT Commerce), **Mrs. Priya Saxena** (Senior PGT Commerce). They emphasized upon the aspects given below

Loan, its benefits & consequences

Different forms of loan

Their utility & negative consequences

Debt trap created by money lenders

Advantages of taking loan from public sector

Safe use of ATM card

Keeping ourselves safe from banking fraud.

Safety guidelines for internet banking

Documents required for any banking operations

All the **sessions** were conducted in **Hindi** .**Situation based examples** of varied nature were shared to explain every aspect. Nearly **80 members** from the team of our support staff **attended** the **session**.

Sujata Banerjee

Counsellor

Pictorial Evidence

(A) Health & Wellness Programme



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(B) Financial Literacy Programme



OPJS/QMS/Report/21-22

Report: Special Counselling Session (classes-II to V)

Topic - Personal Body Safety

Type - Online (conducted through Zoom)

Duration - 30.11.21 to 12.12.21

Purpose - To generate awareness among the students about personal body safety.

Children often become one of the most vulnerable and innocent victims of heinous crimes like sexual abuse and exploitation. It is evident from the media reports that female as well as male child can become the victims of such unfortunate incidents at a tender age when they do not even understand what is happening to them. Due to social taboos, parents / teachers are often hesitant to discuss sensitive issues directly with children even when they realize it is essential. Taking these aspects into consideration, the Anti Harassment Committee of our school takes up the required initiatives to inform students about personal body safety.

Sharing of resources & guidelines with teachers

Due to the increasing strength of our school, the **session was conducted through teachers** under the **guidance of counsellor**. In this regard, a training session was organized for the teachers teaching **EVS** in classes II to V on **29th Nov.2021** by Mrs. Sujata Banerjee ,counsellor of the school wherein the **guidelines for conducting the session** in class were **shared** with the **teachers** . The **resources** (presentation / poster/ feedback form) **developed** by the counsellor were also **shared** with teachers during the training session .

Session for students

The online sessions were conducted by the **EVS teachers** during their regular online classes as **per a schedule** to maximize the scope of interaction between the teachers & students. Nearly **1271 students attended the session**.

At the beginning of the session, students seemed to be little hesitant to interact with the teacher. Gradually, teachers made them more comfortable so that they receive & express themselves freely. The presentation was shown to the students which explanations about safe & unsafe touches in a non threatening manner. Following this , they were explained the following aspects in detail :

- **School's facility to ensure student safety**
- **Parts of our body and their basic functions**
- **Identification of private parts**
- **Safe & Unsafe Touches**
- **Appropriate style of responding to unsafe touches**
- **Creating a safe circle**
- **Important aspects of personal safety**
- **Special committee members**

Towards the end of the session, students were asked **simple questions to assess their level of understanding** of the facts discussed in the session. Children responded very

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enthusiastically. The confusions/ doubts that came into light from their responses were clarified by the teachers.

Overall the online sessions were informative and aimed at empowering the students to differentiate between safe / unsafe touch by adopting an age appropriate and non threatening approach so that they can take care of themselves. **We deeply acknowledge support & cooperation extended by Mrs Sunita Kapoor (Sr . Mistress) & the EVS teachers in Primary Wing to ensure the successful conduct**

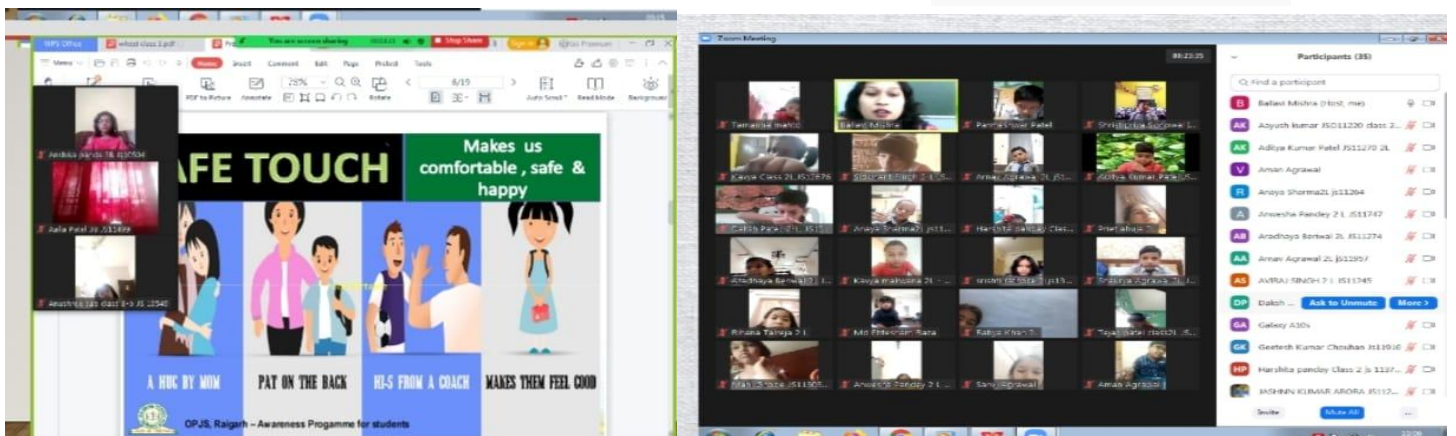
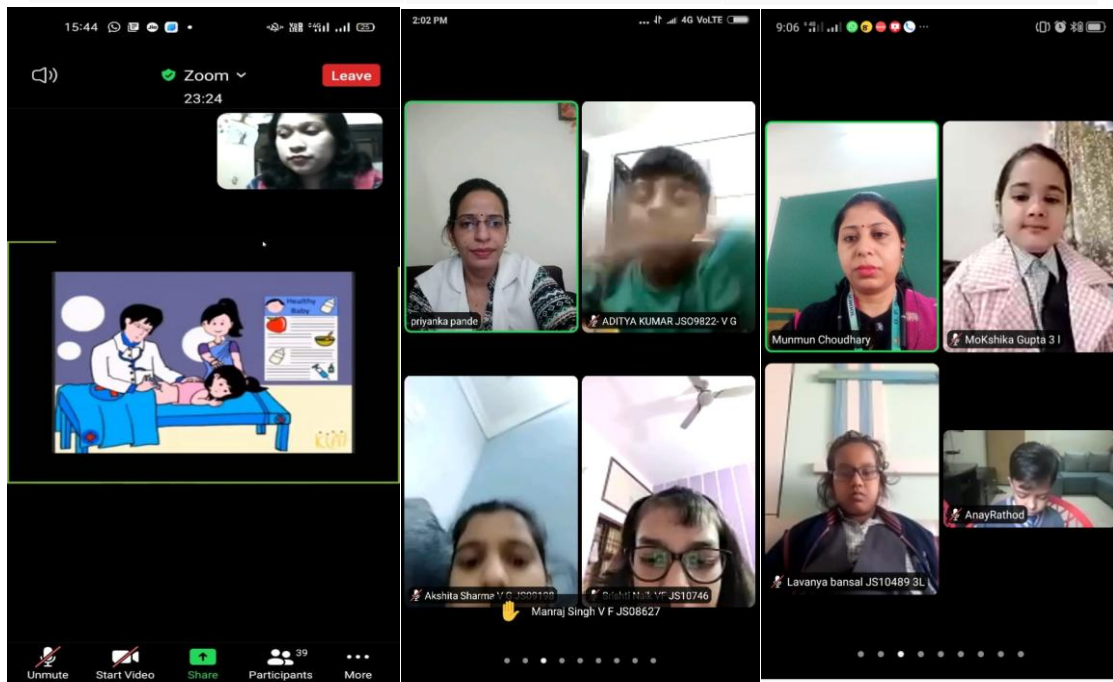
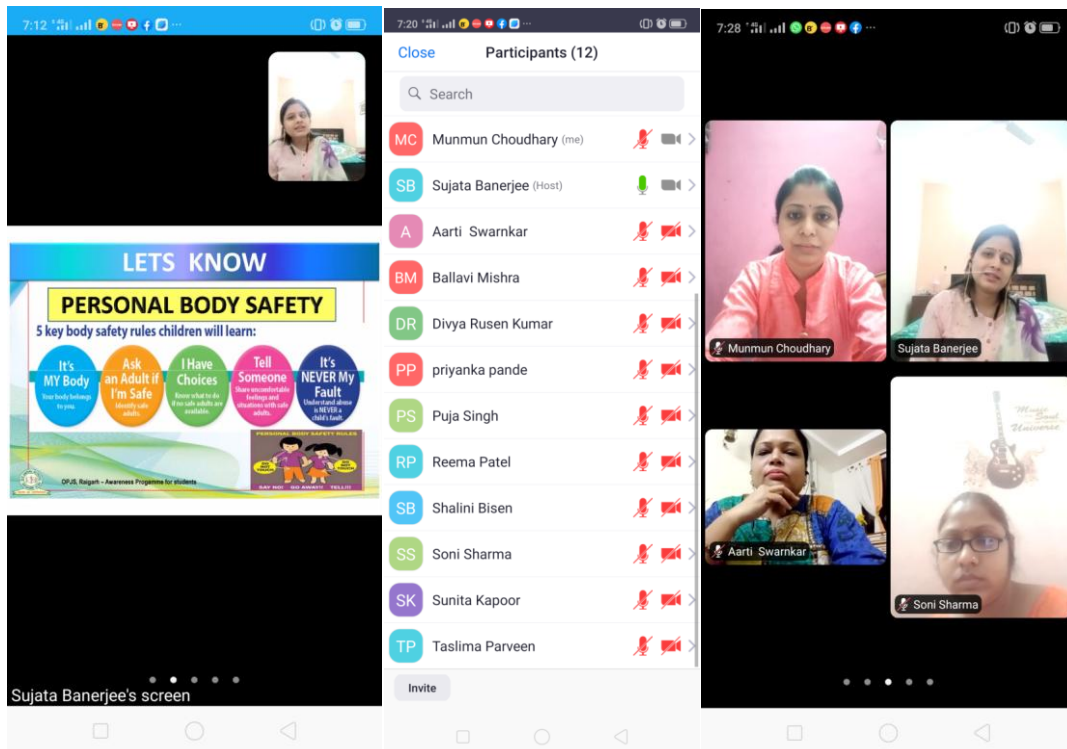
**Prepared by
Mrs Munmun Chaudhary
Counsellor Teacher PW**

**Reviewed & edited by
Sujata Banerjee
School Counsellor**

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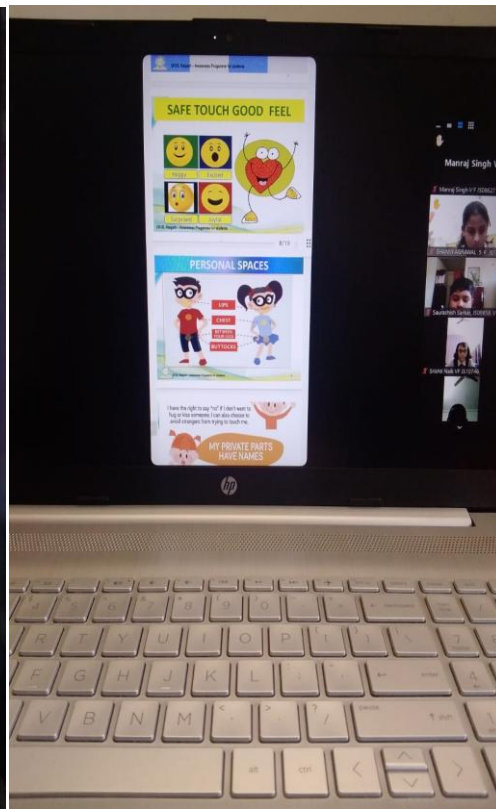
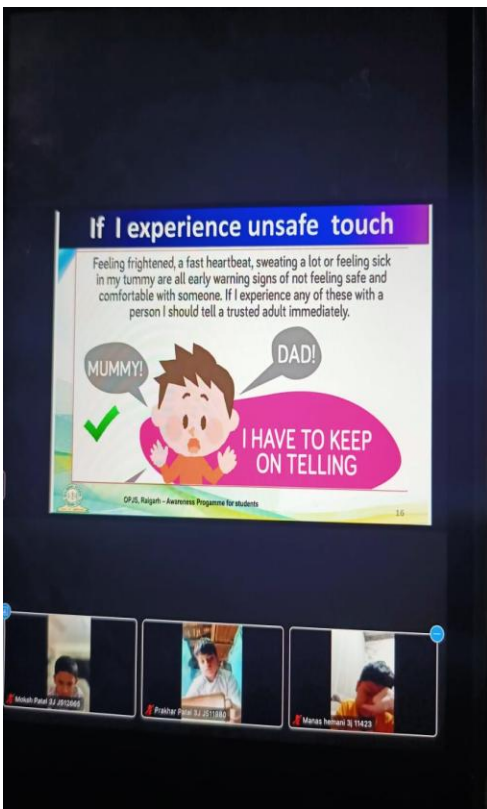
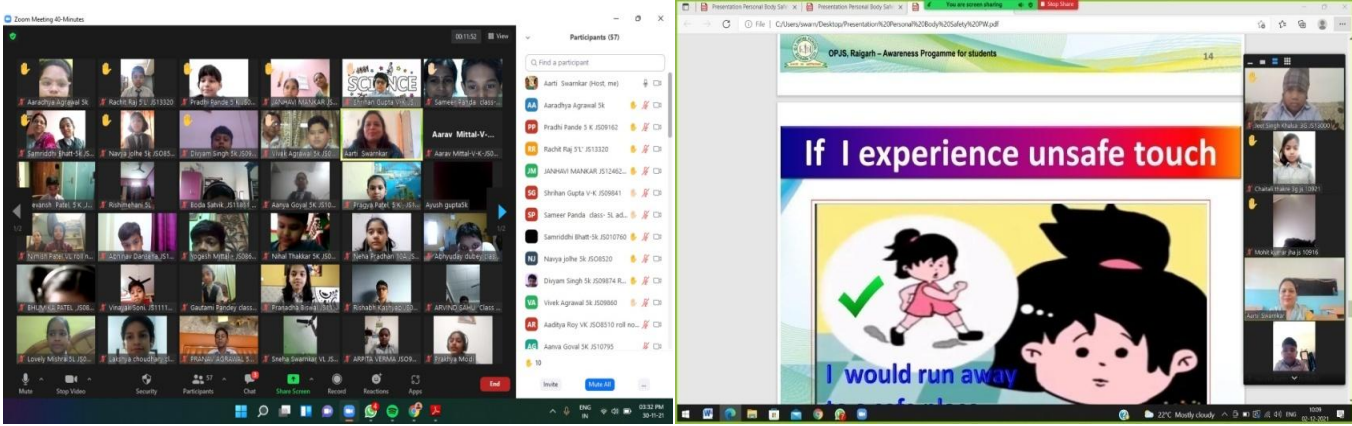
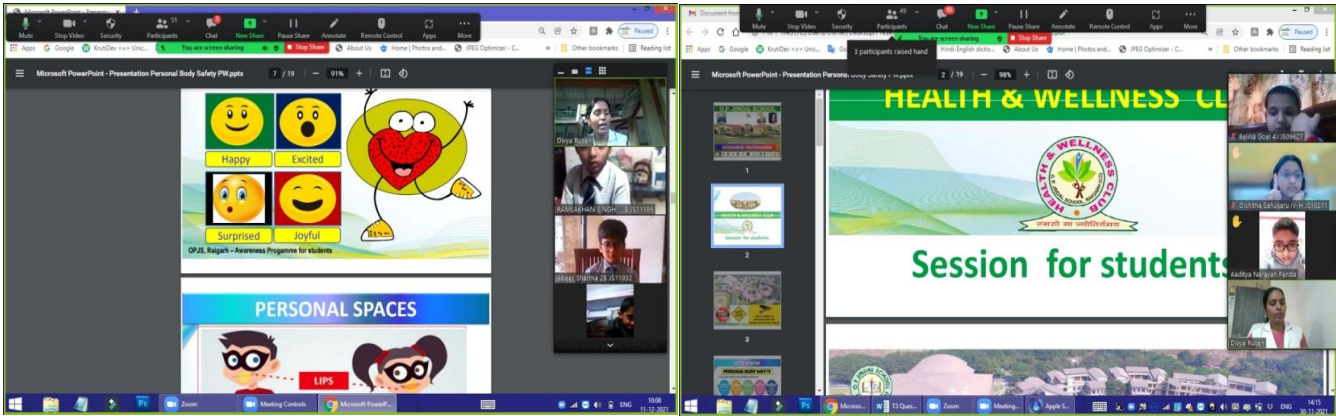
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Pictorial Evidences



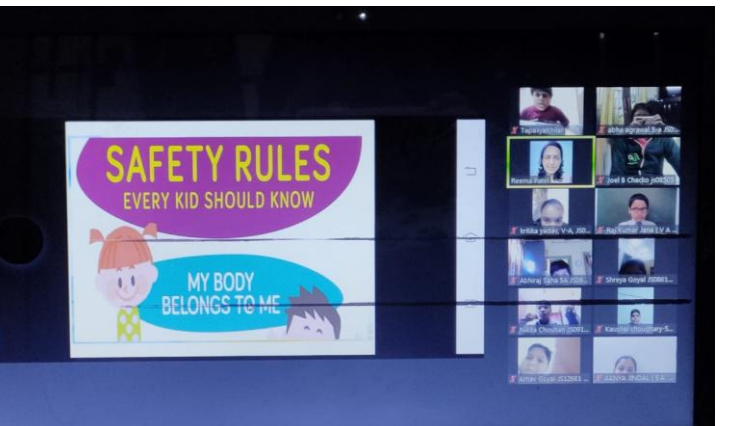
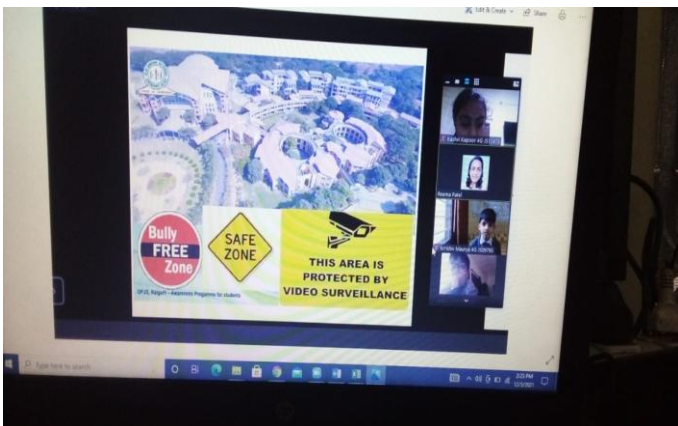
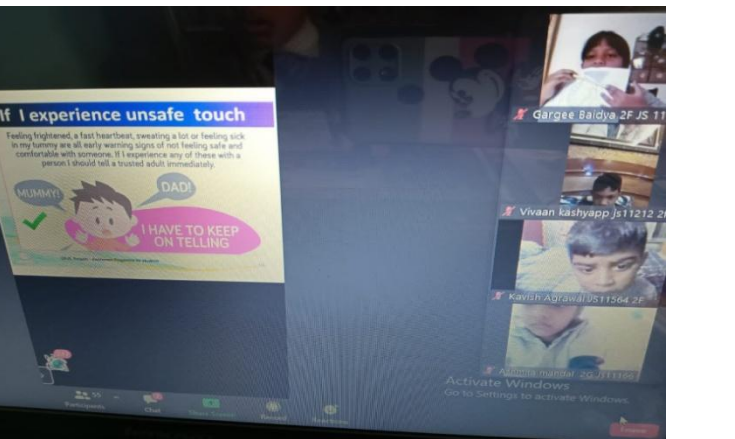
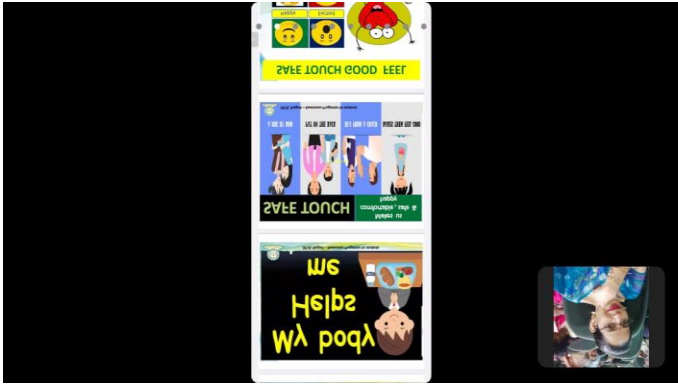
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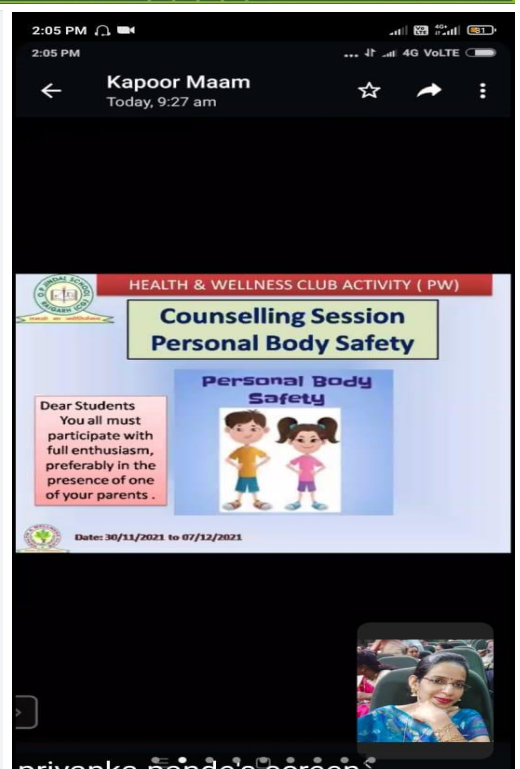
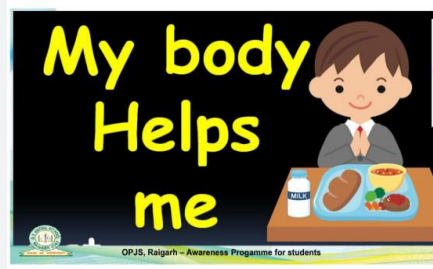
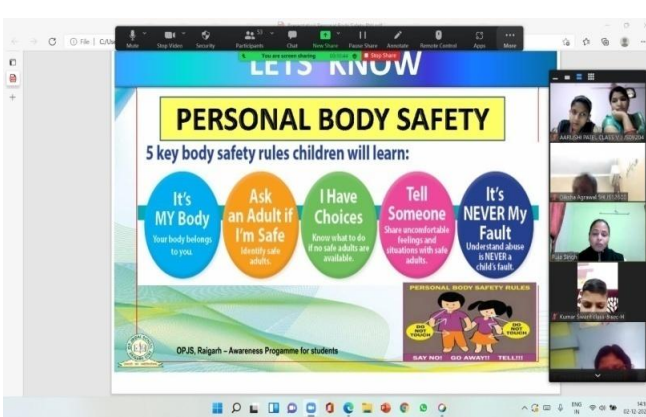
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