

COUNSELLING CALENDAR FOR SESSION 2023- 24

	COUNSELLING SESSION	TOPIC	<u>Theme Of The Month Based On Life Skills</u>
A P R I L	Teachers orientation prog	<ul style="list-style-type: none"> • Workshop On personality development • Assessment of personality types of teachers through standardised Maudsley Personality Inventory. 	<u>Effective and Powerful communication skills</u> <ul style="list-style-type: none"> • Teachers Counselling Programme • Students Counselling Programme • Class Activities On communication skills • House Activities during Assembly Time.
	12 th and 10 th	<ul style="list-style-type: none"> • Syllabus Planning And Meeting Targets for board examination. 	
	Parent counselling	<ul style="list-style-type: none"> • Career orientation programme and for allocation of streams in 11th class. 	
M A Y	Teachers	<ul style="list-style-type: none"> • Workshop on individual differences. • Intellectual giftedness and intellectual disabilities. 	<u>SELF OBSERVATION AND AWARENESS</u> <ul style="list-style-type: none"> • Teachers Counselling Programme • Students Counselling Programme • Class Activities On Self-Awareness House Activities during Assembly Time.
	Group D	<ul style="list-style-type: none"> • Awareness about POCSO ACT, POSH ACT • JJ ACT, Vishakha Guidelines 	
	Classes 6- 9	<ul style="list-style-type: none"> • Netiquettes • Cyber Stalking And Stalking • Preventive measures during terrorist attack • Protect Your Eyes Digital Strain 	
	Classes 9- 12	<ul style="list-style-type: none"> • Cyber Bullying, Bad Effects Of Mobile Online • Preventive measures during terrorist attack • Protect Your Eyes Digital Strain 	
	Parents(class 3 rd ,4 th 5 th)	<ul style="list-style-type: none"> • Understanding the priorities and Parent Involvement 	
J	Class 9 th and 10 th	<ul style="list-style-type: none"> • Aptitude test , Career Guidance, life skills 	<u>Empathy And Coping With Emotions</u> <ul style="list-style-type: none"> • Teachers Counselling Programme
	Primary classes	<ul style="list-style-type: none"> • Good touch and bad touch 	
	Class 11 th and 12 th	<ul style="list-style-type: none"> • Career Options , Different Awes Run Colleges 	

U L Y	Class 6 th and 10	<ul style="list-style-type: none"> • Emotional Intelligence • Sensitisation towards inclusivity • Social Media And Its Effects, 	<ul style="list-style-type: none"> • Students Counselling Programme • Class Activities • Activities during Assembly Time.
A U G	Parents of class 6 th and 7th	<ul style="list-style-type: none"> • Managing Adolescents, Bad Effects Of Using Mobile Phone, Stalking And Cyber Stalking 	<p><u>Creative And Critical Thinking</u></p> <ul style="list-style-type: none"> • Teachers Counselling Programme • Students Counselling Programme • Class Activities • Activities during Assembly Time.
	Parents of class 8 th and 9th	<ul style="list-style-type: none"> • Parent Involvement, Awareness About POCSO Act 	
	Parents of class 10 th and 12th	<ul style="list-style-type: none"> • How To Overcome Fears And Pressures Of Your Child, • Stalking And CyberStalking 	
S E P	Class 1 to 5	<ul style="list-style-type: none"> • Cleanliness, • Health And Hygiene • Protect Your Eyes Digital Strain 	<p><u>Decision Making</u></p> <ul style="list-style-type: none"> • Teachers Counselling Programme • Students Counselling Programme • Class Activities • Activities during Assembly Time
	Class 6 to 8th	<ul style="list-style-type: none"> • Avoid Negativity To Stay Positive • Puberty • Menstrual hygiene (for girls) 	
O C T	Class 6 and 12	<ul style="list-style-type: none"> • Opinions and judgements • How To Avoid Jealousy • Anger – • Anger Management 	<p><u>Interpersonal And Intrapersonal Relationship</u></p> <ul style="list-style-type: none"> • Teachers Counselling Programme • Students Counselling Programme • Class Activities • Activities during Assembly Time.
	Group D	<ul style="list-style-type: none"> • Use Of Appropriate Language At Work, General Hygiene • Roles And Responsibilities As An Important Part Of The School 	
	Class 12 th	<ul style="list-style-type: none"> • About Different Entrance Exams 	
	Teaching staff	<ul style="list-style-type: none"> • How to stay positive in your life. 	
	Class 10 th -12	<ul style="list-style-type: none"> • Preparation For Board Exams , • Stress And Time Management 	<p><u>Stress and time management</u></p>

N O V		<ul style="list-style-type: none"> • Inclusive Education 	<ul style="list-style-type: none"> • Teachers Counselling Programme • Students Counselling Programme • Class Activities
	Classes 6 th to 9 th	<ul style="list-style-type: none"> • Self-Esteem, Peer Pressures, • Bullying And Friendship. • How To Study Effectively 	
D E C	Classes 3 to 5	<ul style="list-style-type: none"> • Empathy, Respect And Sharing. • Respect Your Parents 	<p><u>Problem Solving</u></p> <ul style="list-style-type: none"> • Teachers Counselling Programme • Students Counselling Programme • Class Activities • Activities during Assembly Time.
	Classes 6 to 9 th	<ul style="list-style-type: none"> • Protect your eyes digital strain • Building self esteem, Inclusive Education 	
	Classes 10 th and 12 th	<ul style="list-style-type: none"> • Preparation Of Board Exams, Exam Diet. • Time Management • Revision and exam techniques • Understanding your sleep patterns 	
J A N	Class 5 th to 9	<ul style="list-style-type: none"> • Judgements and opinions • Life skills activities 	<p><u>RESILIENCE</u></p> <ul style="list-style-type: none"> • Teachers Counselling Programme • Students Counselling Programme • Class Activities • Activities during Assembly Time
	Classes 9 th , 10 th , 11 th and 12 th	<ul style="list-style-type: none"> • Stream Selection , Important Lesson Of Life • Career Choices 	
F E B	Classes 8 th to 12 th	<ul style="list-style-type: none"> • Stress Management, Time Management, • Handling exam Fears. • Cycle of revisions and learnings. 	

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