

Counseling and guidance programs 2022-2023 under NCERT PROGRAM (Manodarpan)

According to World Health Organisation (WHO) "the self-harm rates in the adolescent age group are found to be the highest numbers at a global level. Emotional stress and other concerns are major contributing factors to most physical illnesses."

The ambit of mental health must encompass the emotional, behavioral, and social wellbeing of a child. The most important feature of mental health is 'adaptability', the ability to cope with daily life challenges effectively. Giving a secure environment to children in schools is important for this reason. Easy access, well-being, and adaptability must be aligned together to create a comprehensive system in a school. To ensure the physical and psychological safety of our children, easy access to mental health services and support in schools is the first step. We are happy to share our activities in school which just not promote also ensure the good mental health of our students

Month of June

Sl No	class/ individual	Programs	NO of students	No of classes
1	Class VI	Explain mental health, how to take care of it, rapport building with students.	220	8
2	Class VII	Explain mental health, Why mental health should be concerned, how to take care of it, and rapport building with students.	214	8
3	Class VIII	Explain mental health, Why mental health should be concerned, how to take care of it, and rapport building with students.	230	8
4	Class IX	Explain mental health, Why mental health should be concerned, how to take care of it, and rapport building with students.	240	8
5	Class X	Explain mental health, Why mental health should be concerned how to take care of it, and rapport building with students. Shearing case study.	204	8
6	Class XI	NA		0
7	ClassXII	Explain mental health, Why mental health should be concerned, how to take care of it, and rapport building with students., sharing case studies.	220	4
8	GIRLS	Face to Face interviews and sessions		
9	BOYS	Face to Face interviews and sessions		

Month of July

Sl No	class/ individual	Programs	NO of students	Classes
1	Class VI	Express thoughts and emotion, When you consider as healthy, healthy practices	200	8
2	Class VII	Express thoughts and emotion, When you consider as healthy, healthy practices Analysis strengths and weakness to understand needs.	201	8
3	Class VIII	Express thoughts and emotion, When you consider as healthy, healthy practices Analysis strengths, and weaknesses to understand needs.	225	8
4	Class IX	Express thoughts and emotion, When you consider as healthy, healthy practices, Guide to create a daily journal to maintain healthy habits Analysis strengths and weaknesses to understand needs.	242	8
5	Class X	Express thoughts and emotions, When you consider as healthy, healthy practices, Guide to creating a daily journal to maintain healthy habits. Analysis of strengths and weaknesses.	207	8
6	Class XI	Introduction of mental health, Focus on your interest, Analysis strengths, and weakness to understand needs.	110	2
7	ClassXII	Express thoughts and emotions, When you consider as healthy, healthy practices Analysis strengths, and weaknesses to understand needs.	212	8
8	GIRLS	Face to Face interviews and sessions		
9	BOYS	Face to Face interviews and sessions		

Sl No	class/ individual	Programs	Number of students attend
1	Class VI		
2	Class VII		
3	Class VIII		
4	Class IX		
5	Class X		
6	Class XI		
7	ClassXII		
8	GIRLS (different classes)	Face to Face interviews and sessions	
9	BOYS (different classes)	Face to Face interviews and sessions	