

GOVERNMENT OF JAMMU & KASHMIR  
DIRECTORATE OF SCHOOL EDUCATION, JAMMU  
MUTHI CAMP, JAMMU-181205

Circular No. 58 DSEJ of 2023

Dated: 01-04-2023

**Subject: Circulation of Annual activities Calendar (Guidance and Counselling) for the session 2023-2024**

No: DSEJ/Counselling Cell/8849-67

Dated: 01/04/2023

**Manodarpan** is an initiative of Ministry of Education to provide psycho-social support and counselling to students and teachers for their mental health and emotional well-being. **National Education Policy** 2020 also lays emphasis on guidance and counselling of school students. Significance of counselling activities has increased manifold due to increased mental health needs of children Post COVID Pandemic. **School Health Programme**, a joint initiative of the Ministry of Health and Family Welfare and NCERT emphasizes on providing age-appropriate information about health and nutrition to the children in schools and promoting healthy behaviors among the children that they will inculcate for life to ensure their health and well-being.

In this regard, Directorate of School Education, Jammu, through counselling cell has already undertaken sustainable quality interventions/initiatives for ensuring mental health, child protection and career development of students Viz. Constitution of Counselling cells at schools(HSS,HS,MS), Creation of happiness Zones, introducing counselling calendar, initiating tele counselling helpline, house training of teachers on counselling themes etc.

Counselling cell, Directorate of School Education Jammu issues Counselling Calendar every year to provide counselling, career guidance and psycho-social support to the students for their Mental Health and Well-being.

All Chief Education officers are therefore, directed to circulate soft copy (copy enclosed) of this Counselling calendar among all the stake holders for its successful implementation and to issue strict instructions to HOIs of all Schools (HSS, HS, and MS) to conduct activities given in this Counselling Calendar.

These calendar activities will be carried out by faculty counsellors working in Counselling Cells already constituted in HSS/HS/MS in Coordination with Teaching Staff of the respective School. DCCs (District Counselling Coordinators), DCs (District Counsellors) and ZCCs (Zonal Counselling Coordinators) will oversee the implementation of these calendar activities under the supervision of CEOs, ZEOs and Cluster Heads.

The Counselling curriculum contained in the counselling calendar should be communicated to the students using different interactive methodologies like Role Play,



191-2598300 gov.in  
Story Telling, Group Discussions, Debates, Quizzes, Painting, Story writing etc. Audio-visual material in this regard will be shared through DCC's, ZCC's.

Zonal Counselling Coordinators (ZCCs) will submit Monthly progress report to the concerned ZEOs and District Counselling Coordinators (DCCs) on regular basis. DCCs will compile the reports received from zones and submit it to the respected CEOs for onward submission to this office. Consolidated action taken report of these activities with relevant media (Pics, videos) must be sent to [counsellingcelldsej@gmail.com](mailto:counsellingcelldsej@gmail.com) by 5<sup>th</sup> of every month.

In addition to this, Team Counselling Cell DSEJ shall regularly visit various schools of Jammu Division under intimation to this chair to oversee implementation of counselling initiatives. DCCs/DCs are further directed to visit the field every Wednesday and ZCCs every fortnight to oversee implementation of counselling initiatives in schools.

In case of any query, Counselling Cell DSEJ can be contacted at 9419210200, [counsellingcelldsej@gmail.com](mailto:counsellingcelldsej@gmail.com)

Yours faithfully,



(Dr. Ravi Shankar Sharma) JKAS  
Director School Education  
Jammu

**Copy to the:**

1. Principal Secretary, Government School Education Department, Civil Secretariat, J&K Jammu for kind information.
2. Director SCERT J&K for information.
3. Director Samagra Shiksha, J&K for information.
4. Joint Directors School Education Jammu Division (All) for information please.
5. Principal DIETs (All) Jammu Division for information and necessary action through DNOs (Counselling)
6. Dr. Romesh Kumar, I/C Counselling Cell, DSEJ for information and necessary action.
7. I/C Website for uploading on the website.





# Directorate of School Education Jammu



वसुधैव कुटुम्बकम्  
ONE EARTH · ONE FAMILY · ONE FUTURE

# 2023



## COUNSELLING CALENDAR



<https://schedujammu.nic.in/>  
<http://dsej.in/educationhub/>





Directorate of School  
Education Jammu



Counselling Cell  
DSEJ

## April 2023

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30						

### SUMMER ZONE / WINTER ZONE

2ND APRIL- WORLD AUTISM AWARENESS DAY  
7TH APRIL- WORLD HEALTH DAY

#### Theme

Orientation of Students and Parents

#### First Fortnight

Rapport Building

House Wise Distribution of Students (Well- being, Eco, Peace, Wisdom), House System Establishment (House Captain, Vice Captain, Allotment of Duties/Responsibilities)

#### Second Fortnight

Rules and Regulations (Discipline, Punctuality, Code of Conduct in School, Mannerism, Civic Sense)

Parents Orientation, Role of parents in School, PTM on 26th of April 2023

AAO BAAT KAREIN  
HELP LINE- NO  
6006800068

“FORGET THE MISTAKE, REMEMBER THE LESSON”



Directorate of School  
Education Jammu



“STRIVE FOR PROGRESSION, NOT PERFECTION”

## May 2023

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8TH MAY- RED CROSS DAY

28TH MAY- MENSTRUAL HYGIENE DAY

31ST MAY- WORLD NO TOBACCO DAY

## SUMMER ZONE / WINTER ZONE

### Theme

### Celebrating Adolescence

#### First Fortnight

Changes during Adolescence-Psychological, Behavioral, Physiological, Cognitive and Emotional, Identifying Adolescent needs and Problems.

Promoting Healthy Body Image, Identity formation, Self-esteem, Peer pressure, Puberty, Peer Counselling

#### Second Fortnight

Gender Sensitization, Adolescent Reproductive and Sexual Health, HIV Aids, Delinquent behavior,

Parenting during adolescence, Menstrual Hygiene,Cultural Beliefs and Stigmas related to Menstruation, PTM on 26th of May 2023,



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DSEJ

DRUG DE-ADDICTION  
HELP LINE- NO  
14446





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June 2023

S	M	T	W	T	F	S
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SUMMER ZONE / WINTER ZONE

12TH JUNE- ANTI-CHILD LABOR DAY  
21ST JUNE-INTERNATIONAL YOGA DAY  
26TH JUNE- INTERNATIONAL DAY AGAINST DRUG ABUSE

Theme

Growing up Healthy

First Fortnight

Healthy Eating (Balanced Diet, Food groups, Importance of Locally available food sources).

Healthy Sleep, Time Management, Time Diary of my virtual life.

Second Fortnight

Physical Activity/Yoga, Exercise etc.

Health, Hygiene and Sanitation

PTM on 26th of June 2023 ( only in winter zone)

Note: Online interactive session with students once a week.

During Summer Break Summer Zone Schools will conduct the sessions through virtual mode.

“MISTAKES ARE PROOF THAT YOU ARE TRYING”

DSEJ  
HELP LINE WOMEN IN  
DISTRESS- NO  
7827170170



Directorate of School  
Education Jammu



“SUCCESS IS THE SUM OF SMALL EFFORTS, REPEATED”

## July 2023

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Counselling Cell  
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## SUMMER ZONE / WINTER ZONE

11TH JULY- WORLD POPULATION DAY

### Theme

Value Education (Grooming of Personality)

### First Fortnight

Patriotism and Truthfulness

Honesty and Integrity

### Second Fortnight

Empathy, Love and Kindness

Duties and Responsibilities of a good citizen

PTM on 26th of July 2023 ( only in winter zone)

**Note:** Online interactive session with students once a week.  
During Summer Break Summer Zone Schools will conduct the sessions through virtual mode.

TELE MANAS HELP  
LINE- NO 14416





Directorate of School  
Education Jammu



Counselling Cell  
DSEJ



## August 2023

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## SUMMER ZONE / WINTER ZONE

12TH AUGUST- INTERNATIONAL YOUTH DAY



"THE EXPERT IN ANYTHING WAS ONCE A BEGINNER"



### Theme

### Child Protection

#### First Fortnight

Violence, Child Rights, Child Labor, Prevention of corporal punishment, Juvenile Justice (JJ ACT 2015)

Child abuse prevention- Physical, Emotional, Neglect, Deliberate deprivation

#### Second Fortnight

Child Sexual Abuse with special reference to POCSO-ACT 2012

Cyber Security, My Online Safety: My Responsibility, PTM on 27th of October 2023

NATIONAL CAREER  
SERVICE  
HELP LINE- NO  
1514





Directorate of School  
Education Jammu



“THE HAPPINESS OF YOUR LIFE DEPENDS ON THE QUALITY OF YOUR THOUGHTS.”

September 2023

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(01-07) AUGUST- NATIONAL NUTRITION WEEK  
10TH SEPTEMBER- WORLD SUICIDE PREVENTION DAY  
23RD SEPTEMBER- INTERNATIONAL DAY OF SIGN LANGUAGE  
29TH SEPTEMBER- WORLD HEART DAY

SUMMER ZONE / WINTER ZONE

Theme

Life Skills

First Fortnight

Self-awareness, Empathy and Leadership  
Critical thinking, Creative Thinking and Decision Making

Second Fortnight

Collaboration, Leadership, Communication and Media  
Literacy, 21st Century Skills  
PTM on 26th of Sept, 2023



Counselling Cell  
DSEJ

MANODARPAN  
HELP LINE- NO  
8448440632



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Education Jammu



“ACTION IS THE FOUNDATIONAL KEY TO ALL SUCCESS”

## October 2023

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### SUMMER ZONE / WINTER ZONE

- 1ST OCT- INTERNATIONAL DAY FOR OLDER PERSONS
- 10TH OCT- WORLD MENTAL HEALTH DAY
- 11TH OCT- NATIONAL GIRL CHILD DAY

#### Theme

Emotional Well Being

#### First Fortnight

Manodharpan, Emotional Intelligence, Identifying My Emotions  
Psychological First Aid, Childhood Psychological Disorders

#### Second Fortnight

Managing Emotions, Tips to Stay Mentally Healthy, Identifying  
core strength.

Suicide Prevention, PTM on 26th of August 2023



Counselling Cell  
DSEJ

DRUG DE-ADDICTION  
HELP LINE- NO 14446





Directorate of School  
Education Jammu



**"THE BEST WAY TO PREDICT YOUR FUTURE IS TO  
CREATE IT."**

## November 2023

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Counselling Cell  
DSEJ

## SUMMER ZONE / WINTER ZONE

13TH NOV- WORLD KINDNESS DAY  
25TH NOV- INTERNATIONAL DAY FOR THE ELIMINATION OF  
VIOLENCE AGAINST WOMEN

**Theme**  
Substance Abuse

**First Fortnight**  
Drug abuse - Early signs and symptoms of drug addiction, Dealing with negative Peer Pressure.  
Impacts of Drug Abuse - (physical, psychological, social), Health Consequences, Myths and misconception about Substance Abuse.

**Second Fortnight**  
Misconceptions related to drug abuse, Life Skills to Tackle drug abuse, Helplines for substance Abuse, Tele-MANAS ('14416').  
Tobacco Free Educational Institutions (TOFEI), COTPA-2003, Tips for Parents,  
P.T.M on 28th of November 2023

**DSEJ HELP LINE  
WOMEN IN  
DISTRESS- NO  
7827170170**



Directorate of School  
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"IF SPEAKING IS SILVER, THEN LISTENING IS GOLD"

## December 2023

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1ST DECEMBER- WORLD AIDS DAY

3RD DECEMBER- INTERNATIONAL DAY OF PERSONS WITH DISABILITIES

10TH DECEMBER- HUMAN RIGHTS DAY

## SUMMER ZONE / WINTER ZONE

### Theme

### Career Guidance

### First Fortnight

What after 10th/12th, Scholarship Schemes

Psychometric Testing, Tamanna Aptitude test

### Second Fortnight

Choice of subjects ,Vocational Courses, Entrepreneurship, Recruitment Agencies (SSRB, PSC, UPSC, IBPS, SSC, EDI etc.)

PTM on 26th December 2023



Counselling Cell  
DSEJ

TELE MANAS HELP  
LINE- NO 14416





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“THE EXPERT IN ANYTHING WAS ONCE A BEGINNER”

January 2024

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4TH JANUARY- WORLD BRAILLE DAY  
11TH JANUARY- NATIONAL HUMAN TRAFFICKING  
AWARENESS DAY

SUMMER ZONE / WINTER ZONE

Theme

Examination Stress Management

First Fortnight

Examination Stress Management Techniques, Mindfulness  
Time Management Skills, Study Skills, Mindful study skills.

Second Fortnight

Memory Enhancement Techniques, Effective Learning Techniques  
Exam taking skills, PTM on 27th of January, 2024 ( only in summer zone)

Note: During winter Break Winter Zone Schools will conduct the sessions through virtual mode.



Counselling Cell  
DSEJ

NATIONAL CAREER  
SERVICE HELP LINE-  
NO 1514



Directorate of School  
Education Jammu



“BEING HAPPY IS THE GREATEST FORM OF SUCCESS”



February 2024

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Counselling Cell  
DSEJ

4TH FEB- WORLD CANCER DAY

SUMMER ZONE / WINTER ZONE

Theme

Orientation of Teachers

First Fortnight

Capacity building programme for Teachers on Counselling skills

Second Fortnight

PTM on 26th of Feb 2024 (Only in Summer Zone)

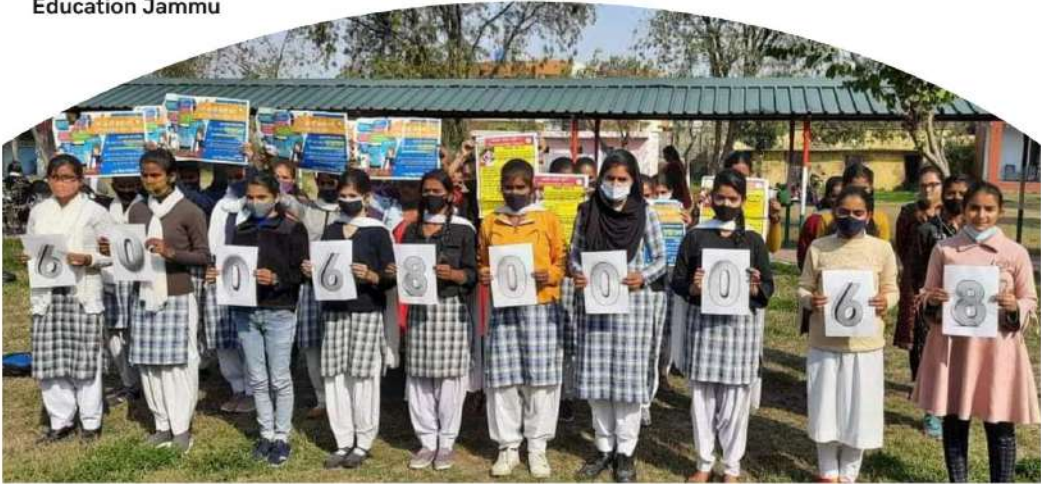
Note: During Winter Break winter Zone Schools will conduct the sessions through virtual mode.

AAO BAAT KAREIN  
HELP LINE- NO  
6006800068





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### March 2024

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- 3RD MARCH- WORLD HEARING DAY
- 8TH MARCH- INTERNATIONAL WOMEN'S DAY
- 15TH MARCH- WORLD CONSUMER RIGHTS DAY
- 20TH MARCH- INTERNATIONAL DAY OF HAPPINESS



Counselling Cell  
DSEJ

### SUMMER ZONE / WINTER ZONE

#### Theme

Orientation Of Teachers

I Week / II Week / III Week / IV Week

Capacity building programme on laws and policies to safeguard interest of Children and Adolescents.

PTM on 26th of March 2024 ( only in winter Zone)

NATIONAL WOMEN  
HELPLINE- NO 1091

"ACTION IS THE FOUNDATIONAL KEY TO ALL SUCCESS"