

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

The Chief Education Officer (All)
Jammu Division.

No: DSEJ/Counselling/ 28129-41.

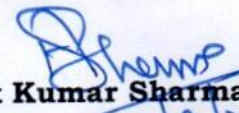
Dated: 21 / 09 / 2023

Subject: Monthly Parent Teacher Meet (PTM) on 26th September 2023

Apropos the subject cited above, Parent Teacher Meet for the month of September, 2023 will be held in all Schools of Jammu Division on 26th day (Saturday). PTM has become a regular feature in Government Schools of Jammu Division and as a followed precedent every government institution will hold Parent Teacher Meet on 26th day of September, 2023 on the theme **"Role of Parents in developing life skills among children"** along with routine academic and context specific themes.

Therefore, in view of the above, all the Chief Education Officers are hereby directed to instruct Heads of Institutions to organize PTM on **"Role of Parents in developing life skills among children"**.

Parents should be made aware about various aspects of life skills given in **Annexure-I** to this letter. Further, a proper data regarding the number of parents, learners and teachers who attended in the event should be submitted to this office (counsellingcelldsej@gmail.com) for compilation of divisional report.


(Ashok Kumar Sharma) JKAS
Director School Education
Jammu

Copy to:-

1. Principal Secretary to Government, School Education Department, Civil Secretariat, Jammu J&K for kind information.
2. I/C Counselling Cell DSEJ for information and necessary action.
3. I/C Website for uploading it on Website.

Annexure-I

Developing Life skills among children

Life skills (WHO): "Self-awareness, Empathy, Critical thinking, Creative thinking, Decision-making, Problem-solving, Effective communication, Interpersonal relationships, coping with stress, Coping with emotions"

1. Self-awareness of one's capabilities, strengths and weaknesses.
2. Awareness of healthy stress management techniques and the role of parents in it.
3. Practicing healthy habits and adopting basic hygiene like getting dressed, brushing teeth, washing face, bathing, combing or brushing hair and independently determining when clothes need to be washed.
4. Money management and financial knowledge.
5. Managing and helping parents in household chores like preparing meals, food distribution etc.
6. Developing good communication skills between children and parents, so that the children can express their feelings properly.
7. Developing social and emotional skills by promoting helping behavior, team work, interacting with peers, engaged learning etc.
8. Providing opportunities to develop learning by doing in order to develop sense of independence and decision making among children.
9. Encouraging problem solving behavior among children.
10. Promotion of creative thinking, innovation, critical thinking and creativity by exploring new ideas & methods among the children.