



ARMY PUBLIC SCHOOL JAISALMER



MONTH	DATE	TOPIC	SUB TOPICS	NUMBER OF CLASSES COUNSELLED
February	11.02.2022	Changes During Adolescence and ways to handle them	<ul style="list-style-type: none">➤ Physical changes➤ Emotional Changes➤ Social Changes➤ Infatuation➤ Building Healthy➤ Relationships	2
	18.02.2022	Stress management and meditation	<ul style="list-style-type: none">➤ How to deal with examination stress➤ What is stress?➤ The effect of stress on Health and performance➤ Some signs of stress➤ Exercises to improve concentration➤ Importance of "Positive self –Talk"	1
April	09.04.2022	Sensitization on Inclusive Education	<ul style="list-style-type: none">➤ What is Inclusive Education?➤ Benefits of Inclusive Education?➤ Meaning of Inclusion➤ Diversity➤ equality➤ to develop a positive attitude of helping and caring➤ empathy and a bond of friendship	3

	11.04.2022	Anger Management	<ul style="list-style-type: none"> ➤ Understanding Anger ➤ ABC's of Anger ➤ Triggers of Anger ➤ Identifying Anger Cues ➤ Difference between Anger and Aggression ➤ Steps to Anger Management ➤ Identify a range of feelings including Anger ➤ Some Examples of aggression ➤ Identify Potential Consequences of anger ➤ Identifying self-destructive behaviour ➤ Identify thoughts prior to aggressive act ➤ Ideas that make you disturbed ➤ Ideas to help you function effectively ➤ Ways to keep cool 	2
	12.04.2022	Motivational talk	Don't waste your time & eagle's mentality	2
May	12.05.2022	Adolescence, Changes during adolescence, Eating disorders and education on Menstruation Cycle	<ul style="list-style-type: none"> ➤ The concept of development and adjustment ➤ Nine stages of development throughout the life span ➤ Adolescence and Puberty. ➤ Physical changes Emotional changes. ➤ Social changes ➤ Behavioural changes. ➤ Understanding the impact of these changes. Being aware of other 	

			<p>Adolescent problems like drug abuse & teenage pregnancy.</p> <ul style="list-style-type: none"> ➤ Eating disorder & its types ➤ Anorexia and Bulimia ➤ It Can lead to many and kidney problems. heart, stomach ➤ Importance of healthy and balanced diet taken on time " (No Junk food) ➤ Habits for healthy life Exercise. ➤ Get enough sleep and rest ➤ Taking care of personal hygiene ➤ Harmful effects of drugs ➤ A video was shown to gain understanding about menstrual cycle ➤ How to maintain hygiene during periods. ➤ A demo was given to show how to use sanitary napkins to the girls (Through a chart paper cut out & a sanitary pad). 	
July	25.07.2022	Good Touch and Bad Touch	<ul style="list-style-type: none"> ➤ The session was conducted to make them aware about:- ➤ Good / safe touch like hug by parents, hi-five, pat on the back, hand shake etc. ➤ Bad / unsafe touch ➤ Nobody except your mother should be allowed to Touch four secret parts of your body ➤ 1st – lips ➤ 2nd Chest 	5

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| | | | <ul style="list-style-type: none">➤ 3rd part between your legs.➤ 4th Bums.➤ → A doctor can touch you in the presence of your Parents➤ Never to go to a secluded place alone.
➤ Never to accept gifts from strangers.➤ If someone tries to touch. you in the secret place (except for your parents) you should-➤ Say No➤ 2) Run to a safer Place. (don't be scared of anyone)➤ 3 Tell your parents➤ Do not touch your friends or classmates.➤ In their secret parts of the body.➤ → Always dress properly and Cover secret body parts.➤ → Always wear underpants.➤ → Nobody should be allowed to touch you in your private places even during a game.➤ → They were shown a poster to explain them about their secret body parts.➤ Also the help of toys was taken to explain the same.➤ There was a worksheet solved with the students on good touch and bad touch to enhance their understanding of the same. | |
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August	02.08.2022	Inclusive Education	<ul style="list-style-type: none"> ➤ What is inclusive education? ➤ About differently able children along with example ➤ Benefit of inclusive education ➤ Importance of empathy, care , respect and acceptance in building of and inclusive environment in this school 	6
September	13.09.2022	Webinar on issues faced during growing years by adolescent boys	<ul style="list-style-type: none"> ➤ Introduction and definition of adolescence and puberty ➤ Changes encountered during adolescence in boys ➤ Physical, mental, social, emotional ➤ Gender equality ➤ Issues faced during adolescence ➤ Gender and identity, relationship, risk taking, substance abuse, psychological and physical concerns, online addiction ➤ Life skills ➤ Behavioural skills, communication skills, organisation skills, time management, coping with emotional, self- hygiene, clean environment 	Attended by all boys studying in class 9 th and 10 th along with their parents (all APS schools in peace stations of southern cluster attended online) Chairperson FWO 12 RAPID,FWO 12 Arty Brigade, FWO 140 Armed Brigade
November	02.11.2022	POCSO	<ul style="list-style-type: none"> ➤ What is POCSO ACT? ➤ Offences that come under the ACT ➤ The procedure of reporting any offences. 	5
	18.11.2022	Memory and cues to improving memory	<ul style="list-style-type: none"> ➤ Explanation of memory ➤ Types of memory as per the stages along with the process ➤ Sensory memory, short term memory, long term memory ➤ Different ways of enhancing memory power 	1

			<ul style="list-style-type: none"> ➤ Elaborative encoding ➤ Self- reference effect ➤ Spacing effect ➤ Be aware of the forgetting curve ➤ Rely on over learning ➤ Mnemonics ➤ Use context dependent retrieval ➤ Use state dependent retrieval ➤ Proper diet and proper sleep 	
	28.11.2022	Bullying	<p>What is bullying? Type of bullying</p> <ol style="list-style-type: none"> 1. Individual 2. Physical 3. Verbal 4. Relational 5. Cyber bullying 6. Collective bullying <p>Effects of bulling Reporting procedure</p>	8
December	7.12.2022	Mindfulness meditation	<ul style="list-style-type: none"> ➤ What is meditation? ➤ Need for Meditation ➤ Benefit of meditation ➤ Procedure of meditation ➤ A session of meditation was carried out for 15 Minutes 	1
December	14.12.2022	Values of honesty, not stealing, doing good deeds and importance of having good friends	<ul style="list-style-type: none"> ➤ Honesty ➤ Ownership ➤ Good deeds ➤ Good friends ➤ Video was shown for the same and a talk was given 	5