

Date – 25th March , 2021

Annual Report on Counselling & Guidance Programmes (Online Academic Session 2020-21)

Mental health & well-being is an essential aspect of school education wherein the young minds are trained to develop their skills & potentials. Educationists recognize the fact that students' mental health can influence their learning as well as achievements. Considering these aspects, our school curriculum incorporates a **carefully planned Counseling & Guidance Programme** that aims to **flourish the educational journey**, promote **skill development**, develop **resilience against adversity** & resolve their concerns before those can snow-ball into serious psychological problems .

ONE TO ONE COUNSELLING

IA. Students & Parents

During this academic session **counselling** services have been **provided online** (through **phone & video calling**) to students as well as parents on a one to one basis in order to address their challenges (behavioural/academic/emotional etc.) in adapting to the pandemic linked situations. Adequate number of **follow-up** sessions was conducted online depending upon the **nature of problem**. The details of the sessions were recorded & maintained in soft /hard copy.

| Class | Student's Name | Referred by | Areas of Concern | My Observations |
|-------------------------|------------------|---|---|--|
| VIF | Yash Agrawal | Parents | <ul style="list-style-type: none"> He remained ill due to typhoid for a long time during his Primary years. Doesn't want to sit for self study. Presently he fails to pay attention in class as well as studies. | <ul style="list-style-type: none"> Continuous illness & resultant weakness seems to have disrupted his regular self-study habits. Presently, he is managing his studies properly under parent's & teacher's supervision. Inability to focus /pay attention can be developed through exercise & continuous practice. |
| Progress in counselling | | <ul style="list-style-type: none"> Exploring the reasons underlying lack of attention & concentration through counselling & interaction with the parents. Guiding parents to set up a structured & distraction free study area that would help him to concentrate. Sharing few simple games that enable children to improve their concentration. Suggesting parent (mother) to explore as well as appreciate his creative abilities as this initiative would encourage him to improve his focus in academics as well. | | |
| VIB | Yashwanth Sharma | CT of session 19-20 | <ul style="list-style-type: none"> Lack of interest in studies Doesn't pay attention in class Extremely poor academic performance | <ul style="list-style-type: none"> Poor academic performance seems to be a result of following factors Lack of regular self study Excessive screen time Lack of proper supervision at home Weak basics |
| Progress in counselling | | <ul style="list-style-type: none"> Exploring the reasons underlying poor academic performance (already shared under observations) Motivating the child to schedule his daily activities so that he gets into the habit of studying on a regular basis Guiding his parent to properly supervise him at home Guiding parent (mother) to explore his hobbies & reduce his screen time through hobby development activities Suggesting parent (mother) to work on his basics | | |



SAMPLE : RECORD OF ONE TO ONE COUNSELLING

Table 1: Represents the major categories of problems observed in the cases referred for counselling during the online academic session 2020-21

| Nature of problems observed as per the cases referred to the counsellor | | | |
|---|---|--|---|
| Sl.No | Senior Wing | Middle Wing | Primary & Pre-primary Wing |
| 01. | Feelings of uncertainty , anxiety & depression related to lockdown & pandemic | Lack of academic interest & attention | Improper routine connected to lockdown |
| 02. | Conflict with parents & behaviour problems at home | Addiction to online games | Excessive screen-time (television & mobile phone) |
| 03. | Internet Addiction | Emotional problems typically associated with adolescence. | Emotional & behaviour problems due to pandemic situation. |
| 04. | Low academic motivation | Challenges encountered by differently abled in adjusting to this new mode of teaching-learning | Lack of study habits & declined interest in academics |
| 05. | Inability to utilize time properly | | |
| 06. | Adjustment to online mode of schooling | | |

IB. Teaching & Other Staff Members

During this academic session, **few teachers** approached the counsellor (over **phone** /through **email**) **seeking assistance** for effectively managing their **professional/personal challenges** & thereby **improving their performance** at work. Counselling services were also rendered to such professionals (as /when required).

Table 2: represents total number of teachers who had consulted the counsellor to seek assistance in guiding their students during the online academic session 2020-21

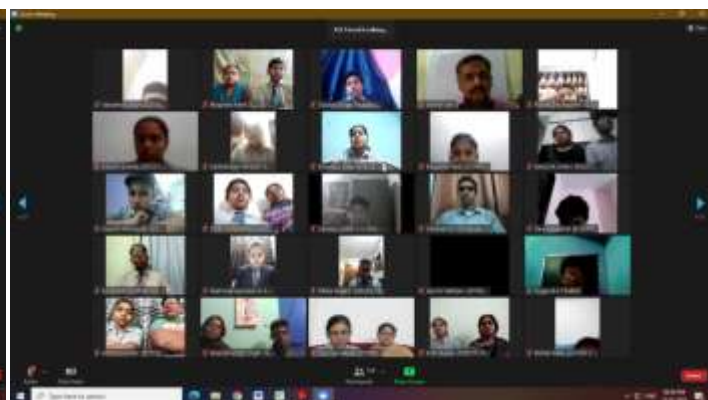
| No. of teachers | Preprimary wing | Primary Wing | Middle wing | Senior Wing | Month |
|-----------------|-----------------|--------------|-------------|-------------|-------|
| | 01 | - | - | 01 | March |
| | - | - | - | - | April |
| | - | - | - | - | May |
| | - | - | 02 | 02 | June |
| | - | 03 | - | - | July |

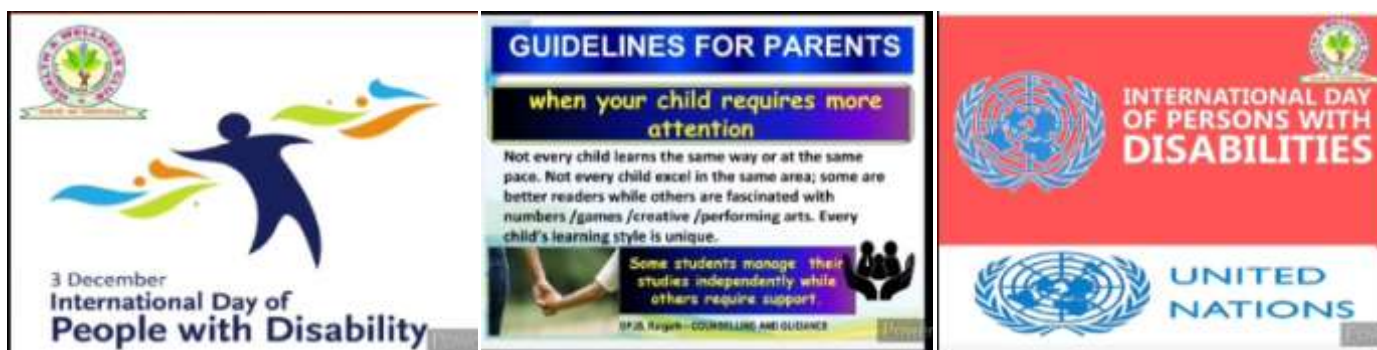
| | | | | | |
|--|---|---|----|----|-----------|
| | - | - | 01 | 02 | August |
| | - | - | - | - | September |
| | - | - | - | - | October |
| | - | - | - | - | November |
| | - | - | 01 | - | December |
| | - | - | 01 | - | January |
| | - | - | - | - | February |

II. GUIDANCE PROGRAMMES

II.A Session for students

During the online academic session 2020-21, looking into the student strength, **guidance programmes** were conducted through **videos** in order to facilitate academic development, improve their emotional /social well-being during this challenging period. In addition to that, special **online counselling sessions** were also conducted by our **Principal sir** for students through **online educational platforms** like Zoom focusing upon the code of conduct during online classes, proper utilization of time, study habits & preparation for examinations.





O. P. JINDAL SCHOOL, RAIGARH (CG) 498 001, INDIA

GUIDELINES FOR EXAMINEES

Dear Students
Adopting the right approach while preparing for your examination would not only improve your performance but also reduce anxiety/stress. The guidelines given below would definitely boost up your performance in the upcoming Board Examination.

PLANNING
Creating a study plan by following the steps given below is the first step to systematically prepare for any examination.

- List down the name of the subjects and topics.
- Chart out number of days before the exam and assign to each subject strategically.
- Fix your learning targets per day and set your study hours accordingly.
- Review your progress & modify your plan if required.

ORGANIZING
Your Self-Study area needs to be well-organized so that you are able to focus at your best level.

- Select a room (corner of your house which is quiet & well illuminated).
- Arrange everything that you require for studying (like your books, notes, worksheets, laptop etc).
- Keep aside your all other items that are distracting.
- Study attentively according to your self-study plan.

SELF STUDY
Regular self study is essential to improve your performance.

- Devote sufficient time to the subjects which you find difficult.
- If you are studying 3 hours or more at a stretch, take a short break of 5-10 minutes.
- Revise your lessons on the day before examination & avoid learning new topics /contents at the last moment.

PRACTICE
Studying remains incomplete unless you practice applying what you have learnt.

- After completing a chapter / lesson in any subject, solve questions related to that.
- Solve test papers /practice papers after completing your syllabus in every subject.
- Continuous practice would enhance your speed & accuracy in solving questions.

DIET & LIFESTYLE
Healthy food habit & life-style always results in better health & improved energy.

- Avoid eating street food as it may cause digestive problems.
- Replace the intake of deep fried /junk food with fresh & nutritious food to avoid unnatural sleepiness or fatigue.
- Include seasonal fruits & vegetables in your diet.
- Drink plenty of water to keep the body properly hydrated.
- Consume nuts & yoghurt to improve your memory.

- Practice yoga to relax your body, mind & improve concentration.
- Get adequate sleep (5-6 hours) at night before the examination day so that your brain remains alert during the examination.

DAY OF EXAMINATION
You must be prepared to write your examination.

- Get ready early & arrange your requirements.
- Reach your school / examination centre on time so that you get enough time to settle down before the examination begins.
- Read the questions & instructions carefully.
- Set expectations according to your preparation.
- Remember getting stressed / panicked would deteriorate your performance.

Give your best & focus on improving yourself Good Luck !

HEALTH & WELLNESS CLUB, O.P.J.S. RAIGARH

The table 3.A presented below provides comprehensive report of the guidance sessions conducted during the online academic session 2020-21 (arranged chronologically).

| Activity | Date | Target Group | Developed Conducted by | Topic | Participants in target group |
|------------------------------|------------|--|----------------------------|-------------------------------------|--|
| Parental Counselling session | 09.03.2020 | Parents of newly admitted students (Nursery-I) | Counsellor | Comprehensive Health Programme | Parents of newly admitted students PPW |
| Counselling Video | 23.04.2020 | Classes II -V | Counsellor | Core Values :Being Humble & Helpful | 1781 |
| Counselling Video | 27.04.2020 | Classes IV & V | Counsellor | Our most valuable resource | 906 |
| Counselling video | 04.05.2020 | PPW Parents | Counsellor & School Doctor | Parenting during lockdown | - |
| Counselling Video | 16.05.2020 | Classes VI-XII | Counsellor & School Doctor | Winning the battle against COVID-19 | 3049 |

| | | | | | |
|-----------------------------|------------|-----------------------------|----------------------------|--|-------------|
| Counselling Video | 30.06.2020 | Classes IV & V | Counsellor | Meaning of Friendship | 906 |
| Counselling Video | 17.07.2020 | Classes II & III | Counsellor & School Doctor | Staying healthy & safe during Monsoon | 875 |
| Counselling Video | 27.07.20 | Classes IV-X | Counsellor | Preparing /performing well in examination | 3122 |
| Counselling Video | 19.08.20 | Classes II & III | Counsellor | Safety at home | 875 |
| Counselling Video | 02.09.20 | Classes IV & V | Counsellor School Doctor | Punctuality | 906 |
| Counselling Video | 07.09.20 | Classes IV & V | Counsellor | Exam Preparation | 906 |
| Counselling Video | 25.09.20 | Classes VI-X | Counsellor | Assessment of self study skills | 2216 |
| Health Education Video | 29.09.20 | Classes I –V | Counsellor School Doctor | Ways to keep our heart healthy | 2220 |
| Health Education Video | 29.09.20 | Classes VI- XII | Counsellor & School Doctor | Healthy heart is a key to healthy life | 3049 |
| Counselling Video | 27.10.20 | Classes II & III | Counsellor | Core Values of Life | 875 |
| Counselling Video | 03.12.2020 | Classes V-X | Counsellor & School Doctor | International Day of Persons with Disability | 2664 |
| Online Session through Zoom | 17.12.20 | Classes Nursery -I | Class Teachers | Safe & Unsafe Touch | 969 |
| Counselling Video | 29.12.2020 | Classes III-V | Counsellor | Honesty in practice | 1334 |
| Online (Zoom) Session | 02.01.21 | ClassX (students &parents) | Principal Sir | Academic Development | 710 |
| Online (Zoom) | 02.01.21 | Class XII(students | Principal | Strategies to prepare for Board | 656 |

| Session | | &parents) | Sir | & Competitive Examination | |
|----------------------|------------|-----------------------------------|---------------|---|-----|
| Online (Zoom)Session | 04.01.21 | Class XI (students &parents) | Principal Sir | Self Improvement Preparation Strategies | 630 |
| Online (Zoom)Session | 15.01.21 | Class IX & X (students &parents) | Principal Sir | Subject Allocation & Career Selection | 952 |
| Counselling Video | 17.02.2021 | Classes IV-X | Counsellor | Parental guidelines for slow-learners | - |

II.B Session for teachers /staff

Sessions were also conducted specially for the **teachers** with the aim of **supporting their professional requirements & facilitating** the **teaching-learning** process .Similarly, with complete adherence to all the COVID norms , our **support staff** was also counselled in groups in order to enhance their awareness as well as efficiency. The **offline sessions** were conducted **before** the advent of **pandemic** & lock-down.



The table 3B presented below provides comprehensive report of sessions conducted for teachers/staff & external members during the academic year 2020-21

| Sl. No | Topic | Conducted by | Target Group | Date | No. of attendees |
|--------|--|--------------------------------|----------------------------------|------------|------------------|
| 01. | Development (cognitive , emotional & social)during Middle Childhood | Cousellor | Teachers PW | 11.03.2020 | 48 |
| 02. | Physical Development during Middle Childhood | School Doctor | Teachers PW | 11.03.2020 | 48 |
| 03. | Development (cognitive , emotional & social) during Early Childhood | Counsellor | Teachers PPW | 14.03.2020 | 29 |
| 04. | Physical Development during Early Childhood | School Doctor | Teachers PPW | 16.03.2020 | 29 |
| 05. | Cleanliness & Hygiene Management | Administrator School Doctor | Support Staff | 19.03.2020 | 85 |
| 06. | Behaviour Intervention (online through Zoom) | Counsellor | Government School Teachers | 04.10.2020 | 15 |

III. CAREER GUIDANCE

III.A Career Counselling Session

During this academic year , **online career guidance** session was conducted specially by our **Principal sir** for students in senior school (classes X ,XI & XII).They were informed about the courses offered & **career options** in Science, Commerce & Humanities, their **eligibility criteria**, top **institutes and universities**, **scholarships** and national level **entrance examinations**.

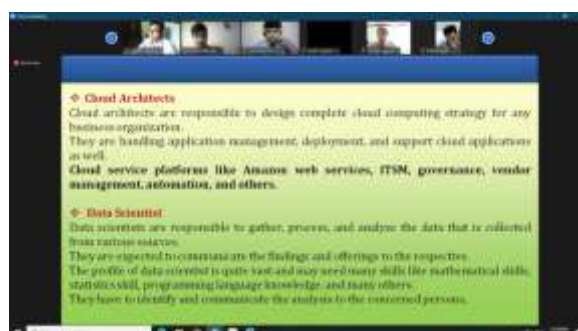
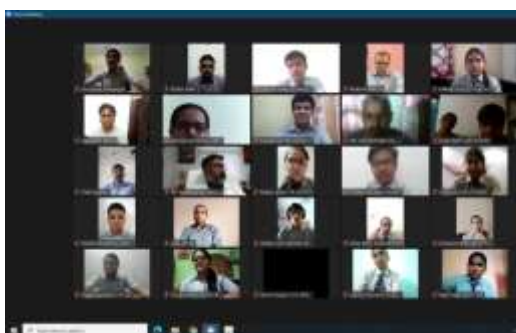


Table 4: represents the details of the career guidance programme

| Activity | Date | Target Group | Conducted by | Topic | Participants |
|-----------------------|----------|--------------------|---------------|---|--------------|
| Online (Zoom) Session | 17.09.20 | Classes X,XI & XII | Principal sir | <ul style="list-style-type: none"> • Career Planning • Career Options • Entrance Examinations & Scholarships | 800 students |

III B. Skill Identification

This **online activity** was introduced in this session for students in **Upper Primary & Middle Wing** (classes V-VIII) as per **suggestions** given by our **Principal sir**. Students were guided to **asses themselves** & identify their progress in terms of **age appropriate skill development** with a help of an unique **questionnaire** containing 64 questions. Their responses were scored & interpreted by **linking** the assessed **skills** to related **careers**. Finally students were informed activities /habits that would support their skill development. This activity was kept optional but students were encouraged by their class teachers to take part in this survey. Finally **1224 students** participated in this activity. The entire activity was designed , developed & conducted by the counsellor stage wise as given below:

Stage 1:

- Literature review on different types of questionnaire & their scoring rationale.
- Seeking suggestions from professionals in the field of Applied Psychology regarding the technical aspects.
- Deciding upon the skills to be assessed **through the survey questionnaire**

Stage 2:

- Developing the questionnaire for skill identification survey in Google Form for the Upper Primary Wing & Middle Wing.
- Developing the scoring rationale.

Stage 3:

- Review of the questionnaire by experts.

Stage 4:

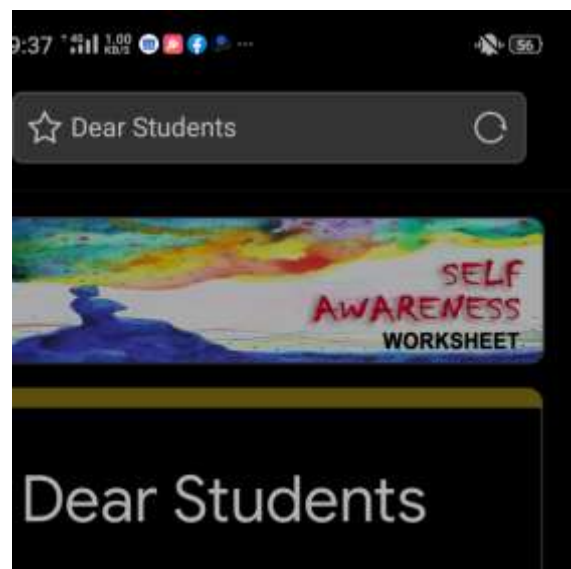
- Final review & modification of the questionnaire as & when necessary.

Stage 5:

- Conducting the online survey

Stage 6:

- Training to teachers regarding scoring & interpretation of survey reports.
- Post Survey analysis & interpretation & sharing feedback with students.



O. P. JINDAL SCHOOL, RAIGARH (CG) 496 001, INDIA

Phone: 07782-227042, 227263 (UPL, ICM No.: 49601, 02, 04, 06, 08); Fax: 07782-252613; website: <https://www.opjshs.in>; e-mail: opjshs@gmail.com

Dear Parents

Date: 21-11-2020

Greetings!

A skill is something that you are good at doing, it could come naturally to you or be something that you have learnt through experience or training.

Its importance was highlighted by our honorable Principal Sir in virtual PTM of V-VIII.

In lieu of promise made by him, we wish to inform you all that school is planning to conduct an online survey for enabling students to assess themselves across different domains of their abilities. This is not an assessment, there are no right/wrong answers & it would not predict anything about a student's success/failure. It has been designed to enable our students in identifying their likes/dislikes/strengths/areas where they can develop themselves further & ultimately to focus their attention towards self-development.

- The survey worksheet is lengthy and time consuming and contains 64 number of statements with multiple response options & few questions related to different activities/experiences in a student's daily life.
- Our students will have to carefully read each statement & select the response category (only one) that closely matches / describes them best.
- Parental assistance in filling the worksheet would be required. The worksheet needs to be filled at one go.
- Towards the end of survey, students will have to respond to three questions where they have to type their answers / responses.
- School would also provide a feedback to every participant after the completion of survey.
- Participation is not mandatory, but we highly recommend your ward's participation as it would help them to understand herself / himself in a better way.

In this activity, responding to all the statements/questions honestly is compulsory for getting proper & meaningful feedback.

Click here to start the Activity: <https://forms.gle/ho2DdHfZ2Th42N9>

The last date for submission of this form is 28-11-2020.

Wish you all good health & happiness

Regards

R.K Trivedi

Sunita Kapoor

Sadhana Singh

Principal

Sr. Mistress (PW)

Coordinator (MW)

CIRCULAR

Skill Identification Survey Questionnaire Scoring

| PART A COGNITIVE SKILLS (ATTENTION & CONCENTRATION) | NEVER | SOMETIMES | ALWAYS |
|---|-------|-----------|--------|
| 01. I can concentrate in any task /play for a long time | 01 | 02 | 03 |
| 02. I make careless mistakes in my copies | 03 | 02 | 01 |
| 03. I quickly understand the instructions given by my parents /teachers/other elders | 01 | 02 | 03 |
| 04. I properly organize my daily tasks & activities | 01 | 02 | 03 |
| 05. I complete my homework & self study on time | 01 | 02 | 03 |
| 06. I lose necessary items (pen/pencil/books/copies) | 03 | 02 | 01 |
| 07. I forget to complete my tasks & activities without failure. | 03 | 02 | 01 |
| PART B COGNITIVE SKILL (PERCEPTION) | NEVER | SOMETIMES | ALWAYS |
| 08. I can recognize /interpret pictures correctly. | 01 | 02 | 03 |
| 09. I can draw pictures of different objects like car, house, gardens etc. better than my friends | 01 | 02 | 03 |
| 10. I easily notice the small differences between shapes/figures/words & patterns that look alike | 01 | 02 | 03 |
| 11. I can easily find out a place by following the directions given regarding its location. | 01 | 02 | 03 |
| 12. I can correctly judge the size of any object | 01 | 02 | 03 |
| 13. I get confused with letters /numbers like p, b, d, 6, 9 | 03 | 02 | 01 |
| 14. I can correctly judge the distance between two objects /places. | 01 | 02 | 03 |
| PART C COGNITIVE SKILL (MEMORY) | NEVER | SOMETIMES | ALWAYS |
| 15. I properly remember the names of other people like teachers, friends etc. | 01 | 02 | 03 |
| 16. I easily remember facts historical events, chemical formulas. | 01 | 02 | 03 |
| 17. While going to bed, I can properly recollect what happened throughout the day. | 01 | 02 | 03 |
| 18. I will remember events that happened long time ago. (Example: Summer Vacation 2019.) | 01 | 02 | 03 |
| 19. After coming back home, I properly remember the lessons taught in class | 01 | 02 | 03 |
| 20. I remember multiplication tables, poems, songs by heart | 01 | 02 | 03 |

SCORING GUIDELINES

SELF AWARENESS WORKSHEET

Dear Student

This worksheet contains 63 Statements & 1 Questions related to different activities/experiences in your daily life. Every statement has three response options (NEVER /SOMETIMES/ ALWAYS). You have to carefully read each statement & select the response category (only one) that suits you best. This is not an assessment & there are no right/wrong answers. Towards the end, you will have to respond to three subjective questions where you have to type your answers /responses. Responding to all the questions honestly is compulsory. This activity will enable you to understand yourself better.

| STATEMENT | YOUR RESPONSE |
|---|------------------------|
| PART-A | NEVER SOMETIMES ALWAYS |
| 01. I can concentrate in any task /play for a long time | |
| 02. I make careless mistakes in my copies | |
| 03. I quickly understand the instructions given by my parents /teachers/other elders | |
| 04. I properly organize my daily tasks & activities | |
| 05. I complete my homework & self study on time | |
| 06. I lose necessary items (pen/pencil/books/copies) | |
| 07. I forget to complete my tasks & activities. | |
| PART-B | |
| 08. I can recognize /interpret pictures correctly. | |
| 09. I can draw pictures of different objects like car, house, garden etc. better than my friends | |
| 10. I easily notice the small differences between shapes/figures/words & patterns that look alike | |
| 11. I can easily find out a place by following the directions given regarding its location. | |
| 12. I can correctly judge the size of any object | |
| 13. I get confused with letters /numbers like p, b, d, 6, 9 | |

QUESTIONNAIRE

| | | |
|---|-------|---|
| 12:48 | Wi-Fi | + |
| PART A : COGNITIVE SKILLS (ATTENTION & CONCENTRATION) | | |
| Part A assesses your ability to continuously focus your mind and energy in a particular activity /task. This ability is essentially required in learning, understanding & mastering every task. The skill of attention & concentration is important for excelling in every profession a few of which include Pilot, Scientist, Surgeon, Pharmacist, Editor, Accountant, Computer Programmer, Translator & Interpreter, Painter, Musician etc. | | |
| Indicates that the student's concentration skill is well developed. He/she must retain this ability with continuous practice. | | |
| Activities to improve attention & concentration: Yoga, block building, puzzles, reading books, artwork, playing musical instruments, meditation, etc. | | |
| PART B : COGNITIVE SKILL PERCEPTION | | |
| Part B assesses your ability to meaningfully organize & interpret the information that is received through the sense organs. This ability is closely linked to interpreting, understanding what is happening all around & learning as well. The visual & spatial perceptual skills are required in the careers like Designing, Photography, Architecture, Construction Technology, Graphic Designing etc. | | |
| Indicates that the student's perceptual skills are well developed. He/she must retain this ability with continuous practice. | | |
| Activities to improve perceptual skills: Reading, picture comprehension, solving puzzles, solving mathematical problems, drawing, sketching etc. | | |
| PART C assesses your ability to remember events /facts /concepts & recollect the same as & when required. This ability is very essential in learning & mastering any task. Professionals who require very good memory skills include Lawyer, Judge, Doctor, Environmental Engineers, Teacher, Researcher, Athletic Coach, Author, Singer, Actor, Dancer etc. | | |
| Indicates that the student can easily memorize & recollect facts. He/she must retain this ability with continuous practice. | | |
| Activities to improve memory: Regular exercise /yoga, solving jigsaw puzzles, learning new languages, noting down newly learnt words, learning through multiple sense organs (loud reading /active memorization), playing music, playing memory games etc. | | |
| PART D : LANGUAGE SKILL | | |
| Part D assesses your ability to clearly understand & properly express yourself in the language known to you. This ability is extremely important for effective communication. Professionals who require highly developed language skills are Professor/Teacher, Journalist, Doctor, Psychologist, Public Relations Officer, Manager, Sales Executive, Businessman etc. | | |
| Indicates that the student's language skills are well developed. He/she must retain this ability with continuous practice. | | |
| Activities to improve language skills: Playing word games, reading books/newspapers, story-telling, extempore, debate, creative writing activities (essay, poetry, slogan stories etc.) | | |

SAMPLE: REPORT OF STUDENT

IV. SUPPORTING CHILDREN WITH SPECIAL NEEDS

Our school management strongly embraces the idea that diversity is the reality & therefore each child is a unique learner. The entire team of **administrative, teaching & non teaching staff** at O.P Jindal School whole heartedly **support Children with Special Needs (CWSN)** .The following **initiatives** have been taken during the online academic session 2020-21.

- **Updating** the new **Class Teachers** through email /phone about **Children with Special Needs (CWSN)** studying in their class.
- **Counselling** (online) **parents** of differently abled children on a one to one basis by the Special Educator/Counsellor /School Doctor & respective Class Teachers.
- **Assisting** the parents of CWSN about **managing, training & guiding** their child during online schooling.
- **Interaction** with **academic coordinators** to facilitate the teaching-learning of special children.
- Creating a separate Whatsapp group (**Special Care Group**) to provide academic support to Children with Special Needs (CWSN) & their parents.
- Providing **academic contents & guidance by the Special Educator** to support the needs of special students.

O. P. JINDAL SCHOOL, RAIGARH (CG) 496 001, INDIA
 Phone: 07752-227042, 227053, 227051 (Cafeteria), 49801, 49802, 49804, 49805; Fax: 07752-222013; website: www.opjschool.in; e-mail: opjsraigarh@gmail.com
 (Record of Worksheets shared in OPJS Special Care Group of Session 2020-21)

| Sl. No | Date | Subject | Nature of the Worksheet / PPT | Instructions |
|--------|----------------------------|---------------------|--------------------------------|--|
| 1 | 12 th July 2020 | --- | Introductory PPT | Purpose of the Group |
| 2 | 13 th July 2020 | Art Integration | Landscape | To Colour |
| 3 | 13 th July 2020 | Art Integration | Butterfly | Trace and Colour |
| 4 | 13 th July 2020 | Art Integration | Elephant | Join the dot to draw |
| 5 | 13 th July 2020 | Art Integration | House | Join the dot to draw |
| 6 | 13 th July 2020 | Art Integration | Humpty-Dumpty | Convert the oval into Humpty-Dumpty |
| 7 | 13 th July 2020 | Art Integration | Bird | Colour as shown |
| 8 | 14 th July 2020 | Art Integration | OPJS, Raigarh (Video) | Concepts of Colour |
| 9 | 16 th July 2020 | EVS | OPJS, Raigarh (Video) | Vegetables |
| 10 | 17 th July 2020 | English | OPJS, Raigarh (Video) | Greeting and Self Introduction |
| 11 | 19 th July 2020 | AAC Board | Hindi & English Alphabet Board | Use of Communication Board |
| 12 | 21 st July 2020 | Art Integration | OPJS, Raigarh (Video) | Paper Crumpling or Folding Activity |
| 13 | 23 rd July 2020 | Art Integration | OPJS, Raigarh (Video) | Carrying glasses filled with water in a tray |
| 14 | 25 th July 2020 | Hindi Story telling | OPJS, Raigarh (Video) | Separating Rice and Pulses when mixed |
| 15 | 27 th July 2020 | Physical Activity | Downloaded (Video) | Indoor fun Physical Activity |
| 16 | 29 th July 2020 | English | OPJS, Raigarh (Video) | Concept of Similar and Different |
| 17 | 30 th July 2020 | Art Integration | Good Habits Chart | Making Good Habits Chart for self |
| 18 | 31 st July 2020 | Mathematics | YouTube (Video) | Developing Lifelong Learners: Math Skills |
| 19 | 4 th Aug 2020 | English | YouTube (Video) | Lifelong Learning: Language Skills |
| 20 | 6 th Aug 2020 | Life Skills | Skill Development (PPT) | Skill development for Hyperactive Children |
| 21 | 10 th Aug 2020 | Life Skills | OPJS, Raigarh (Video) | Buttoning of Shirts |
| 22 | 11 th Aug 2020 | Maths | OPJS, Raigarh (Video) | Forward Counting |
| 23 | 14 th Aug 2020 | EVS | OPJS, Raigarh (Video) | My Country India |
| 24 | 15 th Aug 2020 | Art Integration | OPJS, Raigarh (Video) | Patriotic Music |
| 25 | 17 th Aug 2020 | Art Integration | OPJS, Raigarh (Video) | Colouring Video |
| 26 | 18 th Aug 2020 | Life Skills | 6066 Webinar | Why My Child cannot Study Well? |
| 27 | 19 th Aug 2020 | Mathematics | Practice Worksheet | Adding Using Pictures |
| 28 | 20 th Aug 2020 | EVS | Practice Worksheet | Fruits & Vegetables |
| 29 | 22 nd Aug 2020 | English | Practice Worksheet | Self Introduction |
| 30 | 24 th Aug 2020 | Art Integration | Art Worksheet | Drawing: Ovals to make eyes, nose, mouth |
| 31 | 25 th Aug 2020 | Mathematics | Practice Worksheet | Adding with Pictures |
| 32 | 26 th Aug 2020 | English | Practice Worksheet | Hidden Letters |
| 33 | 26 th Aug 2020 | English | Identifying Nouns | Circle each noun |
| 34 | 27 th Aug 2020 | Mathematics | Practice Worksheet | Adding with Pictures |
| 35 | 27 th Aug 2020 | Art Integration | Landscape | Colour the Landscape |
| 36 | 28 th Aug 2020 | Mathematics | Apple Math Tree | Add the numbers and put the apple |
| 37 | 28 th Aug 2020 | English | Practice Worksheet | 3rd Grade Hidden Letters |
| 38 | 29 th Aug 2020 | Mathematics | Practice Worksheet | Addition sentences |
| 39 | 29 th Aug 2020 | Art Integration | Teaching Phonics | Make alphabet strips, blend as shown |

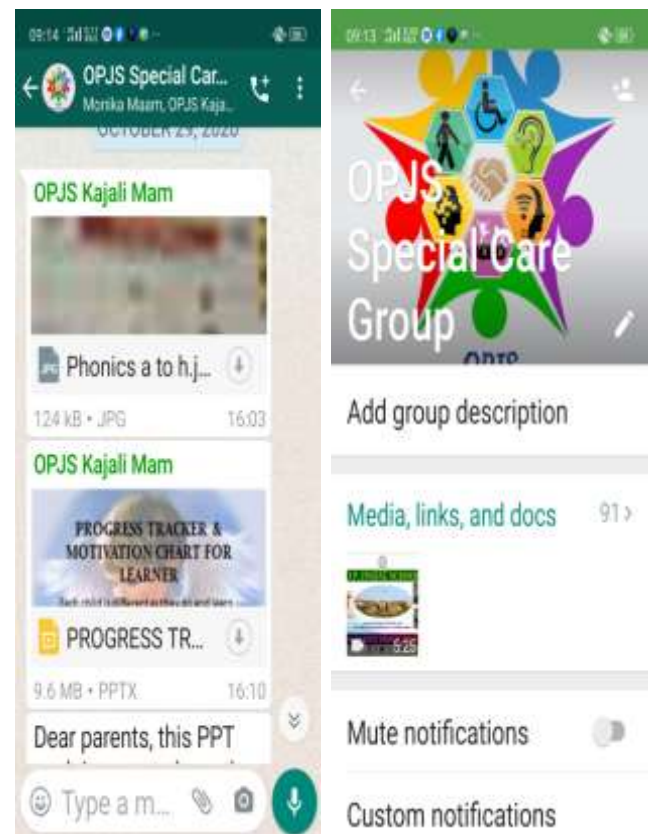


Table 5 represents number of differently abled students during the Academic Session 2020-21

| DIFFERENTLY ABLED STUDENTS | | | | | |
|--------------------------------------|------------------|--------------|-------------|-------------|-------|
| Number of Differently Abled Students | Pre-Primary Wing | Primary Wing | Middle Wing | Senior Wing | TOTAL |
| | 01 | 30 | 15 | 02 | 48 |

Table 6 represents record of educational contents (videos/worksheets/etc) shared in Special Care Group during the online academic session 2020-21

| Subject | Worksheets | Videos | Picture Chart/PPTs | TOTAL |
|-----------------------|------------|-----------|--------------------|------------|
| English | 69 | 16 | 05 | 90 |
| Mathematics | 22 | 03 | - | 25 |
| Science | 19 | 03 | - | 22 |
| Art | 20 | 09 | - | 29 |
| Physical Activity | - | 04 | - | 04 |
| Other relevant topics | - | 04 | 04 | 08 |
| TOTAL | 130 | 39 | 09 | 178 |

V. HEALTH EDUCATION & AWARENESS

Due to the COVID -19 pandemic, **several guidelines** were shared online in the form of **Videos** (already mentioned in table3A), **Circulars & E. Posters** to generate awareness among the students /parents/teachers addressing a broad spectrum of health related issues including **hygiene education, exercise, nutritional guidance, lifestyle advice** etc. In this manner, our students, parental community as well as staff members were encouraged to adopt good health practices that helped them to stay safe & disease free during this pandemic .

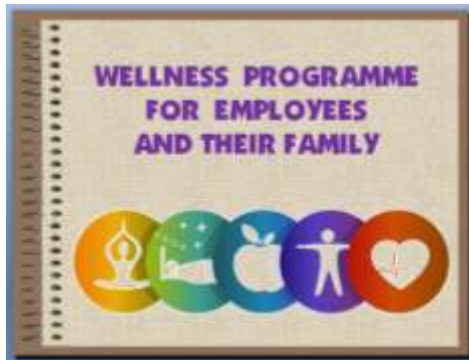


SAMPLE : HEALTH RELATED CICULARS E- POSTERS

VI. COMMUNITY BASED PROGRAMMES

During the third week of February 2020, a **Wellness Programme** was organized collaboratively by the **HR Department, Jindal Steel & Power Ltd. & O.P Jindal School Raigarh**. This programme was carefully planned by a team of experienced teachers, school doctor & counsellor under the guidance of Mr.R.K Trivedi , Principal OPJS Raigarh. The programme was conducted over a period of **seven days** (15th February to 22nd February) for employees & their family members residing in different residential colonies of JSPL. The following aspects were covered in this session:

- Emotional Well-being & Spirituality
- Healthy Lifestyle
- Hobby Development
- Maintaining Physical Fitness



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CONCLUSION

The session 2020-21 remained extremely challenging .Several modifications have been made in order to accommodate the Counselling/Guidance Programmes in online mode of teaching – learning. Our Comprehensive Programme aimed to touch every possible aspect which can stimulate the learning process as well as foster a healthy learning environment during this online pandemic situation .

Leena Chacko
Vice Principal

Sujata Banerjee
Counsellor