

Annual Report

Comprehensive Counselling and Guidance Programme **(Academic Session 2023-24)**

Mental health and well-being is an essential aspect of school education wherein the young minds are trained to develop their skills and 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 Comprehensive Counselling Programme** that **aims to flourish the educational journey**, promote **holistic development**, develop **resilience against adversity** as well as resolve their concerns before those can snow-ball into serious psychological problems.

ONE TO ONE COUNSELLING

IA. Students and Parents

During this academic session **counselling** services have been **provided** (to students and parents on a one to one basis in order to address their challenges (behavioural/academic/emotional etc.). The sessions were conducted by **Consellor, School Doctor** and **Special Educator**. Adequate **follow-up** was done depending upon the **nature of problem and situation based requirement**. The **record** of those sessions were **maintained**. As per the format given below.

Sample: Record of one to one sessions (student's identity has not been revealed)

Date of the Counselling	Details of the session	Duration	Details of the session
9.10.21.24		10:00 A.M. - 10:30 A.M.	<u>Presenting Concerns</u> → Child has presently developed symptoms of few psychological disorders (Schizophrenia) and is under treatment of psychiatrist. → She is under medication and feels lazy and socially withdrawn but remains active in social media. → Since the beginning of the session the child has been distracted due to her excessive interest in opposite sex members. → She loves discussing her interests with every other person and mother has often scolded and thrashed her for that.
	Class / Section Class IX		<u>Initiatives Taken</u> → Mother was explained in simplest terms about the disorder (positive, negative symptoms, recovery and management). → Parent was counselled about handling the child's difficulties through hobby development.
	Referred by Wing Coordinator		

Table 1: Represents the major categories of problems observed in the cases referred for one to one counselling during the academic session 2023-24

Nature of problems observed as per the cases referred to the counsellor			
Sl.No	Senior Wing	Middle Wing	Primary / Pre-primary Wing
01.	Low academic motivation	Inattention	Inattention /Hyperactivity
02.	Conflict with peers /parents resulting to aggressive behaviour	Excessive screen time exposure	Excessive screen-time (television and mobile phone)
03.	Addiction to smart phones /internet	Emotional problems typically associated with adolescence.	Emotional / behavioural problems due to unhealthy family environment
04.	Poor time management skills.	Conflicts with peers leading to aggression	Conflicts with peers leading to aggression
05.	Examination anxiety	Addiction to online games and inappropriate media contents	Early sexual behaviour due to child's exposure to social media contents
06.	Substance abuse	Bullying /Disciplinary issues	Challenges /adjustment difficulties faced by Children with Special Needs
07.	Bullying /dominating peers who are differently abled.	Conflicts with peers leading to aggression	Lack of motivation in academic activities

IB. Teaching and Other Staff Members

During this academic session, **teachers also** approached the counsellor **seeking assistance** for effectively managing their **professional challenges** and thereby **improving the performance** of their students .Counselling services were also **rendered** to such **professionals** as and when required.

Table 2: Represents total number of students/teachers/parents counselled by the Counsellor and Special Educator during the academic session 2023-24.

No. of students/p arents / teachers	Preprimary Wing	Primary Wing	Middle Wing	Senior Wing	Month
	08	20	20	29	March – June
	10	18	28	24	July – September
	10	18	30	20	October– December
	05	05	02	07	January- February
TOTAL	33	61	80	90	Mar 2023-Mar 2024

II. GUIDANCE PROGRAMMES

II. A Session for students

During the academic session 2023-24, **42 guidance programmes** were conducted to facilitate Academic development, improve the emotional /social well-being of students. In addition to that, Special **counselling sessions** were also conducted by our **Principal Sir** focusing upon the code of conduct, self discipline, time management, self study habits and preparation for Board /Competitive examinations.

The table 3 (A B C and D) presented below provides comprehensive report of the guidance sessions conducted during the academic session (2023-24)

3 A Pre Primary Wing

Serial Number	Date	Classes	Conducted by	Topic of session /counselling video/ activity	No. of participants
01	03.04.2023	Classes Nur- II	Class Teacher	Healthy and Nutritive Diet	1200
02	04.04.2023	Classes Nur- II	Class Teacher	Personal Hygiene	1200
03	05.04.2023	Classes Nur- II	Class Teacher	Physical fitness and Wellbeing	1200
04	06.04.2023	Classes Nur- II	Class Teacher	Prevention of illnesses	1200
05	19.07.2023	Classes KG - II	Counsellor/School Doctor	Monsoon Safety/Good Habits and Manners	1000
06	08.12.2023	Nur- class II (Students /Parents)	Mother Teachers (Pre Primary Wing)	Personal Safety	2000

3 B Primary Wing

Serial Number	Date	Classes	Conducted by	Topic of session /counselling video/ activity	No. of participants
01	11.04.2023	Classes III-V	Counsellor	Friendship/Prevention of Bullying/Bag Load	1350
02	10.07.2023	III-V Health and Wellness Messengers	Health and Wellness Ambassadors /Counsellor	School Health and Wellness Programme	1300
03	24.08.2023	III- V	Counsellor	Purpose of Assessment and Exam Preparation Strategies	1300
04	11.12.2023	III- V	School Doctor	First Aid	1350
05	19.12.2023	IV –V	School Doctor/Counsellor	Concerns of pre-adolescent girls	500
06	19.01.2024	III-V	Counsellor	Preparation strategies for examination	1300
07	01.02.2024	IV and V (Boys)	School Doctor/Counsellor	Concerns of pre-adolescent boys	700

3 C Middle Wing

Serial	Date	Classes	Conducted by	Topic of session	No. of
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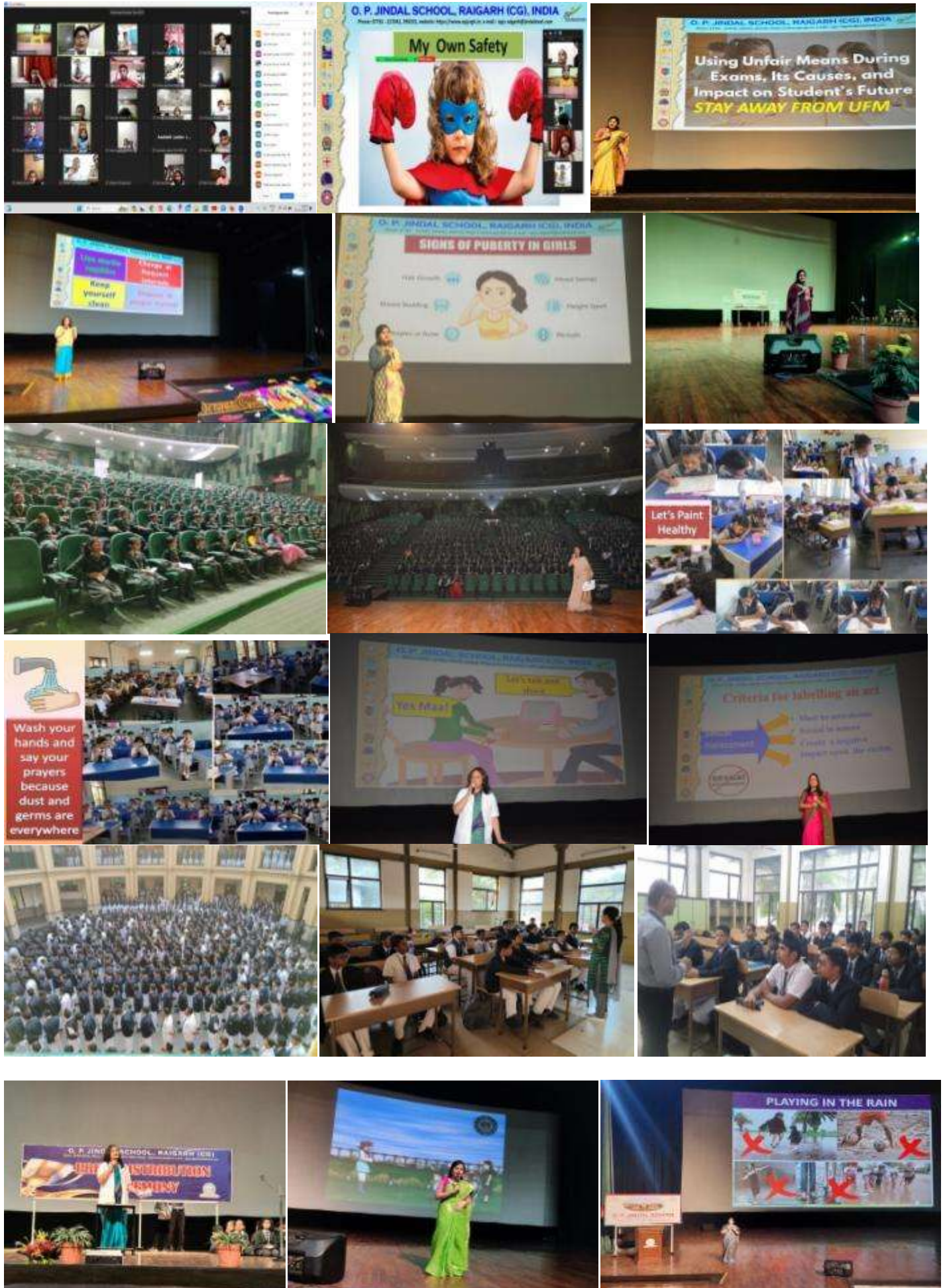
Number				/counselling video/ activity	participants
01	24.03.2023	VI- VIII	Principal Sir	Water conservation, Health and Wellness guidelines	1400
02	10.07.2023	VI-VIII Health and Wellness Messengers	Health and Wellness Ambassadors /Counsellor	School Health and Wellness Programme	1350
03	23.08.2023	Classes VI- VIII	Principal Sir	Scientific Advancement at the National or International Level/Adopting Effective Learning Strategies	1400
04	29.08.2023	Class VIII	Principal Sir	Behavioural Guidelines	400
05	03.11.2023	Class VIII	Principal Sir	Guidelines for Self Development	390
06	22.11.2023	Classes VI-VIII(Boys)	Teachers	Concerns of Adolescence, Awareness on Sexual Harassment	1100
07	22.11.2023	Classes VI-VIII(Girls)	Counsellor/School Doctor/ Biology Teacher	Concerns of Adolescence, Awareness on Sexual Harassment and Menstrual Hygiene	820
08	29.11.2023	Students /Parents VIII- IX	External Resource person	Career Oriented Parenting, Career Planning	300
09	30.11.2023	Classes VIII -IX	External Resource person	Career Planning based on Psychometric Assessment	900
10	05.12.2023	VII and VIII	JSP and Raigarh Traffic Police Department	Road Safety	900

3 D Senior Wing

Serial Number	Date	Classes	Conducted by	Topic of session /post counselling activity	No. of participants
01	25.03.2023	Classes IX- XII	Principal Sir	Health and Wellness guidelines, School Rules and Regulations	1300
02	27.03.2023	Classes XII	Principal Sir	Health education/Self development/Academic achievement	370
03	12.04.2023	Classes IX-XII	Principal Sir/Career Counsellor	Self Development/Study Destination Germany	1700
04	01.07.2023	Classes IX - X	Principal Sir	Anti-bullying, Health and Wellness Guidelines, Prevention of Substance abuse and Internet	900

				addiction	
05	03.07.2023	XI - XII	Principal Sir	Health Education/Academic Development	750
06	10.07.2023	IX-XII Health and Wellness Messengers	Health and Wellness Ambassadors /Counsellor	School Health and Wellness Programme	1600
07	20.07.2023	Classes X-XII	Career Counsellor	Career Guidance	1200
08	23.08.2023	Classes IX-XII	Principal Sir	Scientific Advancement at the National or International Level/Adopting Effective Learning Strategies	1650
09	29.08.2023	Class VIII	Principal Sir	Behavioural Guidelines	400
10	22.09.2023	Classes X-XII	Career Counsellor	Career Guidance	1200
11	03.11.2023	Class IX	Principal Sir	Guidelines for Self Development	400
12	22.11.2023	Class IX (Boys)	Teachers	Concerns of Adolescence, Awareness on Sexual Harassment	1100
13	22.11.2023	Classes IX (Girls)	Counsellor/School Doctor/ Biology Teacher	Concerns of Adolescence, Awareness on Sexual Harassment and Menstrual Hygiene	820
14	28.11.2023	Classes XI and XII Biology Group	Career Counsellor	Career Guidance (Courses and career options for Biology Students)	210
15	29.11.2023	Parents IX	External Resource person	Career Oriented Parenting, Career Planning	300
16	30.11.2023	Classes IX	External Resource person	Career Planning based on Psychometric Assessment	900
17	02.12.2023	XI and XII	JSP and Raigarh Traffic Police Department	Road Safety	760
18	04.12.2023	IX and X	JSP and Raigarh Traffic Police Department	Road Safety	900

Mass Counselling (Pictorial evidence)







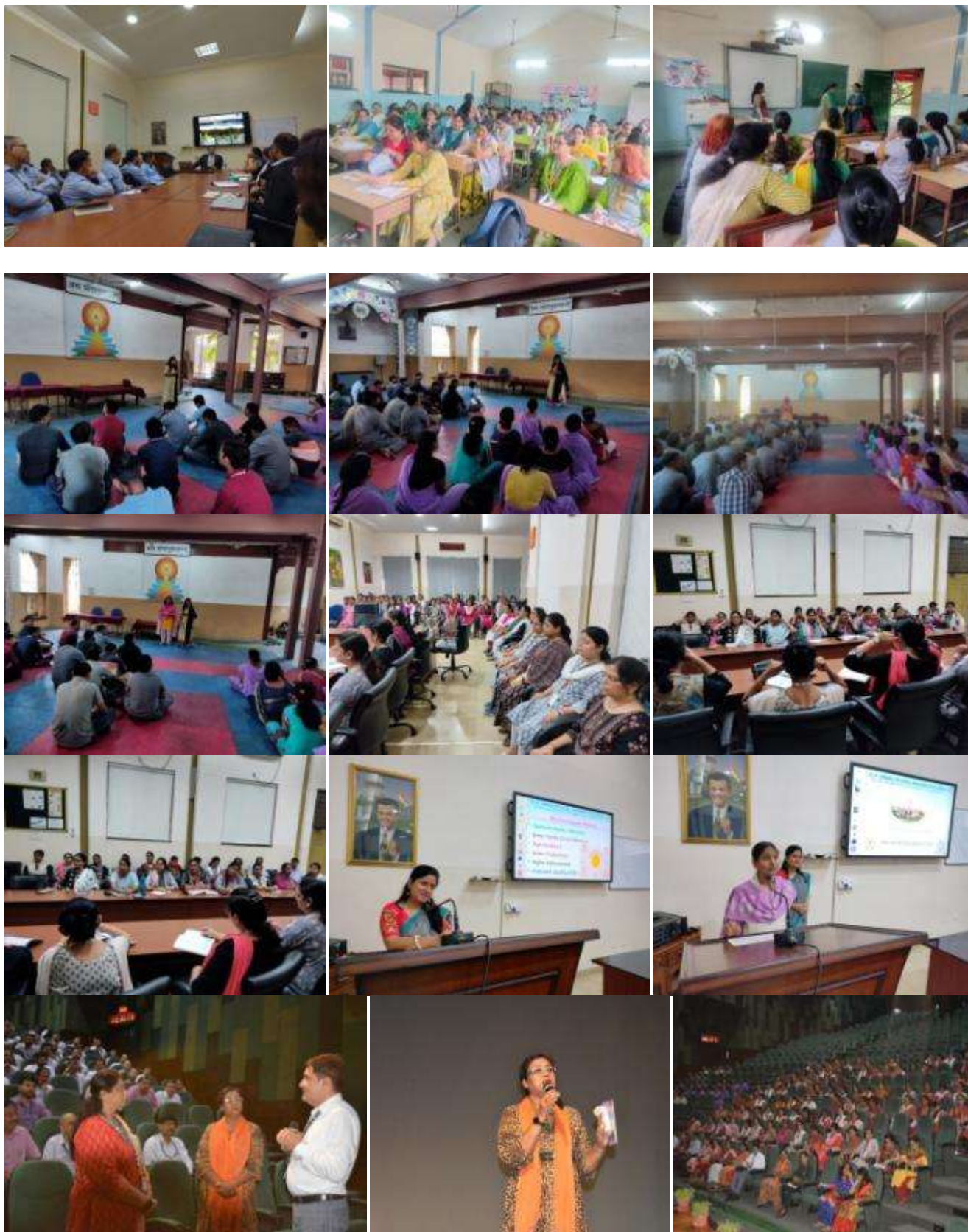
II. B Session for teachers /staff

Sessions were also conducted to facilitate the **teachers** regarding teaching, training and counseling Students .Similarly, our **support staff** was also counselled and guided by **Principal / Administration Head /Counsellor / School Doctor** and external resource persons.

The table 4 presented below provides comprehensive report of sessions conducted for teachers/staff during the academic year 2023-24

Serial Number	Date	Target Group	Conducted by	Topic of session /counselling video/ activity	No. of participants
01	26.03.2023	Support Staff	School Doctor/Counsellor	Health education/ Code of conduct	80
02	29.04.2023	Teachers of PPW	Counsellor/School Doctor	Connecting to Parents of CWSN/First Aid	32
03	02.05.2023	CTs classes I- VIII	Special Educator	Identification of CWSN/Inclusive practices	94
04	03.05.2023	Teachers of PW	Counsellor	Connecting to Parents of CWSN	52
05	09.06.2023	Teachers of PPW/PW	Counsellor/School Doctor	Wellbeing	90
06	13.06.2023	Teachers of MW	Counsellor/School Doctor	Wellbeing	138
07	16.06.2023	Teachers of SW	Counsellor/School Doctor	Wellbeing	60
08	12.09.2023	Teachers /Administrative Staff /Support Staff	Chaitali Ray(Advocate Head)	Information on PoSH	250

09	30.11.2023	Selected Group of Teachers	External Resource person	Guiding Students in Career Planning	50
10	06.12.2023	Teachers (Pre Primary Wing)	Counsellor	Guidelines for conducting session on personal safety	36





III. CAREER GUIDANCE

During this academic year, (2023-24), several **career guidance** programmes were organized by the **Career Guidance Wing** under the **guidance** of **Principal sir** for students in **middle** and **senior school**. The **Career Coaches** (Mrs. Usha Vani and Mr. Sukant Roy) informed students about the **courses offered** and **career options** in Science, Commerce and Humanities, their **eligibility criteria**, top **institutes/ universities**, **scholarships** and national level **entrance examinations**.

In addition to that, students were also informed about the **courses available / criteria** for admission in **foreign universities** .**External agencies** have also been **invited** by the school authorities for conducting career **Education workshop** for students. **Career fare** and

exhibition was organized **where** students of **different schools** were also provided **career guidance** on a **one to one basis**.



Table 5: represents the details of the career guidance programme during the session 2023-24

Activity	Date	Target Group	Organized /Conducted by	Topic	Participants
Guidance Programme	12.04.2023	IX-XII	Career Counsellor	Study Destination Germany	1700
Guidance Programme	20.07.2023	Classes X-XII	Career Counsellor	Career Guidance	1200
Guidance Programme	22.09.2023	Classes X-XII	Career Counsellor	Career Guidance	1200
Career Fare	10.10.2023	Classes XI- XII	External Agencies	Courses /Admission criteria for different Universities	600
Guidance Programme	28.11.2023	Classes XI and XII Biology Group	Career Counsellor	Career Guidance (Courses and career options for Biology Students)	210
Workshop	29.11.2023	Parents VIII and IX	External Resource person	Career Oriented Parenting, Career Planning	300
Workshop	30.11.2023	Classes VIII and IX	External Resource person	Career Planning based on Psychometric Assessment	900
Annual Exhibition	15.12.2023	Classes VI- XII	Career Counsellor /Psychological Counsellor	Career Guidance Display and	Nearly 2000

IV. Anti Harassment Committee :



Mrs. Archana Trivedi
External Member



Mrs. Leena Chacko
Vice Principal



Dr. S. Debnath
Head Administration



Mrs. Bhabani Nande
Sr. Mistress



Mrs. Sadhana Singh
Sr. Mistress



Mrs. Preeti Kalita Acharya
Sr. Mistress



Dr. Shilpa Dixit
Sr. Mistress



Dr. Monika Tripathi
School Doctor



Mrs. Sujata Banerjee
Counsellor

The **Anti Harassment** and **Anti Bullying** Committee of our school **headed** by our **Vice Principal Mrs. Leena Chacko** have **organized programmes** at **varied levels** to **generate awareness, prevent and manage** all forms of **bullying /harassment** at the institution.

Awareness Programmes

Awareness sessions were conducted by the **school counsellor /school doctor** during the regular assemblies to sensitize students about role and Functioning of Anti Harassment Committee. Special sessions were also conducted by the school doctor and counsellor to sensitize students about safe and unsafe touch.

Table 6: represents the awareness campaigns initiated by the Anti harassment /Anti bullying committee during academic year 2023-2024

Activity	Date	Target Group	Organized /Conducted by	Topic	Participants
Sensitization programme for support staff	26.03.2023	Support Staff	School Doctor/Counsellor	Code of conduct at workplace /Safe Unsafe touch	80
Anti Bullying Campaign	01.07.2023	IX and X	Principal Sir	Prevention and management of Bullying	900
Teachers Training	12.09.2023	Teachers /Administrative Staff /Support Staff	Chaitali Ray(Advocate Head)	Information on Post	250
Sensitization programme for adolescents	22.11.2023	Classes VI-IX(Boys)	Teachers	Concerns of Adolescence: Healthy and unhealthy social interactions / Sexual Harassment	1100
Sensitization programme for adolescents	22.11.2023	Classes VI-IX (Girls)	Counsellor/School Doctor/ Biology Teacher	Concerns of Adolescence: Healthy and unhealthy social interactions / Sexual Harassment	820
Awareness programe for students /parents	08.12.2023	Nur- class II (Students /Parents)	Mother Teachers (Pre Primary Wing)	Personal Safety	2000
Sensitization Programme for pre-adolescents	19.12.2023	IV –V (Girls)	School Doctor/Counsellor	Safe /Unsafe Interpersonal interaction	500
Sensitization Programme for pre-adolescents	01.02.2024	IV and V (Boys)	School Doctor/Counsellor	Safe /Unsafe Interpersonal interaction	700

IV. SUPPORTING CHILDREN WITH SPECIAL NEEDS

Our school management strongly embraces the idea that diversity is the reality and therefore each child is a unique learner. The entire team of **administrative, teaching and non teaching staff** at O. P Jindal School whole heartedly **supports 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** parents of differently abled children on a one to one basis by the Special Educator/Counsellor /School Doctor and respective Class Teachers.
- **Assisting** the parents of CWSN about **managing, training and 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) and their parents.
- Providing **academic contents and guidance** by the **Special Educator** to support the needs of special students.

Table 7A: represents number of students with special needs in the Academic Session 2023-24

CHILDREN WITH SPECIAL NEEDS					
Number of Differently Abled Students	Pre-Primary Wing	Primary Wing	Middle Wing	Senior Wing	TOTAL
	28	14	37	41	120

Sample: records maintained for CWSN 2023

Table 7B: represents number of differently abled students who were provided Special Educational Support to promote inclusion during the Academic Session 2023-24

CHILDREN WITH SPECIAL NEEDS					
Number of Differently Abled Students	Pre-Primary Wing	Primary Wing	Middle Wing	Senior Wing	TOTAL
	24	05	07	02	38

Table 8: represents record of educational contents shared in Special Care Group during the academic session 2023-24.

Subject	Worksheets	Videos	Workshop Links	TOTAL
English	32	-	-	206
Mathematics	30	-	-	
Science	28	-	-	
Art	64	-	-	
Hindi	30	-	-	
Life Skills	-	12	10	



(Record of Worksheets shared in OPJS Special Care Group of Session 2023-24)

Sl. No	Date	Subject	Nature of the Worksheet / PPT / Video	Instructions
1	17 th Apr.2023	English	Picture worksheet: Good Manners	See the picture and read the words
2	18 th Apr. 2023	Art Integration	Picture worksheet: A shark	See the picture and colour it with the given code
3	19 th Apr.2023	Mathematics	Picture worksheet: Same or Different	Cross out the picture that is different
4	20 th Apr.2023	EVS	Picture worksheet: Insects	Match the insect with its name
5	21 st Apr. 2023	Art Integration	Picture worksheet: A Day in The Park	Find 5 differences in the two Pictures
6	23 rd Apr. 2023	You Tube Link	Perfect sensory diet for home	Solution of sensory driven behaviours
7	24 th Apr. 2023	English	Moral story: The Ant And The Dove	Read the moral story
8	25 th Apr.2023	Art Integration	Picture worksheet: Gift Pack	Colour the picture with the colour code
9	26 th Apr.2023	Mathematics	Picture worksheet: Big or Small	To choose the big or the small in each group
10	27 th Apr. 2023	EVS	Picture worksheet: Use of water	Observe the picture, Choose the correct word from the help-box.
11	28 th Apr. 2023	EVS	Picture worksheet: Save water	Trace the dotted word
12	29 th Apr. 2023	Art Integration	Picture worksheet: Child's room	Find 5 differences in the two Pictures
13	16 th June 2023	Art Integration	Picture worksheet: A Boy with a Ball	Find 5 differences in the two Pictures

V. HEALTH EDUCATION AND AWARENESS

Circulars /E. Posters and health awareness campaigns were organized at regular intervals addressing a **broad spectrum** of health related issues including **hygiene education, exercise, nutritional guidance, lifestyle advice** etc in order to generate awareness among the students /parents/teachers.

HEALTH AND WELLNESS DISPLAY DURING ANNUAL EXHIBITION 15.12.24



ADVISORY AGAINST THE SPREAD OF CONJUNCTIVITIS

Conjunctivitis / Eye Flu / pink eye can cause red and itchy eyes with sticky discharge. It is an inflammation of transparent membrane of eye called conjunctiva. It is highly contagious and common in monsoon due to high humidity and presence of pathogens. Practicing good hygiene is one of the best ways to avoid and stop the transmission of conjunctivitis.

HOW CAN WE PREVENT IT

- Do avoid direct contact with anyone who has conjunctivitis.
- If you have conjunctivitis, you may stay at home for a day or two, if needed.
- Maintain good hand hygiene by washing your hands frequently with soap / hand wash.
- Only use clean tissues and towels to wipe your face and eyes and must wash your hands well after touching an infected eye.
- Wash towels, pillowcases and other linens that have been used by infected person, in hot water separately from the rest of the family's laundry to avoid contamination.
- Apply warm/cold compresses to your eyes.
- Flush your eyes out regularly with clean water.
- Avoid touching or rubbing your eyes.
- Do not share eye drops, tissues, cosmetics or any personal eye care item.
- Change your towel, pillowcases and wash cloth daily and don't share them with others.
- Don't wear contact lenses until treatment is over. You may need to replace the contact lenses and the container normally used for storing them.
- Get proper sleep. Hydrate well to help speed your recovery and follow your eye doctor's instructions.

When to Seek Medical Care –
Sensitivity to light or blurred vision that does not improve when discharge is wiped from the eye(s).

OPJS, RAIGARH

O. P. JINDAL SCHOOL, RAIGARH (CG) 496 001, INDIA
Phone : (7742) 227942, 280254, 280255, 280256, 280257 website: <http://www.opjsraigarh.org> e-mail: opjsraigarh@opjsraigarh.org

21st July, 2023

Important

Dear Students,

School uniforms instill a sense of oneness, equality, belongingness, and pride among the students. It boosts the morale and confidence of each child. There is a different joy in wearing it every morning while coming to school. You have been reiterated on this aspect many a time in the school on different occasions.

Dressing neatly & smartly is also essential for maintaining good health. Therefore, you must take care of the following.

1. Every student must come to school in the prescribed uniform only. Please refer to the school almanac in this regard.
2. School bags, ties, and belts must be washed fortnightly.
3. Polish your shoes regularly. Wipe off the mud/dirt, if your shoes get soiled.
4. Wear fresh pair of socks daily.
5. Take special care of your uniforms during the rainy season.


Cleanliness is a distinct culture. Let's maintain it!

Best wishes!
OPJS-Raigarh

HEALTH TIPS DURING WINTER SEASON

- Wear proper winter clothing. Cover your head and feet as well.
- If wet, change your clothes immediately to avoid loss of body heat. It is applicable even when your clothes get wet due to sweating after exercise.
- Drink herbal tea, soup, turmeric milk etc. Prefer drinking Luke warm water as it helps in digestion of food.
- Include seasonal fruits and vegetables, nuts, honey etc in your daily diet to boost immune system.
- Stay outdoors for at least half an hour on sunny days to get enough exposure to sunlight.
- Stay indoors in the evening and minimize travel to avoid exposure to cold waves.
- Take care of elderly people.
- Do not ignore shivering. It is a proper sign that the body is losing heat and a signal to stay in the sun or return indoors.
- Seek medical attention in case you have serious health issues.

**HEALTH AND WELLNESS CLUB
OPJS, RAIGARH (CG)**



Shoes as Unique as You

The right pair of shoes can do a lot. Make an impression, boost your confidence, protect your feet, get you through muddy situations, or even give you the little extra you need to win a race.

Our foot is a biomedical marvel with **26 bones and 33 joints**, working together to provide **balance, stability, and locomotion**.

Footwear is first line of defense against the wear and tear of an active lifestyle.

It not only provides protection but also helps to maintain body balance and posture.

A good pair of shoes cushions our body weight and helps to reduce the impact of step, which is 1.5 times of body weight while walking and 7.9 times of body weight while running. They work as shock absorbers, much like the shocks on a car.

Importance of properly fit shoes

- ✓ Wearing **properly fit shoes** is essential for overall **health and comfort**. To get the right shoes, always stand and walk around in the shoes to see if they are comfortable and well fit. Our heel should not slip or slide while walking. The upper part of the shoe should have laces or straps to hold the foot in place comfortably.
- ✓ Putting on a shoe that is too tight will hurt our feet and lead to foot ailments, such as blisters, bunions and calluses.
- ✓ Wearing a loose fitting shoe will cause us to walk in an unnatural and dysfunctional way leading to serious foot problems.
- ✓ Going outdoors without shoes or with torn shoes makes one susceptible to parasitic worms and other foot infections.
- ✓ Shoes transform our body language and attitude. They lift us physically and emotionally.

Walk with confidence. Stand out

OPJS, Raigarh

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Phone: 07702-227042, 280255, JSP KCM No. 49932, 49800 website: <https://www.opjsrgh.in> e-mail: opj.raigarh@opjindal.com
Date: 10/02/2024

GUIDELINES FOR TEACHERS
(DEWORMING PROGRAMME AT OPJS)

DEWORMING SCHEDULE AT OPJS

Date & Day	Classes	Dispersal Time
12-02-2024 (Monday)	Nur., KG-I, KG-II, I and II	11:30 AM
	III, IV and V	04:30 PM
	IX, X and XI	11:30 AM

- Teachers must instruct the students to go to their classrooms after examination.
- CTs will also go to their Classes after submitting the examination copies in the control room.
- CRs will come to infirmary to take medicines and distribute in all the sections of their class.
- Medicines must be given only after proper intake of food.

- Three types of medicines (Albendazole + Ivermectin + DEC) will be given to the students according to their age and height.
- Albendazole (400mg) : 1 tablet above 2 years of age, Albendazole is chewable, flavored and big in size. Therefore children can chew it to avoid vomit.
- Ivermectin has to be given according to height of student.

Contraindication of Ivermectin: Children below five years of age/children with any serious ailment.

Height (in cm)	No. of Ivermectin tablet
Less than 90 cm	0
90-119	1
120-140	2
141-158	3
Above 159 cm	4

- DEC (Diethyl carbamazine) has to be given according to age of student.

Age	No. of DEC tablet
2-5 years	1
6-14 years	2
Above 15 years	3

- A sheet will be provided to the CT in which dosage of medicines will be mentioned for each child according to the criteria of age and height. In few cases, the height is mentioned 0, it means the record of student's height is not available in school records. The concerned student/s must be sent to the infirmary.
- After the intake of medicines children will sit at their place and if any problem is observed must be informed to infirmary department.
- Data of intake of medicines must be recorded in the format (provided on the day of deworming).

NOTE: Dizziness and drowsiness is very common, therefore please instruct the students to take rest at their place after the intake of medicines.

Dr. S. Debnath
Head Administration

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Phone: 07702-227042, 280255, JSP KCM No. 49932, 49800 website: <https://www.opjsrgh.in> e-mail: opj.raigarh@opjindal.com
Date: 10/02/2024

NOTICE
(DE-WORMING PROGRAMME 2024)

Dear All,

Ministry of Health and Family Welfare, Government of India has launched the **National De-worming Programme** as part of the **National Health Mission**. The objective of this programme is to de-worm children from 1 to 19 years and improve their growth as well as well-being. Eventually it has emerged as one of the world's largest public health campaign preventing children from **intestinal parasitic worms**. Our school actively participates in this noble initiative taken up by the government.

This programme will start from **10th February** (National De-worming Day) and **IDA (Ivermectin + DEC + Albendazole)** will be administered to our students at school. Please discuss with your family doctor if your ward is suffering from any serious ailment and inform the same to the class teacher.

NOTE:

- Send proper tiffin to your ward on the day of Deworming program as per the following schedule.

DEWORMING SCHEDULE AT OPJS

Date & Day	Classes	Dispersal Time
12-02-2024 (Monday)	Nur., KG-I, KG-II, I and II	11:30 AM
	III, IV and V	04:30 PM
	IX, X and XI	11:30 AM

- Students will stay extra time in the school to take these medicines after having their meals.

OPJS-R

The session 2023-24 remained extremely challenging .Several modifications have been made in order to accommodate the Counselling/Guidance Programme in our inclusive teaching-learning model. Our Comprehensive Programme aimed to touch every possible aspect which can stimulate the learning process as well as foster a healthy learning environment.

SCHOOL HEALTH AND WELLNESS TEAM

Name of Employee	Job Role	Qualification
Dr. Monika Tripathi	School Doctor	B.Sc BAMS (Ayurvedic Medicine)
Mrs. Sujata Banerjee	Counsellor	M.Sc Applied Psychology ,specialization in Health Psychology , Stress Management , Counselling and Community Psychology
Ms. Kajali	Special Educator	M.Sc IT , B.Ed in Special Education with RCI Registration
Mrs. Usha Vani	Career Counsellor	M.A English ,B.Ed, Flagship Programme in Career and College Counseling
Mr. Sukant Roy	Career Counsellor	M.Sc Mathematics B.Ed, Flagship Programme in Career and College Counseling