



COUNSELLING REPORT ON GIRLS HEALTH

	Date	17.11.2021	
	Mode	Online Classes	
	Class	VI to IX (Only Girls & their Mothers)	
	School	Delhi World Public School, Raigarh	
	Purpose	Counselling of adolescent girls to assist them in the period of development	

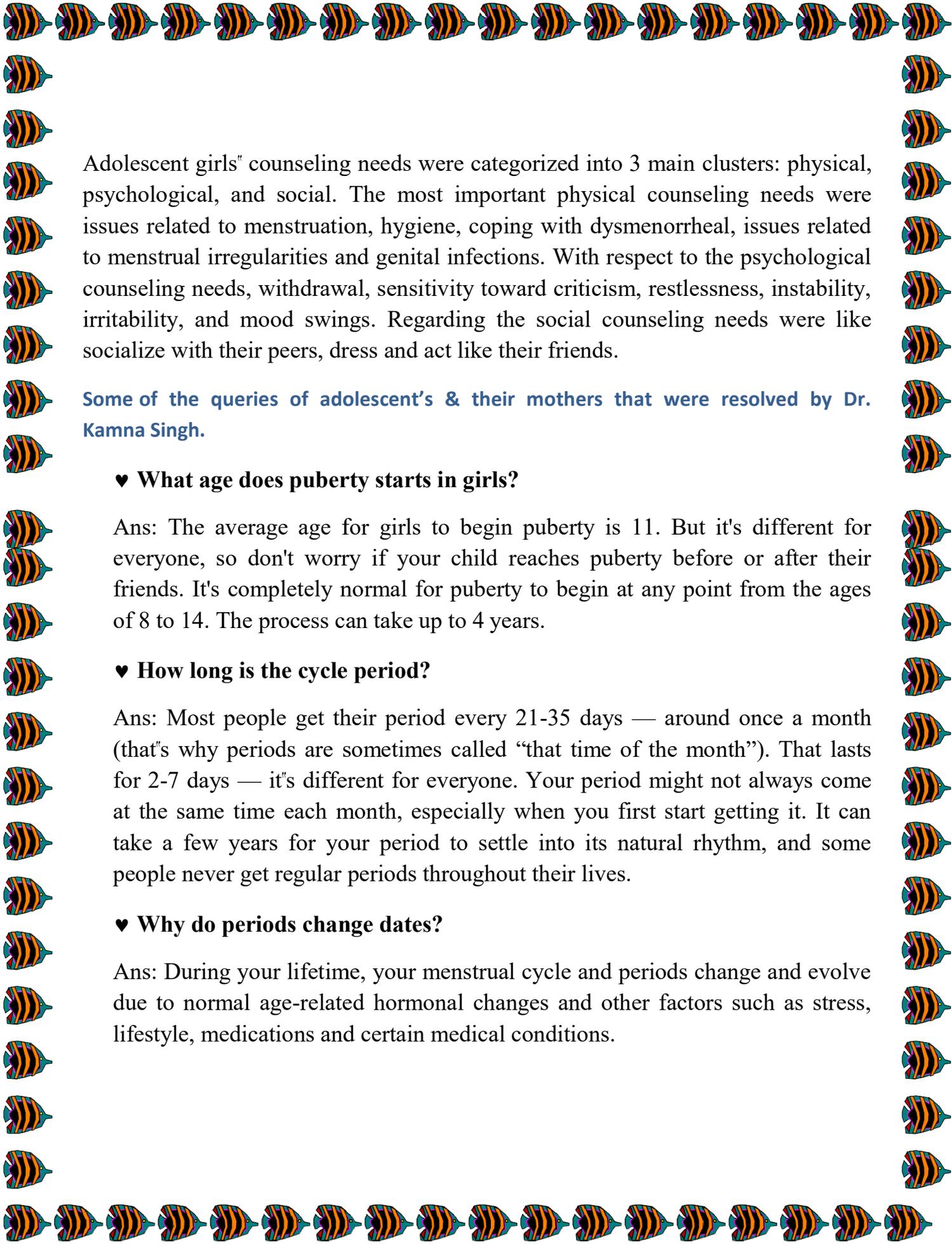
The purpose of counselling provides emphasis and strength to the educational program. The major aim of Counseling Sessions is to encourage students" academic, social, emotional and personal development. To reach this aim, counseling session"s help students get to know they better and find effective solutions to their daily problems.

They also help students improve themselves in all areas and be full-functioning individuals. Counselors monitor students" development and according to their needs they give students necessary support such as helping them to understand themselves and their needs, to solve their problems, to make realistic decisions, to improve their abilities and skills, and to adjust themselves and their environment in a healthy way.

Puberty is one of the most critical periods in human beings" development, which is accompanied by psychological and social changes. These changes create new needs and meeting them enables adolescents to adapt better and faster.

To the best of our knowledge, most of the literature on adolescent health-related issues has been written by adults, and there is a little information from adolescents themselves. Adolescents girls need a comprehensive counseling program to improve their health status. So **DWPS, Raigarh** organized a counselling session for adolescents and their mothers by **Dr. Kamna Singh (DGO)** to deepen their insights into adolescent"s problem and health needs by declaring their own ideas and experiences.





Adolescent girls' counseling needs were categorized into 3 main clusters: physical, psychological, and social. The most important physical counseling needs were issues related to menstruation, hygiene, coping with dysmenorrhea, issues related to menstrual irregularities and genital infections. With respect to the psychological counseling needs, withdrawal, sensitivity toward criticism, restlessness, instability, irritability, and mood swings. Regarding the social counseling needs were like socialize with their peers, dress and act like their friends.

Some of the queries of adolescent's & their mothers that were resolved by Dr. Kamna Singh.

♥ **What age does puberty starts in girls?**

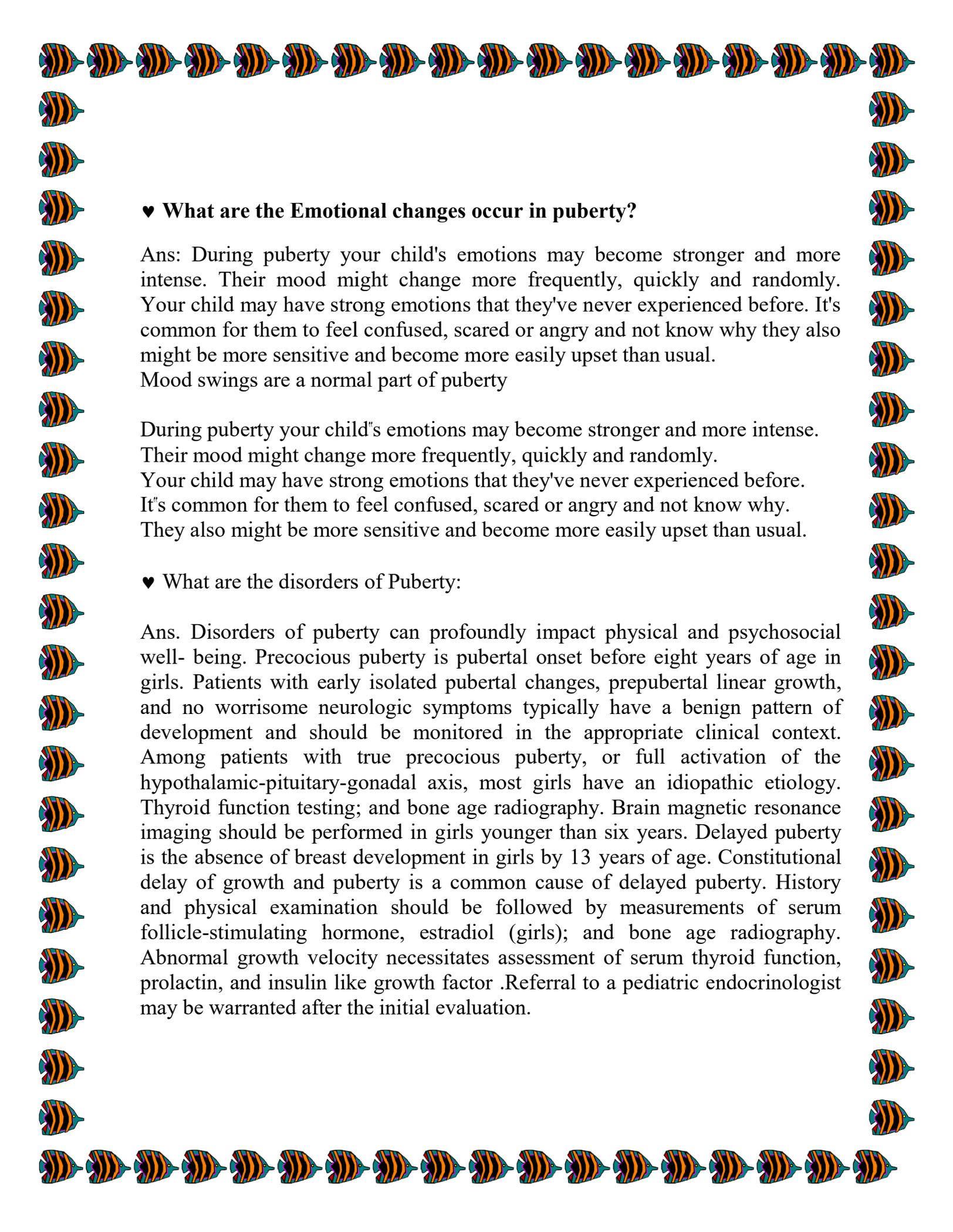
Ans: The average age for girls to begin puberty is 11. But it's different for everyone, so don't worry if your child reaches puberty before or after their friends. It's completely normal for puberty to begin at any point from the ages of 8 to 14. The process can take up to 4 years.

♥ **How long is the cycle period?**

Ans: Most people get their period every 21-35 days — around once a month (that's why periods are sometimes called "that time of the month"). That lasts for 2-7 days — it's different for everyone. Your period might not always come at the same time each month, especially when you first start getting it. It can take a few years for your period to settle into its natural rhythm, and some people never get regular periods throughout their lives.

♥ **Why do periods change dates?**

Ans: During your lifetime, your menstrual cycle and periods change and evolve due to normal age-related hormonal changes and other factors such as stress, lifestyle, medications and certain medical conditions.



♥ **What are the Emotional changes occur in puberty?**

Ans: During puberty your child's emotions may become stronger and more intense. Their mood might change more frequently, quickly and randomly. Your child may have strong emotions that they've never experienced before. It's common for them to feel confused, scared or angry and not know why they also might be more sensitive and become more easily upset than usual. Mood swings are a normal part of puberty

During puberty your child's emotions may become stronger and more intense. Their mood might change more frequently, quickly and randomly. Your child may have strong emotions that they've never experienced before. It's common for them to feel confused, scared or angry and not know why. They also might be more sensitive and become more easily upset than usual.

♥ **What are the disorders of Puberty:**

Ans. Disorders of puberty can profoundly impact physical and psychosocial well-being. Precocious puberty is pubertal onset before eight years of age in girls. Patients with early isolated pubertal changes, prepubertal linear growth, and no worrisome neurologic symptoms typically have a benign pattern of development and should be monitored in the appropriate clinical context. Among patients with true precocious puberty, or full activation of the hypothalamic-pituitary-gonadal axis, most girls have an idiopathic etiology. Thyroid function testing; and bone age radiography. Brain magnetic resonance imaging should be performed in girls younger than six years. Delayed puberty is the absence of breast development in girls by 13 years of age. Constitutional delay of growth and puberty is a common cause of delayed puberty. History and physical examination should be followed by measurements of serum follicle-stimulating hormone, estradiol (girls); and bone age radiography. Abnormal growth velocity necessitates assessment of serum thyroid function, prolactin, and insulin like growth factor .Referral to a pediatric endocrinologist may be warranted after the initial evaluation.

Healthy Eating During Adolescence

Eating healthy is an important part of a healthy lifestyle and is something that should be taught at a young age. The following are some general guidelines for helping your teen eat healthy. It's important to discuss your teen's diet with their healthcare provider before making any dietary changes or placing your teen on a diet. Discuss these healthy eating recommendations with your teen so they can follow a healthy eating plan:

Eat 3 meals a day, with healthy snacks.

Increase fiber in the diet and decrease the use of salt.

Drink water. Try to avoid drinks that are high in sugar. Fruit juice can have a lot of calories, Whole fruit is always a better choice.

Eat balanced meals.

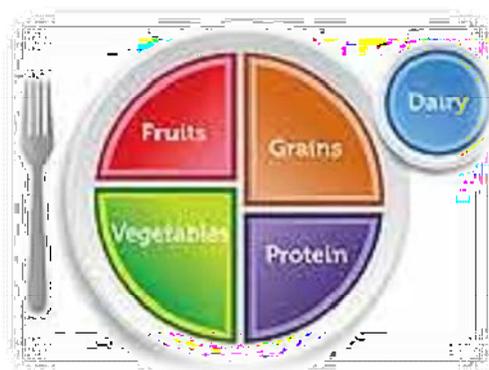
When cooking for your teen, try to bake or broil instead of fry.

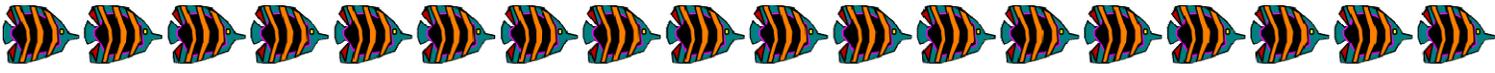
Make sure your teen watches (and decreases, if necessary) their sugar intake.

Eat fruit or vegetables for a snack.

Decrease the use of butter and heavy gravies.

Eat more chicken and fish. Limit red meat intake and choose lean cuts when possible.





Nutrition and activity tips



Provide regular daily meal times with social interaction. Demonstrate healthy eating behaviors.



Involve teens in selecting and preparing foods and teach them to make healthy choices by giving them the chance to select foods based on their nutritional value.



Select foods with these nutrients when possible: calcium, magnesium, potassium, and fiber.



When it comes to weight control, calories do count. Controlling portion sizes and eating non-processed foods helps limit calorie intake and increase nutrients.



Parents are encouraged to provide recommended serving sizes for teens.



Parents are encouraged to limit a teen's screen time to less than 2 hours daily. Instead encourage activities that call for more movement.

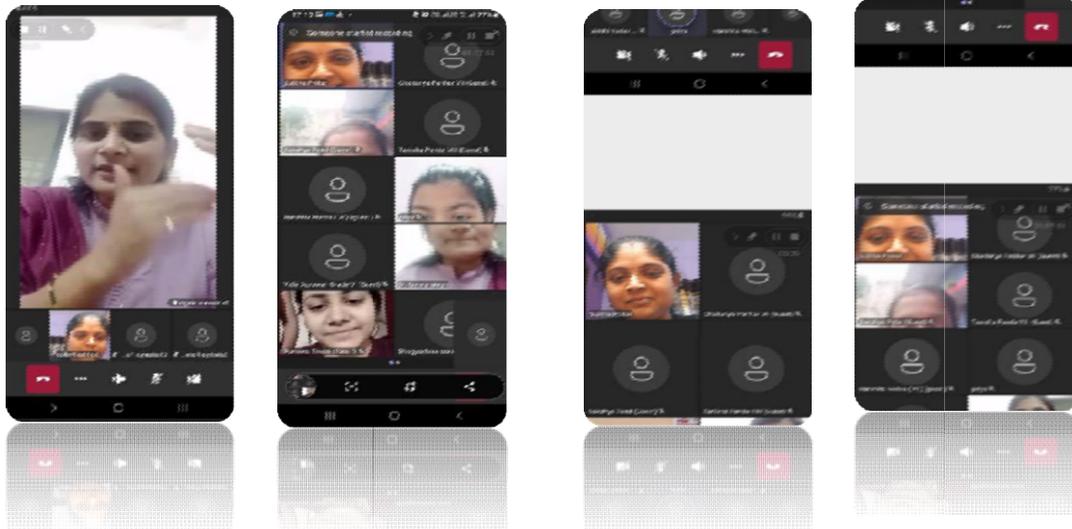
Teens need at least 60 minutes of moderate to vigorous physical activity on most days for good health and fitness and for healthy weight during growth.

To prevent dehydration, encourage teens to drink fluid regularly during physical activity and drink several glasses of water or other fluid after the physical activity is completed.

Exercise and daily physical activity should also be included with a healthy dietary plan.



Pictorial view of the Session :-



Each phase of a child's development brings specific challenges, but mental health conditions can make these challenges a lot harder. Every adolescent reacts differently to events in their life, Adolescence is a very crucial period for physical, emotional, mental , social well-being and development. As children grow and reach the adolescence phase, or „teenage“, the brain goes through significant developmental changes, that create behavioral patterns and neural pathways that will last until later in life. The age and gender of the adolescent can also influence their resilience to life changes, as younger teens find an easier time adjusting to these changes and genetics can also come to play a role. These challenges can cause difficulties at school, home and with friends and family, and it is essential that these adolescents receive counselling, and their thoughts and feelings are heard without criticism or judgment, ensuring it is a safe place where one can be honest about their struggles.

Capt. Shweta Singh

Principal

DWPS, Raigarh

Mrs. Sujitha Arun Panikar

Counselor

DWPS, Raigarh



COUNSELLING REPORT ON EFFECTIVE WRITING

Date	9.11.2021
Mode	Online & Offline Classes
Class	VI to IX
School	Delhi World Public School, Raigarh
Purpose	To motivate students in developing their writing skills

Counselling help to recognize and understand about one's talents and abilities, help to develop an optimistic outlook for removal of undesirable traits, it aids to develop resourcefulness and self-direction in adapting to changes in society. Counselling earn recognition through their services rendered in enhancing human happiness by being healthier, more productive, attain valuable lesson and also eliminate later stage problems. The major aim of counselling services is to encourage students' academic, social, emotional and personal development. These are thus, an integral component of education as well. Counselling have become very imperative for young children and schools have a massive role in fetching out the best in children, as at today's time young minds need guidance to polish their personality and also help to attend to the physical, social, psychological, educational and vocational needs of the school students who go a long way to remove impediments of learning.

Writing achieve us with communication and thinking skill writing expresses who are we as people writing make our thinking and make our thinking and learning visible and permanent it fosters our ability to explain and refine our ideas to others and ourselves writing something powerful has the ability to inspire motivate change lives change minds and even change history. Those who write as a creative tool do so to express their creativity thoughts ideas and feelings.

In the month of November, a guidance session was organized for the students in classes VI to IX on the topic effective writing conducted by Professor Rachna Chakarborty Ma'am to motivate them to enhance effective writing techniques. Around 64 students participated in the session.

During the session the guest Counsellor Professor **Rachna Chakarborty** Ma'am showed some new faces of effective writings and their benefits which inspired us with new ideas, tips and tricks.



1. Reading books from library

A library is an important source of knowledge to young minds in school. It develops the important habit of reading among the students. The school library plays a great role in the life of students by serving as the store house of knowledge. It improves brain connectivity, increases once vocabulary and comprehension and prevents cognitive decline. Reading books can enhance the imagination and creativity of students and increase positive thinking.



2. Being a good observant

Observation is a key skill to any writing. Observation is arguably the greatest tool for a writer of any genre. A well written piece allows the reader to see things in their mind as clearly as if they were seeing it with their own eyes. It means the writer has paid attention to certain details rather than glossed over a scene without putting in any efforts to support it.



3. Criticize the story

Criticism also include the ideas to improve one's writing skill that may not have occurred to you, additional a good critic will point out mechanical errors such as grammar and spelling mistakes that slipped in the past . Critics are designed to help writers, not to offend them or make them feel incapable.



4. Eliminate All Distractions

Before you embark on any particular writing task, you must clear all noise from your mind. If that means going in a quiet room, turning off your phone, or locking yourself in a closet with just your laptop, then do it! This is often one of the biggest hurdles of writing. People who don't make time to write can't actually write anything



5. Think of What You Want To Write

Map out exactly what you want to write about in your head. Have a good idea about a topic, a theme, and a point that you want to make. You're not writing anything just yet, but come up with a plan about what subject you want to write about before you do anything else.



6. Brainstorm All Your Ideas Out

Now you can begin the actual writing process. Either take a pen and a piece of paper or just open up your word processor on your computer and begin. The brainstorming process simply jot out points to cover in your writing. When you have a bunch of points written out, no matter how arbitrary, you are done with this step.



7. Do Not Try To Make Things Pretty—Just Write!

Continue doing this until you finish. Do not stop and try to make things pretty or fix little spelling errors or mistakes. This only slows you down and messes up the natural flow. This is the trick to finishing things. Many people get distracted and then stop because they become so overwhelmed by trying to make everything perfect. Do not do this!



Activity: Write And Pass

Topic: Writing Skills

Empowerment Lesson Video: Developing Writing Skills

Supplies:

Sheets of notebook paper

Pencils

Video Discussion:

Talk with students about how the ability to write well is a great communication tool they can put to use no matter what career they choose. Invite students to make a list of the joys and challenges of learning to write well.

Activity Instructions:

After watching the video *Developing Writing Skills*,

Each student starts with a blank piece of notebook paper. Give them a set time to write an opening scene of a story before time runs out. When time is up, each student must cover their portion of the writing and pass it on to the next student, who will continue the story a little further. Continue this process until the papers have reached their original writer or until you instruct them to stop. Then, have each student read aloud the final version to see what crazy adventure their story became.

Observation:

During this process students felt fun to add on to someone else's work, as their story went to different direction than they had planned. This activity also gave students a sense of team work.

Conclusion:

The activity was great fun and students actively participated.

“A poor craftsman blames their tools.”

If you’ve heard some version of this phrase, you might feel guilty when looking for writing tools. But even seasoned writers need the inspiration and environment to keep them writing. Pulling up to the keyboard every day is not easy, but finding the right tool can make it productive and satisfying. If you can find the writing apps, tools, and resources to help you create great copy, you may thank yourself when it’s time to edit. Here are a few of our favourites, broken down by how you can use them.

Top 5 Writing Tools for Writers

1 Microsoft Word: Microsoft Office also has an established word processor in Microsoft Word. As one of the early word processors, Microsoft Word probably has the most variety in formatting options. So if you need to write a longer document with many sections or headers, Word has you covered.

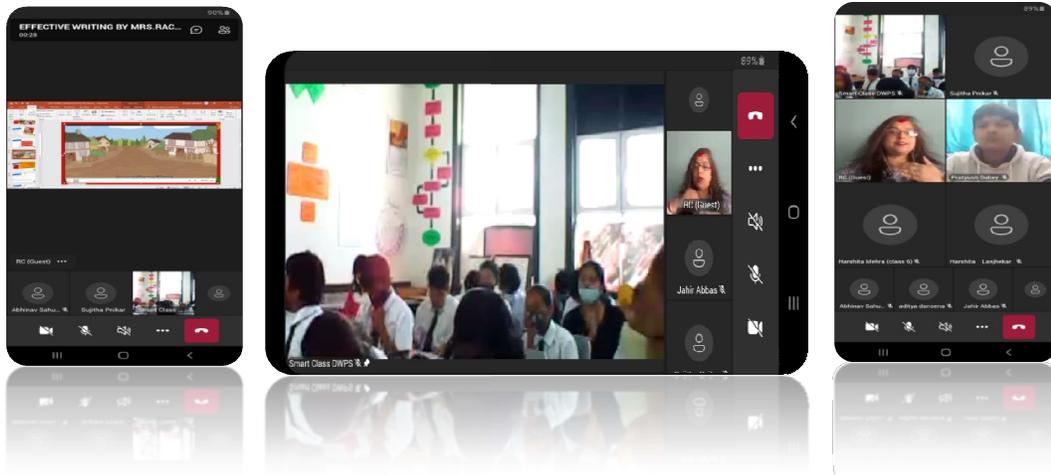
2 Grammarly: Grammarly’s products do more than identify grammar and spelling mistakes; they also offer detailed writing enhancements focused on clarity, conciseness, and tone. You can install Grammarly as an extension for Chrome, Safari, or Firefox web browsers for free, or check longer pieces of writing in Grammarly’s online editor. Grammarly Premium, a paid service, provides deeper writing feedback, detects plagiarism, and offers style and vocabulary enhancements.

3 Twords: Twords describes itself as “the web app that nudges you to write.” The app operates based on three principles—awareness, accountability, and consistency. Twords makes you aware of your writing habits by tracking how much you write each day and month. “Accountability buddies” notify you when you miss several days of writing. If you get writer’s block, you can consult a library of prompts, set a timer to challenge yourself to write for a specific amount of time, or read an article about the habits of successful authors.

4 Evernote: Evernote is a software program that syncs digital items across all your devices. For example, suppose you are at the office and you want to consult a website that you viewed on your desktop last night at home. Or you are at the gym and you want to access a photograph or an email, but all you have is your Smartphone. You can set up Evernote to monitor certain folders on your computers. Anything that you add to the folder is accessible from all your tech gadgets. You can even search your notes if you don’t remember where you saved something.

5 Google Docs: Google Docs is a well-known online word processor. Its collaboration and organization features can help you write a draft of your short story and share it with a few friends for comments, for example. Google Docs allows you to store your documents in Google Drive, which allows you to access your documents from anywhere.

Pictorial View of the Session:



There are some important skills that students have to learn as they go from one state to another in their academics. These skills are taught in our school. Among all these skills writing is undeniable one of the most important skill that every student must be perfect. Writing as a skill itself offers the student the opportunity to simultaneously catch on to many other vital facilities that can help them succeed in their academics career and also in other relevant aspect of their lives. But sadly however many students do not seem to understand the importance of writing in their lives. This is why the school organized and counselling session for students on effective writing Conducted by Professor **Rachna Chakrabarti** Ma'am.

Principal

Capt. Shweta Singh
DWPS,Raigarh

Councillor

Sujitha Arun Panikar
DWPS,Raigarh



Counselling Report on Self care

Date	30.10.2021
Mode	Online Classes
Class	III to V
School	Delhi World Public School , Raigarh
Purpose	To motivate students in developing their personal hygiene

The purpose of counselling provides emphasis and strength to the educational program. The major aim of Counseling Sessions is to encourage students' academic, social, emotional and personal development. To reach this aim, counseling session's help students get to know they better and find effective solutions to their daily problems.

They also help students improve themselves in all areas and be full-functioning individuals. Counselors monitor students' development and according to their needs they give students necessary support such as helping them to understand themselves and their needs, to solve their problems, to make realistic decisions, to improve their abilities and skills, and to adjust themselves and their environment in a healthy way.

Schools can also provide basic self-care guidance, which is an ongoing practice and describes the action that an individual might take in order to reach optimal physical and mental health. It is beneficial to teach children about the importance of self-care at an early age as self care refers to activities that an individual engage in to relax and attain better physical, mental, and emotional well-being.

When children practice self-help skills, it boosts their confidence. Teaching children to be self-sufficient is a gradual process and encourage young children to start taking responsibilities for themselves that reduces their stress and promote their confidence, independence and self-esteem.

In the month of October, a guidance session was organized for the students in classes III, IV & V. to motivate them to enhance self care techniques. Around 75 students participated in the session and it was conducted in two phases.

Self care does not require a child to take out a huge chunk of time from their busy day, So, We've developed a list of self help skills.

Organize yourself

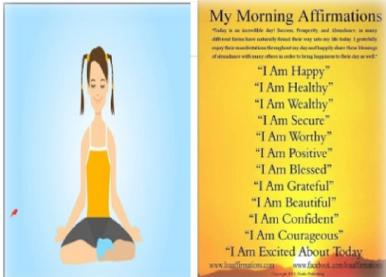


A child being organized makes everything trouble-free. It is also helpful for parents as well. The better organization will mean that one is prepared to manage his daily activities and can increase productivity.

Maintain your hygiene



Good personal hygiene also boosts confidence by dealing with problems like bad breath or body odor. For children, the basics of good personal hygiene are brushing teeth twice a day, wearing clean clothes, washing hands, bathing daily, trimming nails etc.



Affirmations are positive statements that can help one to overcome on negative thoughts. It is very powerful because they release one from negativity, fear and worry .when these affirmation are repeated over and over again, they begin to take charge on your thoughts, slowly changing your patterns of thinking and ultimately changing your life.

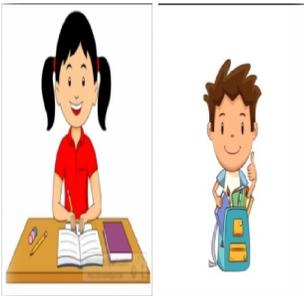
CULTIVATE INTERESTS AND HOBBIES



Hobbies helps a child build both time-bound & manner. Hobbies keep one occupied & are always great for learning social skills. Having hobbies will help a child to build confidence, make friends, develop team building skills & gain attention to details.



Do your work on your own



Children who are left to work through problems and tasks independently are then given ownership of their learning and they gain the ability to self-motivate as well as developing independent problem solving strategies. Individualized learning essentially allows students to learn at their own pace with teacher direction.

Encourage journaling and writing



Journaling helps students to be less restrained when expressing themselves. It also gives students time to organize their thoughts and prepare responses, which can give them the extra confidence they need to participate in classroom discussions. Journaling is also a way for teachers to learn more about their students.

Benefits of Self-Care

- Being at your best
- Maximizing your potential
- Improving your quality of life
- Increasing your physical and mental resources to deal with stressors

Pictorial view of the Session



Self-care is a sustainable and holistic investment in our minds and bodies. It includes taking good care of our physical health, most notably by eating healthily, exercising, and sleeping well. But it also entails looking after our minds and emotions, which can take the form of setting time aside for activities that nourish our spirits and learning to understand how we can best replenish our energies. If we do not practice basic self-care, we may quite simply burn out. The worse we take of ourselves, the less we will have to give; from an empty cup, we cannot pour. It is so important to take time for yourself & the most important relationship is the one you have with yourself.

Each and every aspect mentioned above was explained in simplest term as per the age and level of understanding of the student. Students freely expressed their queries related to the topics. Students enthusiastically interacted and interestingly participated in the session conducted.

Capt. Shweta Singh
Principal
DWPS Raigarh

Mrs. Sujitha Panikar
Counselor
DWPS Raigarh



REPORT ON COUNSELING SESSION

Date	02.08.2021 to 07.08.2021
Mode	Online Classes
Purpose -	To motivate students in developing their personal hygiene

Counseling Sessions present professional, systematic and psychological help to the students at **DWPS Raigarh**.

The major aim of Counseling Sessions is to encourage students' academic, social, emotional and personal development. To reach this aim, counseling session's help students get to know themselves better and find effective solutions to their daily problems.

They also help students improve themselves in all areas and be full-functioning individuals. Counselors monitor students' development and according to their needs they give students necessary support such as helping them to understand themselves and their needs, to solve their problems, to make realistic decisions, to improve their abilities and skills, and to adjust themselves and their environment in a healthy way.

The purpose of guidance and counselling provide emphasis and strength to the educational program. The major goals of counselling are to promote personal growth and to prepare students to become motivated and responsible citizens.

Schools can also provide basic hygiene guidelines where good hygiene habits can be taught to students at an early age. In the month of September, a counselling session was organized for the students in classes III, IV & V. to motivate them in developing their personal hygiene. Around 75 students participated in the session and it was conducted in two phases.

Phase 1: Introduction on Personal hygiene through interesting activities

The first phase of the session was conducted by **Mrs. Amrita Pandey**, EVS teacher. In this phase students were introduced to maintaining personal hygiene through interesting activities. The teacher interacted with the children throughout the session and explained them the importance of personal hygiene with age appropriate activities.

Class -II Sneezing emojis and happy and sad teeth.



Class -III Teeth crown



Class- IV Give me high five



Class- V Hygiene kit



One week survey report conducted by **Mrs. Sujitha Panikar (Counselor)** on following topics

Enter your name here	1. Brushing my teeth every day is important because	2. Wearing clean clothes is important because	3. Showering every day is important because	4. Washing my hands when they're dirty is important because
Aarav Panikar	It protects from tooth decay	It protects us from germs and make us look smart	It protects me from germs and make me smell good	It helps to prevent the spread of the germs
Ayushman Rout	it is important because my teeth clean and safe from bacteria.	Wearing clean clothes is important because we are save our skin from dust.	Showering every day is important because relax our body and mind .	Washing my hands when they're dirty is important because it protects from bacteria .
Inaya Fatima	Its kill bacterial germs & keep gum healthy	Protect our skin from infection & look fresh	Clean our body & not come bad odors'	Kill virus & dirt
Prince Nayak	Keeps my teeth healthy and strong	Smells good, looks good	Feels energetic and clean	It makes my hand clean and germ free
Saanvi Thakur	Bacteria free	Protected from diseases	Clean and healthy	Germ free
Ashwika Krishna Sahoo	Because brushing teeth remove germs that are coming from the meals.	Wearing clean clothes is important so we can be safe from germs.	Showering every day is important because germs in hair so shower removes germs .	Washing hands is important because germs can be killed when we put soap in hands and washing hands is fun.
Pearl Motwani	It keeps my teeth healthy and strong.	To look smart .	It cleans my body and feels me refresh.	It cleans my hands and germs free.



Phase 2 : Coughing and Sneezing activity

The second phase of the session was conducted by **Mrs Sujitha Panikar** Counselor of the school. In this phase students were informed about spreading of germs through coughing and sneezing. Coughing and sneezing are a body's natural reaction to an allergy or infection. But since they can potentially transmit the disease to another person, we must not forget to follow cough and sneeze manners. It is the duty of each of us to ensure that an infection that we have does not get passed on to anyone else. It is alright to argue that we may not voluntarily transfer an infection further. And that it is airborne etc.

But there is a hygiene-related protocol in place that says we can follow certain cleanliness steps when we suffer from cough, cold or fever. It is our social, moral and human responsibility to prevent passing on respiratory infections like cold and flu to other people.

The Counselor interacted with the children throughout the session and explained the causes of coughing and sneezing and how one can prevent the spreading of coughing and sneezing.

Following techniques were used:-

1. PowerPoint slideshow
2. Videos
3. Experiment on germs spread while sneezing.
(A) With Mask (B) Without Mask
4. Quizzes on personal hygiene



SNEEZING

A sudden blast of air or mucus expelled from the mouth and nose.



We Should never Sneeze or cough straight to any one.



We should always wear a mask in public place to protect ourself.

Experiment on Coughing and Sneezing

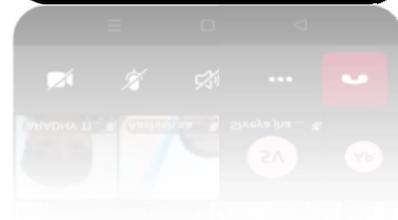
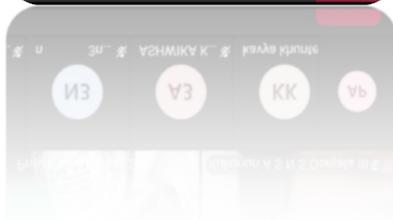
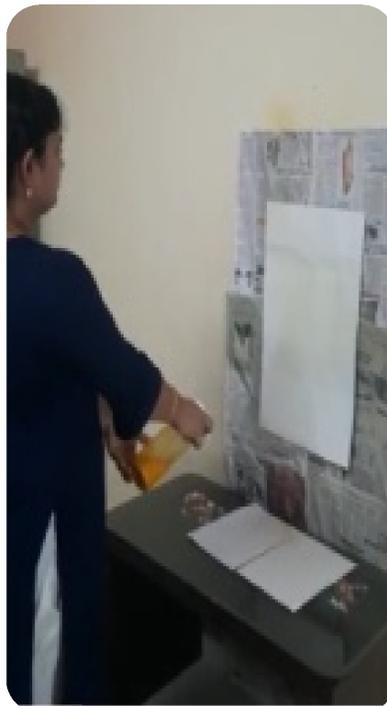
Aim:- To study observation following materials were required :

1. Spray Bottle
2. Colourful Water
3. White Paper
4. Tissue Paper/
Handkerchief/
Mask
5. Old News Paper

Procedure:- Fill colourful water in a spray bottle, paste some old newspaper on the wall and paste white paper on that newspaper. So, that your wall does not get dirty while doing the experiment. Now spray the colourful water on the white paper through the spray bottle without using any mask, tissue or handkerchief. Repeat spraying the water using mask, tissue or handkerchief and observe the result

Observation: Without mask, water droplets were seen on the paper and not on the ground, but, while using a mask all the droplets were seen only on the tissue and not on the paper or ground.

Result:- Mask protects from spreading of germs while coughing or sneezing.



Each and every aspect mentioned above was explained in simplest term as per the age and level of understanding of the student. Students freely expressed their queries related to the topics. Students enthusiastically interacted and interestingly participated in all the activities conducted.

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