

Report : Special Counselling Session for Classes IX-X

Topic - Role of character building in the academic journey of students

Venue - Auditorium

Purpose - To motivate students in developing ethical, moral and lawful behavioural standards

On 24th September 2024 a specialized counselling session was conducted by our honourable Principal, Sri. R.K. Trivedi sir for classes IX-X with the purpose of fostering value development and character building .

Key Points

- Self reviewing one's behaviour /actions in terms of ethical / moral /legal standards.
- Being selective in choosing limited as well as positive peer group.
- Gender sensitivity and mutual respect among the male/female students.
- Appropriate and socially acceptable style of communication (language / gestures)
- Female students to be vigilant, psychologically strong and prompt in responding to immediately stop inappropriate behaviours / gestures displayed by any male member.
- Strict adherence to the code of conduct ./ disciplinary guidelines
- Absolute intolerance to behaviours like bullying/threatening/harassing etc in school premises / buses.
- Restricted and responsible use of digital gadgets /social media platforms
- Failure in adhering to school rules/ regulations/CBSE bylaws would invite strong disciplinary actions (withdrawal of bus facility / suspension etc)
- Importance of performance (marks/rank) in terms selection in premier institutes
- Being attentive in classrooms and maintaining class notes sincerely.
- Preparing self improvement plans based on feedback of PT -2 / Half Yearly Exam
- Daily activity scheduling for optimal utilization of available resources

The above mentioned aspects were explained using school environment based situation relevant examples

Interaction with students

Students were asked a few general awareness based questions and encouraged to share their queries regarding the topics discussed during the session. Nearly 900 students attended the ses

Sujata Banerjee
Counsellor

Pictorial Evidence



Report : Special Counselling Session for Classes IX-X

- Topic** - Role of character building in the academic journey of students
- Venue** - Auditorium
- Purpose** - To motivate students in making healthy life choices and develop into ethically strong and law abiding citizens.

On 24th September 2024 a specialized counselling session was conducted by our honourable Principal, Sri. R.K. Trivedi sir for classes VI- VIII with the purpose of fostering value development and character building .

Key Points

- **Food Safety:** health hazards associated with the use of chemical pesticides and preservatives in food which are consumed daily
- Being **selective** in choosing **limited** as well as **positive peer group**.
- **Gender sensitivity** and **mutual respect** among the male/female students.
- **Appropriate** and **socially acceptable** style of **communication** (language / gestures)
- **Female students** to be **vigilant, psychologically strong** and **prompt** in **responding** to immediately **stop inappropriate behaviours / gestures** displayed by any male member.
- **Strict adherence** to the code of **conduct / disciplinary guidelines**
- **Absolute intolerance** to behaviours like **bullying/threatening/harassing** etc in school premises / buses.
- **Restricted and responsible use** of **digital gadgets /social media** platforms
- **Failure in adhering** to **school rules/ regulations/CBSE bylaws** would invite strong **disciplinary actions** (withdrawal of bus facility / suspension etc)
- Being **attentive** in **classrooms** and **maintaining** class **notes sincerely**.
- **Daily activity scheduling** for **optimal utilization** of **available resources**

The above mentioned aspects were **explained** using school environment based **situation relevant examples**

Interaction with students

Students were asked a few **general awareness based questions** and **encouraged to share** their queries regarding the topics discussed during the session. **Nearly 1450 students** attended the session.

Sujata Banerjee
Counsellor

Pictorial Evidence



OPJS/QMS/Report/24-25

Report : Counselling Session by School Principal (Class XI)

Topics - Healthy Lifestyle / Communication and Body Language /Academic Development

Venue - Auditorium

Purpose - to encourage students in adopting healthy lifestyle, appropriate communication styles and academic skills .

On 30th September 2024, a counselling session was **conducted** by our honourable **Principal Sir** to motivate students (**class XI**) for adopting healthy living practices ,appropriate language / gestures and develop their academic skills.

Session Points :

Adopting Healthy Lifestyle

- ✓ Healthy dietary choices /proper manner of food intake
- ✓ Adverse effects of taking protein supplements
- ✓ Health hazards associated with intake of food containing chemical preservatives/ pesticides /colours
- ✓ Maintaining proper sleeping regime (preferably 48 hours per week)
- ✓ Age appropriate aerobic and stretching exercises
- ✓ Impact of unhealthy lifestyle upon major organ systems

Appropriate Communication / Body Language

- ✓ Acquiring right posture while sitting / standing walking etc
- ✓ Appropriate language for communication
- ✓ Abstaining from the use of abusive words / expressions in school and outside
- ✓ Encouraging classmates / peers to improve communication skills

Academic Development

- Adopting the habit of **solving questions (objective / subjective) daily**
- **Benefits of writing questions while solving/practicing questions in Biology**
- **Three options for Vacation Homework to be submitted on 5th November 2024**
 - a. Objectives :25 questions per day
 - b. Subjective :15 questions per day
 - c. Mixed : 20 objective questions and 8 subjective questions per day

Interaction with students

Students were **encouraged** to **share** their **queries** regarding the **topics being shared**, **Principal sir responded** to each of them.

The session was attended by **nearly 350 members**.

Sujata Banerjee
Counsellor

Pictorial Evidence



OPJS/QMS/Report/24-25

Report : Health Awareness Session (British Council Activity)

Topics - Food Safety Drive

Venue - T and D Centre

Purpose -To generate awareness about the meaning and importance of food safety.

On 29th August 2024, a **Health and Wellness** session was organized as a part of **British Council RIDS Activity 7** for a **selective group of students** in classes **IX and XI (Agriculture Group)**. The session was jointly **conducted** by the **School Doctor** and the **Counsellor**. The **following aspect** were explained related to food safety.

Key Points of the Session

- ✓ Food Safety ; meaning and importance
- ✓ Food Security / Food Safety /Food Quality
- ✓ Food Contaminant
- ✓ Biological/ Physical /Chemical Contaminant
- ✓ Practices to ensure food safety at home
- ✓ Compliance assessment in food industry
- ✓ Food Safety in agriculture
- ✓ Food safety in storehouses
- ✓ Guidelines for consumers to ensure food safety

Activities

Group discussion on value based questions were conducted in order to **actively involve** the students in the **teaching- learning process**.

Closure

The session was **wonderfully summarized** by **Mrs. Sujata Singh** .She **advised students** for making **conscious / healthy life choices** .The session was attended by **nearly 95** enthusiastic students .

Sujata Banerjee
Counsellor

Pictorial Evidences



PROGRAMME OF THE DAY	
(29.08.2024, Thursday)	
BRITISH COUNCIL ACTIVITY SESSION ON FOOD SAFETY	
Classes	: IX - D, XI B & G (Agriculture students)
Timing	: 7:10 AM to 8:00 AM
Venue	: T&D Centre
Responsibility	: SJS, MTR, SFR, SBN
NOTE:	
(1) CTs will escort the students to T&D immediately after the attendance at 7:05 AM.	
(2) STs having first period will join the session.	
CELEBRATION OF NATIONAL SPORTS DAY	
Classes	: VI-XII (Only selected students of different Sports)
Timing	: 7:10 AM to 8:30 AM
Venue	: Ekavya Gate
Responsibility	: SP & Team of Sports Teachers
NOTE: Teachers those who are free in the first period are requested to attend the celebration of National Sports Day.	
INTER HOUSE COMPUTER PROGRAMMING COMPETITION	
Classes	: XI-XII
Timing	: 10:50 AM to 12:15 PM
Venue	: Lab - 4
Responsibility	: SHJ
NOTE: Participants are requested to report 5 minutes before the scheduled time at the allotted venue.	
DE-WORMING PROGRAMME	
Classes	: Nursery-XII
Venue	: Classroom
Responsibility	: School Health Department & CTs/CRs
NOTE: Medicine will be administered after recess (CTs period) in PPW, MW & SW and in the 6 th period (CTs period) in PW.	
OPJS-R	

