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CG & AC/38702/2016/HSE

Dated: 07/12/2016

Circular

Sub: Souhrida Club:- Guidelines for conducting Know Thyself (Reproductive Health & Mental Health) & Amma Ariyan Classes-reg.

Ref: G.O (Rt) 2912/2016 Gl. Edn. dated: 06/09/2016.

Adolescent counseling and Health Care Programme is a unique, novel and innovative programme conceived and launched by the Department of Higher Secondary Education. This programme is implemented in schools through Souhrida Clubs. At present 1202 Souhrida Clubs are functioning in the State. As part of the Souhrida Club programmes such as Know Thyself, Amma Ariyan and Special Programme on Life Skills have to be conducted in schools. Principals of these Schools are **strictly directed to adhere to the following guidelines** while implementing the KNOW THYSELF Programme under Souhrida Club in the schools.

1. **KNOW THY SELF** –Health related awareness classes should be conducted in the school as part of KNOW THY SELF Programme. Classes on **Reproductive Health** and **Mental Health** should be conducted to **FIRST YEAR** students.

Two FIRST YEAR classes should be combined for taking one AWARENESS CLASS. An amount of Rs. 2000/- is earmarked for conducting one class. Amount can be utilized for providing honorarium to faculty and for meeting other expenses. Fund will be allotted to schools on the basis of the number of batches in the school.

2. Class on Reproductive Health should be handled by a gynecologist. If gynecologist is not available for taking class, a medical doctor who can handle the subject can be engaged for the class.
3. The Class on Mental Health of Adolescents should be handled by a Psychiatrist or a Clinical Psychologist
4. **Gynecologist Association of India** has agreed to associate with the Know Thyself Programme. List of Gynecologists who have agreed to take classes on Reproductive Health in schools are forwarded by **Gynecologist Association of India** is attached. Principals can avail the service of the doctors from the given list (**Annexure-1**)
5. National Health Mission has also agreed to associate with Higher Secondary Education by providing faculty for Know Thyself Programme of Souhrida Club. List of Adolescent Health Clinics in each district is given. Principals can utilize the service of doctors and counselors for taking class on Reproductive Health and Mental Health. (**Annexure-2**)

6. In order to face the shortage of faculty for conducting classes in schools, department have trained teachers to serve as faculty for Reproductive Health, Mental Health and Amma Ariyan. 87 teachers(**Annexure -3**)have been identified as special faculty members for the Souhrida School level programmes and given training at **CHILD DEVELOPMENT CENTRE**, Medical College, Thiruvananthapuram. They are permitted to take classes on Reproductive Health, Mental Health and AmmaAriyan related to Souhrida Clubs on schools on following conditions.
 - a. Each Special Faculty Member is allowed to take only two classes related to Souhrida Club in one school.
 - b. Maximum Ten Classes can be handled by a Special Faculty.**
 - c. Principals are directed to relieve the selected special faculty members for taking class in other schools on written request of the Special Faculty Member. After the session, they have to submit duty certificate issued by the Principal of the school that they have taken the class.
 - d. Principals of the Schools where selected special faculty members are working may sanction half day as other duty (OD) for taking one class. Maximum number of days that can be allowed by the Principal for taking class is five for ten classes. Principals are directed not to sanction more than five days as other duty to trained teachers for taking classes on KNOW THYSELF in other schools. Any case of sanctioning more than 5 days other duty to any teacher by the Principal will be viewed seriously.**
 - e. Only trained teachers whose list given as annexure-3 shall be granted other duty for taking classes. No other teachers should be sanctioned other duty for taking Know Thyself Classes in other schools.**
 - f. Principal should grant other duty for trained teachers only for taking class related to Souhrida Club. No other duty should be sanctioned for taking other classes.
 - g. Special Faculty Members are eligible only for TA/DA as per KSR.**
7. In the case of classes related to Reproductive Health preference should be given to medical doctors as faculty. **Trained teacher can be engaged only if medical doctor is not available for taking class in the school.**
8. In the case of classes related to Mental Health preference should be given to Psychiatrists and clinical Psychologists. Trained teachers can be engaged only if Psychiatrists and Psychologists are not available for taking class in the school.
9. Instances are reported from some schools that Principals have engaged untrained HSSTs for taking classes on Reproductive Health, Mental Health and Amma Ariyan. Principals are warned that only professionals (Medical doctors/Psychiatrists/ Clinical Psychologists or teachers trained by Directorate of Higher Secondary Education (included in the attached list) are taking classes for KNOW THYSELF. The expense related to classes taken by untrained faculties will be objected.
10. After the class of Reproductive Health and Mental Health, post class evaluation should be made. Souhrida Co-ordinator should collect the Post Evaluation Schedule, given as **Annexure-4** for class on Reproductive Health and **Annexure 05** for class on Mental Health class from a minimum number of 10 students after each class. Souhrida Co-ordinator and Principal should countersign the Post Evaluation Schedule and submit it before the audit team of the department or Accountant General at the time of audit. **Expenditure for conducting class not supported with the feedback form duly filled by students will not be considered as valid.**

11. **AMMA ARIYAN** should be conducted in the school for the mothers of the first year students. A medical doctor or any other person who can discuss the adolescent issues which needs attention of the mothers has to be engaged for taking class. The programme in general should focus on Adolescent Parenting .Programme should be conducted with the full support of the PTA. An amount of Rs. 2500/- will be allotted to each school for the conduct of the programme.
12. Modules for Classes of Reproductive Health (**Annexure -06**), Mental Health (**Annexure -07**) and Amma Ariyan (**Annexure -8**) are attached herewith. Souhrida Co-ordinator should provide the module to the faculty in advance and ensure that all the areas in the module are covered in the class.
13. After the conduct of the class (KNOW THYSELF AND AMMA ARIYAN) a detailed Report have to be made in the Activity Register.

Sd/-
DIRECTOR

Annexure-1

Faculty for taking class on Reproductive Health

Alappuzha	
Dr. Lalithambika	9447048461
Kottayam	
Dr. Sathi MS	9447283773
Dr. Lekshmi Ammal P	9446340383
Idukki	
Dr. Agnes Mathew	9497508674
Ernakulam	
Dr. Gracy Thomas	9847193596
Kozhikode	
Dr. Smitha Santhosh	9847952940
Trichur	
Dr .Jyothi Mary Jose	9447785900
Dr. Lola Ramachandran	9447226112
Wayanad	
Dr. Omana Madhusoodanan	9447120102
Dr. Shivakumar	7025345103
Kannur	
Dr. Sindhu Prashanth :	Mattanur944631031 6
Dr. Suchitra Sudhir :	Mattanur 9400955777
Dr .Cynthia:	Kannur town 9947560089
Dr. Beena K	Kannur Town 9895756610
Dr .Mini	Tellicherry 9495645134
Dr. Balamani	Payyanur 9446425957
Kasargode.	
Dr. Krishnakumari	8281377811
Dr. Sasirekha	9447449551
Dr. Nebissa	9496955993

Annexure 2

Faculty for taking class on Mental Health, Reproductive Health and Amma Ariyan

Details of Trained pool					
District :Trivandrum					
Sl No	Name of Trained Medical officer	Designation	Institution	Mobile No	Email Id
1	Dr.Arun	Medical Officer	PHC Veli	9400328438	dr.asvp@yahoo.com
2	Dr.Sheeja	Assistant Surgeon	GH Trivandrum	9846111816	drsheeljohn@gmail.com
3	Dr.Bennet	Peadiatrician	W & C Thycaud	9447230557	wchthycaud@gmail.com
4	Dr.Joy	Medical officer	PHC Kuttichal	9447140405	phckuttichal@gmail.com
5	Dr.Renuka	Gynecologist	W & C Thycaud	9349321276	wchthycaud@gmail.com
6	Dr.Geetha	Gynecologist	SAT Hospital	9846409914	sathospitatvm@gmail.com
7	Dr.John	Dermatologist	CHC Puthenthope	9496889610	chcputhenthope@gmail.com
8	Dr.Sreekanth	Peadiatrician	CHC Manamboor	9496207709	mbrchc@gmail.com
9	Dr.Rongen Sygal	Medical Officer	PHC Veeranakavu	9495190462	phckattakadaold@gmail.com
10	Dr. Sanjeev.S	Medical officer	PHC Kallikadu	9446554285 9745521965	drsanjeevktada@gmail.com
Kollam					
Sl No	Name of Trained Medical officer	Designation	Institution	Mobile No	Email Id
1	Dr Rubaidath	MO	CHC Thrikkadavoor	984711845	
2	Dr Rajani R	MO	PHC Mayyanad	9746233892	
3	Dr Anjali	MO	Sakthikulangara	9447452499	
4	Dr Liji Mol B	MO	CHC Kalakkode	9539759498	
5	Dr Devi P R	MO	THQH Punaloor	9447080888	
6	Dr Shiny S	MO	TH Kadakkal	9946213671	
7	Dr Smitha Nair	MO	CHC Nilamel	9562207318	
8	Dr Ajitha Kumari K B	MO	CHC Kalakkode	9446342469	
9	Dr Aswathy S	MO	TH Neendakara	9447187064	
10	Dr Pushpalatha	MO	CHC Palathara	9447719449	
11	Dr Shaji Lal	MO	THQH Sasthamkottah	9447275198	
12	Dr Phillip Thomas Vaidyar	MO	CHC Sooranad	9846847726	
13	Dr Manjusha I P	MO	CHC Mynagapally	9446354368	
14	Dr Baby Lekha S	MO	VH Kollam	9496740057	
15	Dr Anila G	MO	THQH Kottarakara	9447818500	

16	Dr Biji S	MO	CHC Nedumankavu	9495952428	
17	Dr Padma Kesari	MO	CHC Pathanapuram	9446456296	
18	Dr Jasmin Jacob	MO	CHC Chavara	9447888229	
19	Dr K S Jyothi Lekshmi	MO	PHC Poruvazhy	984631226	
20	Dr Ampili A K	MO	THQH Karunagapally	9447807312	
21	Dr Anjali S	MO	THQH Kottarakara	995877947	
22	Dr Bindu T M	MO	PHC Alappad	9847894688	
23	Dr Minini Gopi	MO	PHC Chathannoor	9846063902	
24	Dr Padma Kumari	MO	CHC Velinelloore	8129744767	
25	Dr Divya Sasi	MO	PHC Ummannoor	9446319460	
26	Dr Anas A K	MO	TH Kadakkal	9447242031	
27	Dr Praveen G L	MO	CHC Anchal	9447799850	
29	Dr Aparna S	MO	CHC Kulathuppuzha	9495678792	
30	Dr Preethy	MO	PHC Perayam	9446172569	
Pathanamthitta					
Sl No	Name of Trained Medical officer	Designation	Institution	Mobile No	Email Id
1	Dr.Janu G	Medical Officer	PHC Kottangal	9745354522	phckottangal@gmail.com
2	DR.Neenu Thomas	Medical Officer	THQH Thiruvalla	9497295388	thqhtvl@gmail.com
3	Dr.Arpana B Suresh	Medical Officer	CHC Ezhumattoor	9446020177	chcezhumattoor@gmail.com
4	Dr.Haseena Jasmine L	Medical Officer	G.H Pathanamthitta	9446197231	ghpathanamthitta@gmail.com
5	Dr.Sherin	Medical Officer	PHC Pramadom	9495547523	phcpramadom@gmail.com
6	Dr.Sinchona L.S	Medical Officer	CHC Enadimangalam	9497619013	chcenadimangalam@gmail.com
7	DR.Niji M.L	Medical Officer	G.H Adoor	9447282772	gshadoor@gmail.com
8	Dr.Anju Mary Varghese	Medical Officer	CHC Elanthoor	9447123114	chcelanthoor@gmail.com
9	Dr.Saira saif	Medical Officer	G.H Adoor	9744355456	gshadoor@gmail.com
10	Dr.Jyothendran S	Medical Officer	PHC Mylapra	9744992021	phcmylapra@gmail.com
11	DR.Abithamol	Medical Officer	PHC Koodal	9961885760	phckoodal@gmail.com
12	Dr.Preeja S	Medical Officer	CHC Chathenkeri	9447552542	chcchathenkery@gmail.com
13	Dr.Devkiran	Medical Officer	PHC Naranammoozhy	8547597455	phcnaranammoozhy@gmail.com
14	Dr.Mohamad Shiji A	Medical Officer	G.H Pathanamthitta	8129036784	ghpathanamthitta@gmail.com
15	Dr.Jijith S Prasad	Medical Officer	THQH Thiruvalla	9496256547	thqhtvl@gmail.com
16	Dr.Sreejith R	Medical Officer	CHC Vechoochira	9496329346	vechoochirachc@gmail.com
17	Dr.Manju	Medical Officer	D.H Kozhenchery	9447219999	dhkpta@gmail.com

	Abraham				
18	Dr.Deepu Hariharan	Medical Officer	D.H Kozhenchery	8547569333	dhkpta@gmail.com
19	Dr.Padmaprasad	Medical Officer	PHC Koodal	8547189851	phckoodal@gmail.com
20	Dr.Rajiv Suku	Medical Officer	PHC Angamoozhi	9447737853	phcangamoozhy@gmail.com
21	Dr.Anish Jose A	Medical Officer	PHC Vallikkodu	9995390654	phcvallikode@gmail.com
Alappuzha					
Sl No	Name of Trained Medical officer	Designation	Institution	Mobile No	Email Id
1	Dr. K A Shahul	CIVIL SURGEON	CHC PERUMBALAM	9495212066	
2	Dr. Jaya J B	ASSISTANT SURGEON	CHC Thrikunnappuzha	9495151219	drjayajb@gmail.com
3	Dr. Anas M	ASSISTANT SURGEON	MCH TRIVANDRUM	8547792255	
4	Dr Amit Rawat	CMO	THQH HARIPAD	9847088626	rawmbbs2001@gmail.com
5	Dr Sujala	Asst.Surgeon	CHC Thrikunnappuzha	947114510	ssujala2013@gmail.com
6	Dr Aruna	Asst.Surgeon	PHC Kumarapuram	9895026785	raj.aruna@rediffmail.com
7	Dr Prema George	ASST SURGEON	CHC EDATHUA	9447463637	premageorge712@gmail.com
8	Dr Sindhu	CIVIL SURGEON	CHC CHEMPUMPURAM	9495951771	sindhuazad@gmail.com
9	Dr Sherly	SUPERINTENDENT	THQH Haripad	9446527760	janakishirley13@gmail.com
10	Dr Deepthy	Junior Consultant	MCH Alappuzha	9895934595	drdeepthyps@gmail.com
11	Dr Baby Sulthana	RMO (ASST SURGEON)	W& C Alappuzha	9496157313	anasalih007@yahoo.co.in
12	Dr Surya Gayathri	CMO	GOVTVICTORIYA HOSPITAL,KOLLAM	9447390502	drsooryag@gmail.com
Kottayam					
Sl No	Name of Trained Medical officer	Designation	Institution	Mobile No	Email Id
1	Dr. Laly P Abraham	Paediatrician	District Hospital, Kottayam	9847912238	
2	Dr. LathaKumari	Gynaecologist	District Hospital, Kottayam	9495200849	
3	Dr. Neetha Paul	Medical Officer	PHC, Madappally, Karukachal block	9447039484	
Idukki					
Sl No	Name of Trained Medical officer	Designation	Institution	Mobile No	Email Id
1	Dr.Sreelatha	Gynecologist	DH Idukki	9446032486	sreelathapraphap@gmail.com
2	Dr.Shinoby Kurian	Chest Physician	DH Idukki	9446113603	shinoby81@gmail.com
Wayanad					

Sl No	Name of Trained Medical officer	Designation	Institution	Mobile No	Email Id
1	Dr. Divyakala	Asst. Surgeon	PHC Vengapally	9495293699	
2	Dr. Rajesh R	Asst. Surgeon	CHC Nalloornadu	9400074300	rajeshramakrishnan032@gmail.com
3	Dr. Tojo p Joy	Asst. Surgeon	CHC Porunnannur	9496470171	tojopamplany@tahoo.com
4	Dr. Ajesh P P	Asst. Surgeon	PHC Kottathara	9446356799	drajeshpp@gmail.com
5	Dr Riya laleet	Asst. Surgeon	PHC Thondernadu	9995370241	riyalaleet12@gmail.com
6	Dr. Sithara A P	Asst. Surgeon	CHC Meenangady	9747086230	sithuarippa@gmail.com
7	Dr. Krishnapriya	Asst. Surgeon	PHC Cheeral	9809952007	krishnapriyasby@gmial.com
8	Dr. Sajna Roy	Asst. Surgeon	PHC Noolpuzh	9496357039	dr.sajnaroy@gmail.com
9	Dr. Mahesh Shanth K	Asst. Surgeon	CHC Periya	9447244303	kunjachanjar@gmail.com
10	Dr. Divya	Asst. Surgeon	PHC Sugandhagiri	9947882204	divyabijoye@gmail.com
Kasaragod					
Sl No	Name of Trained Medical officer	Designation	Institution	Mobile No	Email Id
1	Dr.Muralidhara Nalluraya	DRCHO	DMO(H) Kasaragod	8943341424	rchksrd@gmail.com
2	Dr.Chandramohan	JAMO	DMO(H) Kasaragod	9447286592	docchandramohan@gmail.com
3	Dr.Kunhabdulla	Senior Consultant	DH Kanhangad	9447470635	knghospital@gmail.com
4	Dr.Sureshan.V	Junior Consultant	TH Nileswar	9447217625	chcnileshwar@gmail.com
5	Dr.Abhilash	Junior Consultant	TH Trikaripur	8281463832	thtrikaripur@gmail.com
6	Dr.Mini.K.Unni	Junior Consultant	DH Kanhangad	9847262713 /984691028 0	knghospital@gmail.com

Annexure 3**LIST OF TRAINED FACULTIES FOR CONDUCTING CLASSES ON REPRODUCTIVE HEALTH, MENTAL HEALTH AND AMMA ARIYAN.**

SI.NO	DISTRICT	NAME	SCOOOL CODE	SCHOOL NAME	PHONE NO.
1	TVPM	ASSA RANI.R.S	1035	PSNM GOVT HSS. PEROORKADA	9746688495
2	TVPM	SITHARA.K.M	1019	GOVT HSS GIRLS, MITHRMALA,	9446104595
3	TVPM	SHYLAMMA T.K	1022	GHSS KAMALESWARAM	9446179437
4	TVPM	GEETHAKUMARI B.S	1130	GGHSS PEROORKADA	9447244050
5	TVPM	RAJALEKSHMIA	1025	GHSS BALARAMAPURAM	9446497679
6	TVPM	SOBHARANI S.L	1017	GHSS VETTOOR	9544089166
7	TVPM	REENA D DCRUZ	1002	GGHSS COTTON HILL	8281028436
8	KOLLAM	BINDHU.J.P	2005	GOVT HSS KOTTARAKKARA,	9447057579
9	KOLLAM	JAYASREE. K.B	2018	GOVT HSS ANCHALUMMOODU,	9496196911
10	KOLLAM	MYRTLE MOTHIS	2004	GOVT MODEL BOYS HSS, THEVELLY	9446061954
11	KOLLAM	THADEVOOSE NETTO. Y	2022	GOVT HSS SOORANAD	9946025509
12	KOLLAM	RENI ANTONY	2010	GOVT HSS PUNALUR, KOLLAM	9447037200
13	KOLLAM	PRAMOD.S	2023	GOVT MG HSS CHADAYAMANGALAM	9496404367
14	KOLLAM	SHEEBA .P	2037	AMRUTHA SANSKRIT HSS PARIPPALLY	9496814903
15	KOLLAM	V. LISSY MOLE	2071	BHSS PUNALUR	9496271477
16	PTA	THOMAS.M. DAVID	3001	GOVT BOYS HSS ADOOR	9446666139
17	PTA	JYOTHIS.S	3041	KRPM HSS SEETHATHODU	9495306658
18	PTA	AMBILY.V.P	3049	SVG V HSS, KIDANGANNUR	9745577659
19	PTA	BINDU. G.K	3021	NSS HSS THATTAYIL	9495966360
20	PTA	SUNIL KUMAR.G	3039	NSS BHSS PANDALAM	9447359137
21	ALP	JAYASREE.S	4015	GOVT HSS BUDHANOOR,	9497175494
22	ALP	K.U. PAREETHU KUNJU	4009	GOVT HSS PERUMBALAM	9539760210

23	ALP	RAJU.C	4046	SN HSS SREEKANDESWARAM,	9495441902
24	ALP	PRATHAPACHANDRAN NAIR. R	4051	TD HSS ALAPPUZHA	9447184552
25	ALP	SATHEESHKUMAR.R	4016	KKM GHSS ELIPPAKKULAM	9497360577
26	KTM	DELSON.M. SCARIA	5121	GOVT D.V. HSS KUDAVACHOOR	9446311152
27	KTM	ARUNA.B	5031	MG HSS NADACKAL, ERATTUPETTA	9446860366
28	KTM	FOUSYA. BEEVI.K.M	5031	MG HSS NADACKAL, ERATTUPETTA	9495688957
29	KTM	MINI DAS	5045	CMS HSS MELUKAVU, KTM	9446859975
30	KTM	SHYNIKURIEN	5035	ST.MARY'S HSS MANARCAD	9895491919
31	KTM	RESHMI K.R	5021	G HSS THIRUVANVADOOR	9747714232
32	KTM	GEETHA GEORGE THOTTAM	5048	VISWABHARATHY SNHSS NEEZHOOR	9447809058
33	IDUKKI	LALY SEBASTIAN	6036	ST PHILOMENA'S HSS UPPUATHARA	9446223465
34	IDUKKI	SUJATA MENON	6028	NSS HSS KOOTTAR	8547327079
35	IDUKKI	DOLY JOSEPH	6035	ST. JEROME'S HSS VELLAYAMKUDY	9446610345
36	EKM	MANOJ .N. PAUL	7089	ST PETER'S HSS KOLENCHERY,	9497772553
37	EKM	NESSY.P.J	7073	ST MARY'S CG HSS, EKM	9495045264
38	EKM	RIGI PAULOSE	7166	GOVT HSS MANEED,	9995616338
39	EKM	SAIRABANU P.A	7044	SM HSS GOWREESWARAM	9446061043
40	EKM	PREETHA .L	7153	GHSS MANNATHOOR	9400889258
41	EKM	DR. V SANAL KUMAR	7038	JAYAKERALAM HSS PULLUVAZHY	9447874283
42	TCR	ELIZABETH TERESIA	8025	GOVT HSS IRANIKULAM	9847953173
43	TCR	RAJESWARY.K	8034	GOVT HSS AYYANTHOL	9497602366
44	TCR	SHEEBA JOSE	8004	GOVT HSS KANDASSANKADAVU	9447385568
45	TCR	JAIRAM SANTHOSH. A.K	8133	GOVT HSS KADAVALLUR	9495503266
46	TCR	SAJANA HUSSAIN.A.M	8083	ALEEMUL ISLAM HSS PADOOR,	9526902607
47	TCR	K.UMADEVI	8031	GOVT.NALANDA HSS KIZHUPPILIKKARA	9847675060
48	TCR	SARITHA T.S	8126	MARM GHSS SANTHIPURAM	9526796178

49	TCR	SUSHITHA N.K	8068	HDPSHSS EDATHIRINJI	9961230068
50	PKD	BINU.T.A	9139	KPRP HSS KANGAD	9946155050
51	PKD	SAMEERA.P.P	9084	GOVT HSS CHUNDAMBATTA,	9526298949
52	PKD	SEMEERA .K	9138	HSS KERALASSERY	9446540853
53	PKD	ARAVINDAKSHAN .P	9142	PARUDUR HSS PALLIPPURAM	9446823319
54	KKD	MUHAMMED RIYAS CHALIL	10009	GHSS MAVOOR,	9446782766
55	KKD	ROY THOMAS.P X	10099	GOVT HSS NARIKKUNI	9946563894
56	KKD	AMBILY.R.K	10177	KADATHANAD RAJAS HSS , PURAMERI	9495883497
57	KKD	SUBASH KUMAR.A	10093	GB HSS KOYILANDY,	9847669796
58	KKD	NOUSHAD P.M	10058	UMBICHYHAJEE HSS CHALIYAM	9496815462
59	KKD	RASHEED M.V	10053	MIM HSS PERODE	9947522824
60	KKD	JISHAD O.K	10101	GHSS KARUVANPOYIL	9446391619 9846841619
61	KKD	RASHEED P.P	10104	GHSS SIVAPURAM	9495369033
62	KKD	M.P MUHAMMED ALI	10169	MARKAZ GHSS KARANTHUR	9496671182
63	MLP	SUJA.T.V	11043	VALANCHERY HSS	9846580103
64	MLP	GIRIJA.P.S	11067	BROTHERS HSS, MAVANDIYUR	9447437023
65	MLP	SUMITHA.K	11232	DU HSS PANAKKAD	9400790293
66	MLP	ANIL KUMAR. V	11009	GOVT HSS MOOTHEATHU,	9497148011
67	MLP	FIROZ KHAN UZHUNNAN	11079	JNR HSS EDAVANNA	9744448259
68	MLP	NOUSHAD PULIKKAL	11228	IOHSS EDAVANNA	9605320446
69	MLP	YUSUF .K	11053	DHOHSS POOKKARATHARA	9447639791
70	MLP	SIJU .K	11041	NNM HSS CHELEMBRA	9446669543
71	WYD	ABDUL SAMAD P.K	12013	GVHSS AMBALAVAYAL	9447480481
72	KNR	SHERIN JOSEPH	13034	GOVT HS CHERUKUNNU,	9495744541
73	KNR	ANITHA KOONTHANAM	13150	CHAPPARAPADAVA HSS ,	9497861889
74	KNR	REEJA.R	13124	GOVT HSS AZHIKODE	9495261997

75	KNR	A. BINDU	13131	GOVT HSS FOR GIRLS, MADAYI,	9447960757
76	KNR	DR. ANITHA.S	13043	G V HSS KATHIRUR, KANNUR	9446845818
77	KNR	SAJEEV.O	13146	RAJEEV GANDHI MEMORIAL HSS MOKERI	9961446144
78	KNR	SR. MOLY JOSEPH	13065	ST SEBASTIAN'S HSS VELIMANNAN	9544116947
79	KNR	SUNDAS.K	13095	GOVT CITY HSS, KANNUR	9895618159
80	KNR	VALSAMMA.K.V	13041	GOVT HSS ARALAM	9946289033
81	KNR	BEENA .P	13170	SIR SYED HSS THALIPARAMBA	8547514551
82	KNR	RAJESH C.K	13123	GHSS PARAPOYIL	9495772756
83	KNR	SHAJU K.C	13007	GHSS MANATHANA	9447495325
84	KSD	BIJU JOSEPH	14052	GOVT HSS BETHOORPARA,	9539935026
85	KSD	PUSHPALATHA.C	14023	CHATTANCHAL HSS THEKKIL,	9447692750
86	KSD	GEETHA .G . THOPPIL	14043	GOVT HSS KASARAGOD,	9447693201
87	KSD	ANISHBABU V.B	14049	GHSS HOSDURG	9446169675

Annexure -4

**DIRECTORATE OF HIGHER SECONDARY EDUCATION
CAREER GUIDANCE & ADOLESCENT COUNSELLING CELL
Evaluation Schedule on Reproductive Health Class - Girls**

Date of Class :
Name of Faculty :
Name of Student :
Class :

1. **PCOD** യുടെ ലക്ഷണങ്ങൾ എന്തെല്ലാം ?
2. **Iron** അടങ്ങിയ ആഹാര സാധനങ്ങൾ എന്തെല്ലാം ?
3. **BMI** എന്നാൽ എന്ത് ?
4. **STD** എന്നാൽ എന്ത് ? രണ്ട് ഉദാഹരണങ്ങൾ എഴുതുക ?
5. **Rubella Vaccine** എടുക്കേണ്ടതെന്തിന് ?
6. വെള്ളപ്പോക്ക് ഒരു അസുഖം ആണോ? ഡോക്ടറെ കാണേണ്ടതെപ്പോൾ?
7. **Period abnormal** ആയി കണക്കാക്കുന്നതെപ്പോൾ ?
8. **Urinary infection** വരാതിരിക്കാൻ സ്വീകരിക്കേണ്ട പ്രാഥമിക നടപടികൾ ഏവ ?
9. **Premenstrual syndrome** ഏതെല്ലാം ?
10. കൗമാരപ്രായത്തിൽ **exercise** ന്റെ ആവശ്യകത എന്ത് ?

Annexure -5

**DIRECTORATE OF HIGHER SECONDARY EDUCATION
CAREER GUIDANCE & ADOLESCENT COUNSELLING CELL**

Date of Class :

Name of Faculty :

Name of Student :

Class :

Evaluation Schedule for Mental Health

1. മാനസിക ആരോഗ്യം എന്നാലെന്ത്? നല്ല മാനസിക ആരോഗ്യത്തിന്റെ രണ്ട് ലക്ഷണങ്ങൾ എഴുതുക.
2. ബുദ്ധിയുടെ വിവിധ തലങ്ങൾ ഏതെല്ലാം?
3. ആഹ്ലാദം ജനിപ്പിക്കുന്ന ഹോർമോണിന്റെ പേരെന്ത് ? ഈ ഹോർമോണിന്റെ ഉത്പാദനം വർദ്ധിപ്പിക്കാനുള്ള ആരോഗ്യപരമായ രണ്ട് മാർഗ്ഗങ്ങൾ ?
4. പഠനപ്രശ്നങ്ങൾ പരിഹരിക്കാനുള്ള മാർഗ്ഗങ്ങൾ?
5. ദേഷ്യം നിയന്ത്രിക്കാനുള്ള 5 D's ഏതൊക്കെ?
6. വളർച്ചയുടെ ഘട്ടത്തിൽ **electronic** ഉപകരണങ്ങൾ എത്ര സമയം ഉപയോഗിക്കു താണ് അഭികാമ്യം ?
7. ആരോഗ്യകരമായ ബന്ധങ്ങളുടെ ഒരു പ്രധാന ലക്ഷണം
8. ഒരു വ്യക്തിയ്ക്ക് **depression** (വിഷാദരോഗം) ഉണ്ടെന്ന് സ്ഥിരീകരിക്കുന്ന തെപ്പോൾ?
9. മാനസിക പ്രശ്നങ്ങൾ പരിഹരിക്കാനുള്ള മാർഗ്ഗങ്ങൾ എന്തെല്ലാം ?
10. ജീവിതനൈപുണികൾ എന്നാലെന്ത് ?

Annexure -6

DIRECTORATE OF HIGHER SECONDARY EDUCATION CAREER GUIDANCE & ADOLESCENT COUNSELLING CELL

Module for Reproductive health of Adolescence

Objectives

- To know about what is adolescence age
- To make an awareness about physical and physiological changes in adolescence period
- To know about menstruation and related issues.
- To know about premenstrual issues
- To know about value based sexual education

Content

- Definition of adolescence and changes during this period

- Physical -
- (a) Height and weight
 - (b) Breast development
 - (c) Chest expansions
 - (d) Pimple formation
 - (e) Pubic hair growth.

Menstruation

Definition

Irregularity

Painful menstruation

PCOS (Poly Cystic Ovarian Syndrome)

Hygiene related issues

Need of exercise

When to meet a doctor

- Menstruation below 21 days and above 35 days.
- Symptoms of PCOS
- Painful menstruation

- Menstruation more than 8 days
- Colour change of discharge

Premenstrual Syndrome

Stress management
Excess weight gain
Over dieting

Reproductive tract infections (RTI)

Candidiasis

Trichomoniasis

Bacterial vaginosis

(Due to poor personal hygiene, synthetic under garments, tight underwear Sexually Transmitted Diseases (AIDS, Syphilis, gonorrhoea, Chlamydia, hepatitis -B, herpes infection) - Symptoms & complications

Vaccination

Rubella, HPV Vaccine, Hepatitis B

Lifestyle diseases

- Dieting habits
- Exercise
- Anaemia

Sexual abuse

Teen father

Teen Pregnancy

Issues related to boys

Physical changes

Acne

Change in the sound

Size of genital organs

Masturbation

Transgender

Sexual experiments

STD

Substance abuse

General awareness on female reproductive system

Sexual abuse - POCSO

Annexure -7

**DIRECTORATE OF HIGHER SECONDARY EDUCATION
CAREER GUIDANCE & ADOLESCENT COUNSELLING CELL**

MODULE FOR MENTAL HEALTH CLASS

- Objectives**
- * കുട്ടികളിൽ സാധാരണ കാണുന്ന പഠന പെരുമാറ്റ വൈകാരിക പ്രശ്നങ്ങൾ പരിഹരിക്കുക.
 - * കുട്ടികളിലെ പെരുമാറ്റ പ്രശ്നങ്ങൾ പരിഹരിക്കാനുള്ള മാർഗ്ഗങ്ങൾ ചർച്ച ചെയ്യുക.

CONTENT : (ഉള്ളടക്കം)

- (1) * ആരോഗ്യം, മാനസിക ആരോഗ്യം, മനസ്സ്, മാനസിക സുസ്ഥിതി (Mental well being) എന്നിവയുടെ നിർവ്വചനങ്ങൾ
 - * ആരോഗ്യമുള്ള മനസ്സിന്റെ സൂചികൾ
- (2) * ബുദ്ധിയുടെ വിവിധ തലങ്ങൾ
 - (i) Practical intelligence
 - (ii) Emotional intelligence
 - (iii) Social intelligence
 - (iv) Ecological intelligence
- (3) * ആഹ്ളാദത്തിന്റെ മനശാസ്ത്രം
തലച്ചോറിന്റെ **frontal lobe** ൽ ഉല്പാദിപ്പിക്കപ്പെടുന്ന **dopamine** എന്ന ഹോർമോൺ ആണ് മനുഷ്യനിൽ ആഹ്ളാദം ജനിപ്പിയ്ക്കുന്നത്.

Dopamine level വർദ്ധിപ്പിക്കാനുള്ള ആരോഗ്യപരമായ വഴികൾ

- 1. കായികവിനോദങ്ങൾ, വ്യായാമങ്ങൾ
- 2. സാമൂഹിക ബന്ധങ്ങൾ

കുടുംബം
സുഹൃത്തുക്കൾ
സമൂഹം



ഇവയ്ക്ക് വേണ്ടി നമുക്ക്
എന്തു ചെയ്യാൻ കഴിയും.

(3) * പഠന പ്രശ്നങ്ങളെ എങ്ങനെ പരിഹരിക്കാം

- (i) Relation techniques
- (ii) Concentration techniques
- (iii) Methods to improve memory
- (iv) Presentation
- (v) Review - Swot Analysis

(5) * **Anger Management**

5 D's of anger management

- (i) Distance
- (ii) Distract
- (iii) Drink water
- (iv) Deep breathing
- (v) Discuss with somebody who will not blame you.

(6) * **Addictions**

- (i) Substance Addictions : (Alcohol and Drugs)
- (ii) Behavioural Addictions : (Judicious use of electronic media, only 30 minutes - screen time for developing brain a day)

(7) * **Relationships**

- (i) Friendship
- (ii) Crush
- (iii) Lust
- (iv) Romance
- (v) Love

ഏത് ബന്ധത്തിലും ഇഷ്ടമില്ലാത്ത കാര്യത്തോട് 'No' പറയാനുള്ള നിലപാട് ഉണ്ടായിരിക്കണം.

Difference between romance and love?

What is emotional slavery ?

(8) * **Depression**

- (i) ലക്ഷണങ്ങൾ
- (ii) പരിഹാര മാർഗ്ഗങ്ങൾ
- (iii) മാനസിക പ്രശ്നങ്ങൾ

(9) * പരിഹാര മാർഗ്ഗങ്ങൾ

- (i) Peer mentoring
- (ii) Counselling (only for normal persons)
- (iii) Psychotherapy (for behavioural modification only by clinical psychologists and psychiatrists)
- (iv) Psychiatric treatment
- (v) Life skill development.

(10) Life Skills

*

- (i) Ten main life skills
- (ii) The method for developing life skills.

Annexure -8

**DIRECTORATE OF HIGHER SECONDARY EDUCATION
CAREER GUIDANCE & ADOLESCENT COUNSELLING CELL**

MODULE FOR : “അമ്മ അറിയാൻ”

Objectives: കൗമാരക്കാരായ കുട്ടികളുടെ ശാരീരികവും മാനസികവുമായ വളർച്ചാ വ്യതിയാനങ്ങളെക്കുറിച്ച് രക്ഷകർത്താക്കളെ ബോധവൽക്കരിക്കുക.

കൗമാരക്കാരായ കുട്ടികൾ അഭിമുഖീകരിക്കുന്ന സാങ്കേതിക സാമൂഹിക മാറ്റങ്ങളെ കുറിച്ച് അവബോധം രക്ഷകർത്താക്കളിൽ ഉണ്ടാക്കുക വഴി അവരുടെ കുട്ടികളോടുള്ള സമീപനത്തിൽ മാറ്റം വരുത്തുക.

Content :

➤ കൗമാര വളർച്ചാ വ്യതിയാനങ്ങൾ

- 1) ശാരീരികം Menarche, Spermarche –
- 2) മാനസികം Developmental tasks, developmental hazards,
- 3) സാമൂഹിക മാറ്റങ്ങളുടെ സന്തുലിതമായ ഏകോപനം.

➤ കുറ്റകൃത്യങ്ങളിലേക്ക് നയിക്കുന്ന സാഹചര്യങ്ങൾ Media, Technology, Society, Peer groups, family, neighbours

❖ Family Psychopathology കുട്ടികളെ ബാധിക്കുന്നതെങ്ങനെ.

❖ Parenting styles – Authoritarian, Authoritative, Permissive and avoident.

❖ Multiple Intelligence and career guidance

➤ ജീവിതശൈലിരോഗങ്ങൾ – obesity, hypertension, diabetic food habits, Nutrition, bakneed diet.

❖ PCOD, Thyroid dysfunction, Anemia

❖ Relationship issues – Conflict management, infatuation

❖ Gender discrimination, depression, suicidal tendencies, POCSO

❖ Personal hygiene

❖ Substance Abuse

➤ പഠന പ്രശ്നങ്ങൾ തിരിച്ചറിയുക. പരിഹാര സാധ്യതാ സമീപനങ്ങൾ

Counsellor/ Social worker, Clinical Psychologist, Psychiatrist, Rashtriya Kishore Swasthia Karayakram/ DEIC/ RBSK