

I/31318/2023

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തീയതി:19-09-2023

സർക്കുലർ

സംസ്ഥാനത്തെ എല്ലാ ഹയർ സെക്കന്ററി സ്കൂളുകളിലും കൗമാര ശാക്തീകരണത്തിനായി സൗഹൃദ ക്ലബ്ബുകൾ പ്രവർത്തിച്ച് വരുന്നു. സൗഹൃദ ക്ലബ്ബിന്റെ ഉദ്ദേശ ലക്ഷ്യങ്ങളും പ്രവർത്തനങ്ങളെ കുറിച്ചുമുള്ള ഗൈഡ് ലൈൻ ഓരോ വർഷവും പുതുക്കാറുണ്ട്. ഇതിൽ ഉള്ളടക്കം ചെയ്തിരിക്കുന്ന മോഡ്യൂൾ അനുസരിച്ചാണ് ഓരോ പ്രവർത്തനങ്ങളും ചെയ്യേണ്ടത്. ഓരോ പ്രോഗ്രാമിന്റെയും ഇവാല്യൂവേഷൻ ഷെഡ്യൂളും ഉൾക്കൊള്ളിച്ചിട്ടുണ്ട്. ഇവാല്യൂവേഷൻ ഷെഡ്യൂൾ ബന്ധപ്പെട്ട മോണിറ്ററിങ് നടത്തുന്ന ഉദ്യോഗസ്ഥർക്കും ഓഡിറ്റ് വിഭാഗത്തിനും പരിശോധനയ്ക്കായി നൽകേണ്ടതാണ്.

Signed by

Shanavas S las

Date: 19-09-2023 18:58:18

DIRECTOR

പൊതുവിദ്യാഭ്യാസ ഡയറക്ടർ

Guidelines for Souhrida club Activities

1. Aim of the Souhrida Club

The aim of the Club is to improve the physical, academic, social, psychological and interpersonal skills of the adolescents and lead them towards a successful adulthood. Souhrida Club assures a platform for the students to express themselves. Respecting the privacy of the adolescent and maintain transparency in action are the key factors of Souhrida Club.

2. Objectives of the Souhrida Club

The activity oriented objectives are

- Empowering adolescents through self-development and self-expression.
 - Make awareness among them and parents about health, hygiene, nutrition, reproductive and Sexual health, family and self-care.
 - Develop their life skills
 - Enrich the class conveners to take up the role of health and 'wellness messenger'
1. The teacher who is selected as Co-ordinator of the club has been given training for conducting the activities of the club. Principals are directed not to change the trained Co-ordinator for a **minimum period of four years. Not to give any other charges such as NSS Program officer, NCC, Scout or Guide, or any other similar program.**
 2. Principal of the school should convene a special staff meeting and discuss the aims, objectives and activities of Souhrida Club among the staff. Activities of the club should be conducted with support and participation of all staff of the school.
 3. Class Conveners and School Conveners: Two students from each class should be selected as Class Conveners. If the school is a co-education institution each gender should have a representation in each classes. Two School Conveners should be selected for the school from among the Class conveners. They are proposed to take up the role of Souhrida Student Leaders.
 4. **Volunteers:** Souhrida Co-ordinator can select students as volunteers for implementing the activities of Souhrida Club in their school. The number of volunteers should be in between 20 and 30 in a school. Representation of students from all genders should be ensured. Souhrida Co-ordinator should maintain a register containing the name, address, contact number and other basic details of volunteers. A page of the register should be devoted for one volunteer. Details of activities engaged by the student in each programme should be noted in the register. After the completion of the higher secondary course in the school, a certificate can be issued to the volunteer on the basis of the activities participated. A volunteer is eligible for a certificate if they participate in minimum number of five programmes in a year. The certificate should be duly signed by the Principal and Souhrida Co-ordinator of the School.

5. Activities to be taken up by the Volunteer Group. Each School has to take up one programme during each month and it has to be implemented in the school with the volunteers of the Souhrida Club. List of programme that should be taken up during the academic year is given below: Souhrida Co-ordinator should select one programme for one month and so on.
 - a. Women Empowerment
 - b. Environment Protection
 - c. Child Rights/Human Rights
 - d. School Cleaning
 - e. Charity related activities with in their school community.
 - f. Innovative Programme by the School.
 - g. Gender equality programmes
6. Souhrida Vedi be constituted with following members
Principal –Chairman
Trained teacher (Co-ordinator)-Convenor
Trained student leaders from XIth and XIIth-members
PTA President - Member
Staff Secretary of Higher Secondary – Member
Two teachers nominated by the Principal - from different gender.
Career Guide of the School.
Souhrida vedi will work as the executive committee of the Souhrida Club. Souhrida Vedi should be convened once in every two months. Souhrida Co-ordinator should keep the minutes of each meeting.
7. A Drop Box should be arranged at school for students to drop their grievances /problems in their home, class or any other area. The Drop Box should be placed in the school at a place which is easily accessible to all students. There should also be facilities for students to use Drop Box unnoticed by other students or staff members. Co-ordinator in the presence of the principal should open the Drop Box on every Fridays. Grievances/problems of the student received from drop box should be entered in a register with date and signature of the Principal and Co-ordinator. Principal should ensure that the problems raised by the students through Drop Box are not discussed openly among the staff and students. Action should be taken to find solution for the issues raised by the students through DROP BOX. Action taken on the issues should also be noted in the Register.
8. 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 should be conducted for the 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.
9. Class on Reproductive Health should be preferably handled by a gynecologist. If gynecologist is not available for taking class, a doctor who can handle the subject can be engaged for the class. Class on Mental Health of Adolescents should be handled by a

Psychiatrist or a Psychologist.

10. 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 Effective parenting. Principal can utilize the service of the trained souhrida teachers for taking classes.
11. If the classes are taken by trained Souhrida teacher availing an OD, Rs.1000/- is to be paid as honorarium. If the classes are taken by trained faculties on holidays Rs. 2000/- is to be paid as honorarium.
12. 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-1 for class on Reproductive Health and Annexure -2 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.
13. *Effective parenting programme* should be conducted in the school for the parents/guardians of the first year students. A medical doctor or any other person who can discuss the adolescent issues that need attention of the parents 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.2000/- will be allotted to each school for the conduct of the programme. Souhrida co-ordinators trained and enlisted by the state cell of CG&AC can be used as resource person.
14. Module of Class of Reproductive Health, Mental Health and Effective parenting is given as Annexure-3. 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.
15. After the conduct of the classes, a detailed report have to be made in the Activity Register. Remarks and Signature of the Faculty is obligatory.
16. SOUHRIDA DAY CELEBRATION: International Children's Day (November20) is celebrated as Souhrida Day. Guidelines of the celebration is attached in Annexure -4.
17. Three Days Residential Training programme for School convenors will be arranged Educational district wise. Souhrida Co-ordinator should select two students for attending the Training Programme. Principals are directed to ensure that School convenors have attended the training programme in time. Expenses related to the travel of the student to the venue and back should be met from the PTA Fund.
18. The honorarium for the Souhrida Co-ordinator will be issued along with school level activities. Principal should disburse the honorarium only after the completion of all programmes in the school.

19. Fund will not be sanctioned to schools that have not submitted the Annual Report and Utilization certificate of previous year.
20. If the Co-ordinator conducts counseling or any other intervention, details of such intervention should be recorded in a register. Co-ordinator is the sole custodian of the Register (INTERVENTION REGISTER) and he/she shall ensure the confidentiality of the register.

Format of Intervention Register:

Sl No.	Name	Class	Strem	Issue	Remarks	Signature of Principal

In the case of POCSO:

Sl No.	Date	Issue	Remarks	Reference	Signature of Principal

21. If the problem handled by the Souhrida Co-ordinator is not coming under the limit of School, it can be referred to DCPU (District Child Protection Unit), Child Line or any other similar government referred agencies and the matter should be reported to the Career Guidance Cell immediately.
22. If any Club has availed the support of HELP DESK promoted by CHILD LINE in the School, details of such interventions made by them should be recorded in the Intervention Register.
23. If any student reports any type of sexual abuse or exploitation which comes under the POCSO Act (Protection of Child Sexual Offences Act), the case should be dealt as per the provisions of the Act without any time delay.
24. Amount allotted to school should be fully utilized before 30th September 2023. If the sanctioned amount was not fully utilized due to unavoidable circumstances, the balance amount should be refunded before 31st March following year and the matter has to be reported to the State Co-ordinator with an explanation for not utilizing the amount.

25. A Consolidated Report of the activities of the Souhrida Club for the academic year should be submitted to the Director. Format of the Report will be published in the dhse portal.
26. Principal should allot one room in the school (if available) for Souhrida Club and Career Guidance unit for conducting their activities.
27. All Souhrida Co-ordinators should maintain following registers/Files
 - a. Activity Register- To record the details of the programme conducted by the unit
 - b. Minutes Book of Souhrida VEDI- To record the minutes of the meeting of Souhrida VEDI
 - c. Intervention Register to record the interventions made by the Souhrida Co-ordinator
 - d. Drop Box Register: To Record the issues received from the Drop Box.
 - e. Accounts Register-To record all the accounts of the Souhrida club.
 - f. Document File: To file all the documents related to the Souhrida/Career units.
28. The Help Desk Numbers when an urgent situation is aroused are

1. Child Helpline	- 1098
2. Women Helpline	- 1091
3. Traffic Alert	- 1099
4. Crime Stopper	- 1090
5. Health Helpline	- 1056
6. Nirbhaya Helpline	-18004251400
7. Snehitha Helpline	- 8281770114
8. Disha	-1056
9. Nervazhi	-9656178000

10. A monitoring team will be constituted in each district to monitor the activities of the Souhrida Club. Any misuse or under ported by the monitoring team will be viewed seriously.
11. Regional Deputy Directors are directed to monitor the activities of Souhrida club in each school.
12. A Monitoring team under the State Co-ordinator with staff of Directorate of General Education, Higher Secondary Wing will conduct monitoring of activities at selected schools.

ANNEXURE – 1

**DIRECTORATE OF GENERAL EDUCATION
HIGHER SECONDARYWING**

CAREER GUIDANCE & ADOLESCENT COUNSELLING CELL

Date of Class :

Name of Faculty :

Name of Student :

Class :

Evaluation Schedule on Reproductive Health Class

1. Which are the main changes during puberty in girls and boys?
2. How do boys and girls take care of their personal hygiene?
3. What are the physical changes normally occurring during puberty in girls and boys?
4. What is STD? What precautions has to be taken to prevent STD?
5. Is white discharge a disease? When does white discharge become a problem?
6. Write some symptoms of premenstrual syndrome
7. What are the symptoms of PCOD?
8. How frequently should you change a sanitary napkin?
9. When does Rubella vaccine have to be taken?
10. Write down some iron containing food

ANNEXURE – 2

DIRECTORATE OF GENERAL EDUCATION

HIGHER SECONDARY WING

CAREER GUIDANCE & ADOLESCENT COUNSELLING CELL

Date of Class :

Name of Faculty :

Name of Student :

Class :

Evaluation Schedule for Mental Health

1. Define Mental Health
2. Mention the emotional changes that happen during adolescence
3. List the indicators of mental health
4. Mention different stress management techniques
5. Describe the importance of physical exercise during adolescence
6. Name the 10 core life skills
7. How can we have a positive use of technology?
8. What are the supporting agencies whom we can approach in case of need?

ANNEXURE – 3

MODULE FOR REPRODUCTIVE HEALTH

Duration: 90 minutes

KNOW THYSELF REPRODUCTIVE HEALTH OF ADOLESCENCE

Objectives

1. To know about the changes in reproductive system during adolescence
2. To make an awareness about physiological changes during adolescents

Content

Definition of adolescence and physical changes during this period

- a) Height and weight
- b) Breast development
- c) Pimple formation
- d) Pubic hair growth
- e) Target weight (Height in m x 21) BMI

Menstruation

Definition

Painful Menstruation

Menstrual Hygiene

Menstrual management – use of napkin, menstrual cup, etc.

Need of exercise during the period

Premenstrual symptoms – stress, anger

PCOS

Reproductive system and its function in Boys

Changes during adolescence

Concerns during adolescence

- a) Size of genital organ
- b) Masturbation
- c) Sexual behaviors
- d) Nocturnal Emission (wet dreams)
- e) Personal Hygiene

Vaccination

Rubella, Hepatitis B, TT/TD (age 15/16 years)

Reproductive Tract Infection (RTI)

AIDS and other genital diseases like Gonorrhea, Syphilis, etc. and their symptoms

Safe and unsafe relationships

Avoid sex before marriage

Diet habits

- a) Nutritious food
- b) Intake of water
- c) Junk food avoidance
- d) Anemia
- e) Deficiency of vitamins and minerals
- f) Deficiency of vitamin D may cause depression

Lifestyle diseases

- a) Obesity
- b) Hypertension
- c) Diabetes

Importance of Physical Activities

Sexual Abuse

Unwanted pregnancy, Age of marriage, PCSO Acts

MODULE FOR MENTAL HEALTH

Duration: 90 minutes

Objectives:

- 1) To identify the factors that influence Adolescent Mental Health.
- 2) To attain the ability to self-assess one's own mental health.
- 3) To familiarize various ways to improve adolescent mental health

Introduction

Adolescence is the most important period in a person's life. It is during this period that the individual's unique characteristics and abilities are perfected.

The primary objective of this module is to enable about 5 lakhs first year higher secondary students studying in about 1680 higher secondary schools in Kerala to identify adolescent mental health and learn about various ways to improve it and to acquire self-assessment skills.

Content

1. The Concept of Mental Health. Examine various perceptions of mental health.
2. Indexes of a healthy mind.
3. Understanding the physical, emotional and social changes that occur during adolescence, and their impact on mental health.
4. Being aware of methods to maintain mental health during adolescence.
5. Assessing the impact of technology and social conditions on adolescent mental health.

Here are some tips on how to maintain mental health during adolescence

Content

The concept of mental health

Activity

Discusses the concept of “health”.

“Health is not only the absence of disease but also the complete physical, mental, social and well-being (WHO) – RP introduces the topic by asking the following questions or similar questions related to mental health.

Tool

Questionnaire

- 1) Everyone who is physically healthy is mentally healthy. Agree/Disagree
- 2) Those who successfully overcome life's hardships have better mental health.
Agree/Disagree

3) We can cultivate mental health through conscious effort. Agree/Disagree

Content

Definition given by WHO

Activity

The children are introduced to the World Health Organization's definition of mental health. "Mental health means mental well-being. The World Health Organization defines it as the ability of a person to realize his or her own abilities and deal with ordinary life challenges in a multifaceted, direct, and socially beneficial manner.

Content

The physical, emotional, and social changes that occur in adolescence, and their influence in mental health.

Activity

Show pictures / videos about physical, emotional, and social changes during adolescence and then discuss the physical changes during adolescence and their impact on emotional and social aspects.

Tool

PPT presentation

Evaluation

Students discuss and consolidate physical, emotional, and social changes happening during adolescent period.

Content

Adolescence - a period of changes

Activity

After discussing the emotional changes in boys and girls, RP asserts that there are other groups other than the binaries boy and girl who are termed as LGBTQIA++. who undergo changes during this period.

Development of sense of identity, peer influence, tendency to question mental tensions, risk taking behavior, philosophy of right and wrong, Fantasy thinking etc. RP explains the relationship between the brain functions and decision making.

Tool

Diagram representing brain development

Content

RP Explains ways to maintain mental health during Adolescence.

Activity

Explains about life skills. Explains the things to be taken care of in improving physical health.

Key concepts discussed include rest, exercise, balanced diet, sleep hygiene, positive sleep, sleep deprivation, digital hygiene, screen time,

Explains the things to be taken care of in improving mental health.

Key concepts discussed include mental stress, adapting to stressors, coping with emotions, surviving failures, break up, Rejection, excessive anger.

Defines Depression

Lack of Recognition

Lack of self-worth

Sadness

Depression

- 1) No body to listen and talk to
- 2) How to spot, help and refer
- 3) Indications (trigger, self-harm)

Tool

Anger management scale/ spectrum

Content

Excessive anger

The punishments

Accidents

Violation of the law

Violence

Evaluation

Students record their position in the scale themselves.

Content

Suicidal tendencies

Changes in tone of speech, and body language.

Personality disorders, problems in interpersonal relationships.

Suicide prevention methods

Importance of physical activity in relieving mental stress

Healthy Relationships - Family, Peers, Teachers, Community Peer Interaction, Mind Fullness - Enjoy the ordinary things around. (appreciating ordinary things in nature)

Tool

An activity to assess mental health status

Content

Changing technological environment and its impact on adolescent mental health

Activity

The use, overuse and misuse of various technologies and devices within children's experiences are discussed.

Content

Key concepts discussed

Advantages and Disadvantages of internet Based devices, and Social Media.
Physical health (posture) Body language, eye health, social, sexual and economic exploitation.

Activity

Students identify their useful and useless time in the clock.

Tool

Students are asked to make a note imagining them in the position of who they wish to be, on this day ten years later.

Content

Influence of drugs.

Activity

Discusses the dangers of substance abuse among adolescents.

Content

Ways to improve interpersonal relationships

Activity

Discusses the need for recreations, setting a proper Goal in life, Determination, Introspection of Personal Values, influence of Role Models in life etc

Tool

Talk Talk-Talk (talk it out)

1. Family

2. Buddies
3. Teachers
4. Accepting ideas from the Counselor.

Content

When/where should one seek the help of a mental health support system.

Activity

Analyzes situations in which help should be sought in maintaining adolescent mental health.

Supporting Agencies:

Souhrida club coordinator

We Help - Higher Secondary Examination Assistance

Class teacher

Direct services

E Sajjeevani

DISHA

D.C.P.O

Child line

Police

For Drug abuse related issues:

YODHAV

NERVAZHI

CHIRI

MODULE FOR EFFECTIVE PARENTING

Duration: 90 minutes

	Objectives	content	activity	logistic	Evaluation
1	Enabling the parents to identify the physical, Psychological and social changes among the adolescents in the present time. (Parents of special need children also to be addressed)	Biological; - *puberty *Sex & Gender identification. Peculiarities, Needs and support.	Initiating a discussion on gender and sex by raising the question: When does a boy become a man? OR When does a girl become a woman? The Resource person should consolidate by discussing the suggestions and should concentrate upon explaining Puberty, sex, gender and other similar classification as natural phenomena. The consolidation should be in such a way that every child should be treated equally and be given equal opportunity from the family itself.	Paper, pen	Can you confidently explain Puberty to your child/Ward
2	Make the parents aware of the need to have a healthy approach to adolescents				

	Make an estimate for the prevalence of	<p>Health issues: Thyroid, Anemia, Vitamin D3 & Other deficiencies.</p> <p>*Developmental issues</p> <p>Issues ADHD, LD, CD, ODD</p> <p>*</p> <p>Healthy lifestyle and balanced diet</p> <p>II Psychological *Factors leading to antisocial activities. Substance – use, overuse misuse abuse etc. Gadgets - over use and abuse. *Mental Health Disorders manifest during adolescence. * Depression.</p>	<p>RP Explains with the help of LCD projector</p> <p>RP highlight the importance of healthy lifestyle and balanced diet</p> <p>RP Initiates discussion citing examples of cases.</p> <p>While consolidating the R P should point out the negative effects – physical social and psychological first aid, role of parents and significant others. The RP can conclude by explaining the need for providing psychological first Aid</p>	<p>LCD Projector</p> <p>Vitamin chart Diet chart</p> <p>Video, film clippings, handouts.</p>	<p>13. Can you identify any of these physical disorders among children? Note down the physical ,mental and social issues in your child during menstrual period?</p>
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			<p>*The RP should also mention that psychological issues may lead to drug abuse and addiction which in turn may lead to physical issues. The RP should introduce the supporting systems.</p>		
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		Content	Activity		
		<p>III Psycho Social: -</p> <p>*Self – Care strategies Eg: - physical activity for body Mental exercises, Diet and Nutrition, Relaxation Techniques, Talk TALK technique, Provide Healthy Sleep environment Personal hygiene</p> <p>*Conflict and Anger Management</p>	<p>The RP initiates discussion using cases. (A person walking through the road in shabby appearance) Discussion, continues on the reason for the shabby appearance, need of cleanliness and its perception by the society.</p> <p>The RP should conclude by stating the need of for personal hygiene – screen hygiene, social etiquettes and social hygiene, responsible driving etc.</p> <p>Talk TALK TECHNIQUE – to buddies, family, teacher counselor</p> <p>“My waste is my responsibility” should be substantiated</p> <p>The RP asks a question: What are the major issues faced by a parent of an adolescent? (Sibling rivalry, anger, disobedience, hatred, arrogance and)</p> <p>Assuming that the majority faces</p>	Picture ,Video	

		<p>IV. Social: - *Social and Cultural Capital Enrichment (Socialization)</p>	<p>RP-The issue ‘anger’ is introduced through the situations of anger manifestations – between parents & children, siblings, teachers & students, peers , children and community.</p> <p>The RP initiates the discussion by citing ‘the grand study’ by Harvard Medical school as a part of the study of Adult Development has a history of 80 years known as the Harvard study of Adult Development. The study raised the question.</p> <p>‘What makes a good life?’ The interim report points out that it is the social capital which helps a good life.</p> <p>Ref: Want a good life? 13 Lessons from Harvard grant study Referred from : https://www.6seconds.org.harvard.</p> <p>Importance of career guidance</p>	<p>Pictures/Videos /handouts</p>	
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		<p>*Relationship issues</p>	<p>RP initiates discussion on different types of relationships and relationship issues-Crush, Love, Lust, romance</p> <p>Support from parents to overcome pain from breaks in relation</p> <p>POCSO</p> <p>Gender Education</p> <p>Anti-social affinities-</p> <p>Substance</p> <p>Peer Pressure</p> <p>Social conformity</p> <p>Toxic relationships</p> <p>Negative heroism etc</p>		<p>Do you know the friends of your ward?</p> <p>How much time do they spend with their friends?</p>
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		Suicide	<p>The RP consolidate by stating that it is not only the individual who is affected/ informed but also the system in which they exist should beconsidered in approaching the solution.</p> <p>RP pose the following question and Is suicide a major issue among our adolescents?</p> <p>The RP should develop the session insisting upon the importance of proper and scientific intervention to prevent suicide.</p> <p>They analyses the reason of suicide such as worthlessness, helpless, hopeless and .</p>		
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		<p>Psychological Education</p> <p>How can we come out?</p>	<p>Symptoms & signs</p> <p>The RP introduces the symptoms and signs to identity suicidal tendencies and such as</p> <ul style="list-style-type: none"> -lack of personal care -poor socialization -sleeplessness -preferring to be lonely -posting of status, emoji's, messages etc. - minor trigger & self harm <p>Calling Attention seeking attempts suicides</p> <p>RP stress that early identification and prevention is the need of the hour .</p>		
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		Parenting styles	<p>Many studies support the importance of social institutions like family in presenting and rectifying the issues which we are discussing. In this context, Parenting has a major role.</p> <p>RP - a discussion on parenting styles.</p> <p><u>Parenting Dimensions</u></p> <p>Four Styles of parenting by Maccoby and Martin</p> <table><tr><td></td><td>Responsive</td><td>Unresponsive</td></tr><tr><td>Demanding</td><td>Authoritative/ Propagative</td><td>Authoritarian/ Totalitarian</td></tr><tr><td>Undemanding</td><td>Indulgent/Permissive</td><td>Neglectful</td></tr></table> <p>Dimensions – Responsive/Unresponsive</p> <p>Demanding/undemanding</p> <p>From these dimensions the RP helps the participants to identity the different parenting styles such as:</p>		Responsive	Unresponsive	Demanding	Authoritative/ Propagative	Authoritarian/ Totalitarian	Undemanding	Indulgent/Permissive	Neglectful	Chart LCD Presentation	
	Responsive	Unresponsive												
Demanding	Authoritative/ Propagative	Authoritarian/ Totalitarian												
Undemanding	Indulgent/Permissive	Neglectful												

			<p>Authoritarian Authoritative Permissive and Negligent.</p> <p>RP also refers to parenting styles such as :</p> <p>Helicopter parenting Narcissistic parenting.</p> <p>RP poses a question to the participants to identify themselves with any of these parenting styles.</p> <p>In reality the parents may opt for many parenting styles at a time. It is also anormality.</p> <p>While consolidating the RP should explain the <u>role of significant others inparenting.</u></p>	<p>Video Handouts.</p>	
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		<p>Surviving in the contemporary / evolving society</p> <p>How can we come out ?</p>	<p>The RP starts the discussion by asking the participants to identify The issues of the adolescents in a changing world</p> <p>Eg. Loosened social norms, use, misuse and abuse of gadgets.</p> <p>Addiction: -Addiction is a chronic disorder with biological, psychological social and environmental factors influence a person's development and maintenance.</p> <p><i>Ref; Addictions- American psychological Association ;Referred from https://www.apa.org.</i></p> <p>RP should differentiate between addictions and dependency, vulnerability and resilience</p> <p>. RP along the participants list out the following ways to come out with the issues</p>		
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		Lobes of Brain	<ol style="list-style-type: none"> 1. Role of Effective Communication 2. Quality time with children 3. Role of Significant others grand Parents, Teachers, Siblings closeKinship and peers 4. Strengthening desirable relationship with parents, siblings, teachers, peersand society. 5. Discussion continues on the post covid issues identified such as: <ul style="list-style-type: none"> • Upsetting Biological clock • Challenging social norms • Strained parent – child relationship • Social media impact <p>RP with the help of the projected slides explains the functions of the different lobes of brain and the importance of frontal lobe.</p> <p>Need of Resilience</p>	Pictures and Video	
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		Conclusion:-	<p>The RP concludes the session by stating the uniqueness of each child and help the parents by introducing the agencies of Adolescent support system and Referral system.</p> <p>DISHA- 1056</p> <p>DCPO</p> <p>Police station -100/112</p> <p>Hospital</p> <p>Child Line -1098</p> <p>Department of Social Justice</p> <p>e- sanjeevani app</p> <p>yodhav</p> <p>counselling services for parents</p> <p>etc.</p>	LCD Presentation	
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ANNEXURE - 4

Guidelines of Souhrida Day Celebration 2023

Introduction

Career Guidance and Adolescent Counselling Cell of Department of General Education [higher Secondary wing] observe International Children's Day November 20 as Souhrida Day every year. 2023 November 20 must be celebrated as Souhrida Day this year.

Purposes

- To inculcate the message of 'harmony of care and concern' in higher secondary students
- To recognise the importance of life skills
- To demonstrate the organisational and artistic skill of students
- To understand the influence of souhrida Club

Activities

- Must convene a Souhrida Day Assembly
- Inauguration- A parent/ student / local person who proved successful in life by their varied activities can be invited. Ensure the presence of parents with the help of PTA.
- It is mandatory to familiarise life skills by activities like skit presentation, theatre workshop, classes by resource person or through any creative activities
- Trained Student School Convenors should conduct class for Class Convenors who in turn introduce the skills to respective classes on this day

Other activities that can be conducted

- Exhibitions
- Friendly matches or competitions based on various themes
- Book reviews
- Food fest
- Food challenge
- Creating vlogs, reels, selfies and photography contests based on current themes
- Interaction with experts from different spheres of society.