

**JAYAKERALAM HIGHER SECONDARY SCHOOL
PULLUVAZHI (PO), ERNAKULAM DISTRICT
KERALA STATE**

**STUDENTS CENTRIC ACTIVITIES - SOUHRIDA CLUB , CAREER GUIDANCE AND
COUNSELLING 2014-2015 & 2015-2016**

Need for Souhrida Clubs

Students at the Higher Secondary level , passes through the various stages of emotional problems in their adolescent period. In this period of knowledge explosion and digital world students are not getting proper adolescent education. Most of the students are facing several emotional problems.. All the students are not getting proper guidance and counselling from all the teachers and parents. Students often faces several physical and psychological problems. Even though students are getting higher marks in annual examinations their mental strength and ability to handle difficult situations are very weak. Students are not aware about the health, hygiene, nutrition, Adolescent, Reproductive and Sexual Health , and family and child care.. They are passes through the stress, strains, exam fear, trauma, headraces due to psychological and physical problems. Often boys are becoming addicted with the usage of. Drugs and, alcohol' which is very harmful to health. Most of the students are facing many family problems. The poor socio- economic background, father's drug addiction and lack of inter personal relationship were the main reason for a broken family. Such a situation has badly affected the children. Here responsibility of mother is having greater importance. They also required few classes in the name of AMMA ARIYAN.. Mental health and life skill training id needed for the sttudents. Here comes the need for the Souhrida club activities undertaken by the Department of Higher secondary education..

Activities of Souhrida Club-2015-2016

Activities of

Adolescent counselling and Health Care Programme is a unique, novel and innovative programme conceived and launched by the Department of Higher Secondary Education, Government of Kerala. This programme is implemented for the 750 Plus One and Plus two students of in Jayakeralam Higher Secondary School , Pulluvazhi, Ernakulam District , Kerala State through Souhrida Clubs for the 750 students for the last five years since

2011 . Dr. V..Sanalkumar was the coordinator. During last two academic years (2014-2015 and 2015-2016 varieties of programmes implemented prescribed by the directorate. Besides that different innovative activities were also done independently. All the activities of Souhrida Clubs were documented by using Integrated Computer Technology with the active involvement of students.

Aims and Objectives:

- 1.The aim of the Souhrida Club is to improve the physical, academic, social and interpersonal skills of the adolescents and lead them towards a successful adulthood.
2. Souhrida Club assures a platform for the students to express their problems frankly.
3. To enable self-development and empowerment of Adolescents.
4. To spread awareness among them about health, hygiene, nutrition, Adolescent, Reproductive and Sexual Health , and family and child care.
- 5.To upgrade their home-based skills and life skills

Methodology

As a Souhrida coordinator of Jayakeralam Higher Secondary School, Pulluvazhi all the Activities of the club were conducted with support and participation of all staff of the school.

Two students from each class (total 12 Classes) were selected as Class Convenors, one Convenor from boys and one from girls from each class. Two School Convenors were selected for the school from Class convenors. One of the School Convenors were male and other female. All the students leaders were given two days residential training at Kothamangalam Educational District level, how to identify students' problems in the class rooms and organise School level activities.

Besides that during the academic year 2015-2016 onwards Souhrida Co-ordinator has selected about 50 students as volunteers for implementing the activities of Souhrida Club in the school. Representation of students from all class were ensured and both the genders included. Souhrida Co-ordinator had maintained a register containing the name, address, contact number and other basic details of volunteers. A page of the register were devoted for one volunteer. Details of activities engaged by the student in each programme 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 he/she participates 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. All the activities including field trips and innovation activities es were implemented by these volunteers including application of gigitalisation of the programmes using ICT.

Activities to be taken up by the Volunteers Group.

Our School has to taken up one programme during each month and it has to be implemented in the school with the volunteers of the Souhrida Club

. Details of Activities taken up by the volunteers 2015-16

Si. No	Name of Programme	Date and Venue of Programme	Number of Volunteers participated
1	Women Empowerment	09-10-2015 School Auditorium	50
2	Environment Protection	9-01-2016 Pooyamkutty Forest	6
3	Child/ Human Rights	4-11-2015 School Auditorium	50
4	Charity related activities	Help to a poor student	50
5	Innovative Programme by the School	13-1-2016 Field Trips and Model Making	8

Souhrida Vedi - constituted with following members

Principal – Chairman

Trained teacher (Co-ordinator)- Convenor

Class convenors- members

PTA President- Member

Staff Secretary of Higher Secondary – Member

Two teachers nominated by the Principal- One should be male and other should be female.

Career Guide of the School.

Souhrida vedi will work as the executive committee of the Souhrida Clubs. Souhrida Vedi will be convened once in every month. Souhrida Co-ordinator will keep the minutes of each meeting.

16. Details of Activities taken up by the volunteers

Si. No	Name of Programme	Date and Venue of Programme	Number of Volunteers participated
1	Women Empowerment	09-10-2015	50

		School Auditorium	
2	Environment Protection	9-01-2016 Pooyamkutty Forest	6
3	Child/ Human Rights	4-11-2015 School Auditorium	50
4	Charity related activities	Help to a poor student	50
5	Innovative Programme by the School	13-1-2016 Field Trips and Model Making	8

SouhridaVedi Meeting 2015-16

Sl No	Date of Meeting	No of persons attended the meeting	Major decisions taken		
1.	09-10-2015	50	To strengthen the need for mental physical as well as mental health as a part of women empowerments		
2.	4-11-2015	50	If any child rights violation, decided to report to the concerned authorities		
3.	9-01-2016	6	To protect our environment and heritage		
4	13-1-2016	50	To develop exploratory and innovative skills		
5	1-02-2016	50	To develop the needy and deserving people		

DROP BOX

A Drop Box has arranged at school for students to drop their grievances / problems in their home, class or any other area. The Drop Box has been placed in the school at a place which is easily accessible to all students. There would 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 Mondays, Wednesday and Fridays. Grievances/problems of the student received from drop box will be entered in a register with date and signature of the Principal and Co-ordinator. Principal will ensure that the problems raised by the students through Drop Box are not discussed openly among the staff and students. Action will be taken to find solution for the issues raised by the students through DROP BOX. Action Taken on the issues will also be noted in the Register.

KNOW THY SELF –

Health related awareness classes were given for the first year higher Secondary students in the school as part of KNOW THY SELF Programme.. Classes on Reproductive Health were

handled by a Clinical psychologists . Class on Mental Health of Adolescents had handled by a Psychiatrist/ Clinical Psychologist. The classes were documented by students using Digital Camera, both Photos and videos were taken for using future use and to upload in the website and blogs. After the class of Reproductive Health and Mental Health, post class evaluation were made.

9.Details of Mandatory Programmes Conducted (KNOW THYSELF) :

Sl No	Name and Designation of Resource Person	Subject of the Programme	Date of the Programme
1	RijiPaulose Reproductive Health Trainer Govt HSS, Maneed 6 Batches (1 st Year)/ Classes Class and counselling with students a. First Class - Two Science Batches- First Year 9.30AM to 12.30. PM b. Second Class-Two Commerce Batches. - First Year and Second Year-1.30 PM to 4.30 PM c. Third Class .One Humanities and One Sciences Batches- First Year	KNOW THY SELF- Reproductive Health	January -5-6, 2016 5-1-2016 5-1-2016 6-1-2016
2	Dr.ReshmiSudheer Clinical Psychologist Kakkanad 6 Batch and 12 Classes Class and counselling with students a. First Class - Two Science Batches- First Year 9.30 AM to 12.30. PM b. Second Class-Two Commerce Batches. - First Year 1.30. PM to 4.30 PM c. Third Class .One Humanities and One Science Batches- First Year 9.30 AM to 3-30 PM	Mental Health	January 7-8, 2016 7-1-2016 7-1-2016 8-1-2015



Ms. Riji Poulse, Trainer Taking the class of re productivity health education,in Jayakerakam HSS Pulluvazhi Auditorium (2015-2016 Academic Year)



Dr. V. Sanalkumar –SouhridaClub coordinator on Mental health (2015-2016)

AMMA ARIYAN(For Mother knowing)

This AMMA ARIYAN programme were conducted by an eminent psychologists and other eminent persons in the school for the mothers of the higher Secondary first year students. The adolescent issues which needs attention of the mothers were the theme of the class. The programme in general focused on Adolescent Parenting . Programme were conducted with the full support of the PTA. The classes were documented by students using Digital Camera, both Photos and videos were taken for using future use and to upload in the website and blogs.

Details of AmmaAriyan Programme conducted:

Date and Venue	Name of Faculty and Designation	Number of Mothers attending the meetings
8-01-2016, School Auditorium	Dr.ReshmiSudheer Clinical Psychologist Kakkanad -1.30- 4.40 PM.	200



Dr. Reshmi Sudheer , Clinical Psychologist, take Class for AMMA Ariyan (For Mothers knowing) _2015-1016 Academic Year)

SOUHRIDA DAY CELEBRATION:

International Children's Day (**November 20**) were celebrated as Souhrida Day. This year department had selected Life Skills as area of intervention. 10 LIFE SKILLS such as Interpersonal relationship, effective communication, creative thinking, sympathy and empathy etc selected by World Health Organization that are required to deal with the demands and challenges of everyday life were practiced by the students during the year 2015-2016. . Souhrida Co-ordinator with the help of the colleagues and students leaders and volunteers organized special programmes on LIFE SKILLS in the schools. Entire day had been devoted for the Souhrida Day Celebration with the participation of all students in the school.

On November 20th ,2016 International children's Day has been celebrated as Souhrida Day. As per the Higher Secondary Department's direction selected Life skills as area of intervention . 10 Life skills selected by World Health Organisation that are required to deal with the demands and challenges of everyday life were practiced by the students during the year. As a part of celebrated our School under Souhrida Club organised special programmes on Life skills in our School. The Chief Guest of the programme was Shri. Asokan, Life Skill Trainer, Nenmara, Palakkad was the Chief Guest, who has given an informative speech related to Life skills.As a part of celebration, each class selected one / two LIFE SKILL and selected a skit on the basis of assigned LIFE SKILL. A presentation of the skits on life skills by the students from all classes presented on the School auditorium.All the classes which presented the skits were given special gift box to ensure to get benefits of gifts to reach all the participants .Souhrida teacher helped the groups for the group presentation of Skits on Life Skills



Amma Ariyan –Mothers attending the program under Dr.Laksgsmi Program

- a. As part of celebration, each class had selected one LIFE SKILL and prepare a skit on the basis of assigned LIFE SKILL.
- b. A presentation of the skits on Life Skills by the students from all classes were in the School main auditorium.

All the classes which presents the skit were awarded

- e. Souhrida teacher had given support the group in presentation of SKIT on Life Skills. Only subjects related to LIFE SKILLS were e included in the skit. Major programmes were documented using digital Camera.

KARURHU- TAEKWONDO.

: -Student Centric Programme- Karuthu –Training on Self-Defence for Higher Secondary Girl Students-TAEKWONDO-2015-2016 Academic year..



KARUTHU Programme- Students Practicing TAEKWONDO (2015-2016)

Career Guidance and Adolescent Counselling Cell had sanctioned to Jayakeralam Higher Secondary School, Pulluvazhi to organize a special programme “**Karuthu**” aiming for the development of physical, social and mental health of the students during the academic year 2015-2016 and we had selected. TAEKWONDO as a self defence course.



KARUTHU- Trainer Venugopal Practicing Students Practicing TAEKWONDO

As part of the programme ,under Souhrida Club it had conducted training on self-defence to fifty girl students of Higher Secondary sector.. The approved trainer have got the recognition from the District Association of the item concerned. Classes were conducted on Saturdays and on other holidays.All the programme was documented by using Digital Camera and uploaded in website.

RESIDENTIAL PROGRAMME FOR THE SCHOOL CONVENORS

Two Days **Residential Training programme for School convenors** were arranged on Educational district wise. As an Kothamangalam educational District Convenor conducted the Class in ASSCENT HOLIDAYS, Perumbavuor during 2015-2016 academic year.One Girl student and One Boy Student from 25 schools were attended the Training Programme.



Dr. V. Sanalkumar explains the basic principles of Yoga and Meditation in Ascent Holidays- two days residential programme- (2015-2016)- Below- Shri. Ashokan Takes the Meditation Class.



24. Details of other programmes conducted in the school by the Souhrida Club Unit 2015-2016

Sl. No	Target/ Beneficiary Group	Type of Programme	Date and Venue of Programme	Name and Designation of Resource Person
1	XI and XII Humanities	<i>Promotion of Cultural heritage studies and “ National Integration by awaking India’s deep Cultural Heritage Awareness.: & Adolescents Problems Questioner</i>	August 18, 2015	Dr.V.Sanalkumar HSST Geography & Historical Researcher
2			September 7, 2015	Dr. V, Sanalkumar Souhrida Co-ordinator
3	XI and XII	Souhrida Day	November 20 th 2015	Ari. Asokan, Life Skill Trainer, Palakkad &Dr.V.Sanalkumar, Souhrida Coordinator
4	XI and XII	Career Planning	25-09-2015	Prof: Venkitesh Senior Guidance and Counsellor
5	XI and XII	Confidence Buildings in Examinations and Career Planning	22-10-2015	Shri. Jose Mazhuvanchery Paravurssery

Details of other programmes conducted in the school by the Souhrida Club Unit 2014-2015

Sl. No	Target/ Beneficiary Group	Type of Programme	Date and Venue of Programme	Name and Designation of Resource Person
1	XI and XII	<i>Promotion Cultural heritage studies and “ National Integration by awaking India’s deep Cultural Heritage</i>	November 18, 2014	Dr.V.Sanalkumar HSST Geography & Historical Researcher

		Awareness.:		
2	XI and XII	Adolescents Problems Questioner	November 18, 2014	Dr.V.Sanalkumar HSST Geography & Historical Researcher
3	XI and XII	Yoga and Meditation as a concentration Technique for mind power	December 29 th 2014	Dr.Dr.Pavithra Medical Officer Siverspoon Naturopathy Hospital, Perumbavoor
4	XI and XII	Drug Abuse and Learning problems	25-09-2014	Dr. Francis Moothedan Senior Counsellor Kolenchery Medical Mission Hospital
5	XI and XII	Confidence Buildings in Examinations and Career Planning	22-10-2014	Dr. T.P. Paulose Associate Professor & HOD, Rajagiri College of Social Science, Kalamassery

8.Details of Mandatory Programmes Conducted 2014-2015

Sl No	Name and Designation of Resource Person	Subject of the Programme	Date of the Programme
1	Dr. Grace Lal Clinical Psychologist Kalamassery 6 Batch and 12 Classes Class and counselling with students d. First Class - Three Science Batches- First Year and Second Year e. Second Class-Two Commerce Batches. - First Year and Second Year- f. Third Class .One Humanities Batches- First Year and Second Year.	KNOW THY SELF- Reproductive Health	January 12-13, 2015 12-1-2015 12-1-2015 13-1-2015
2	Dr. Grace Lal Clinical Psychologist Kalamassery 6 Batch and 12 Classes Class and counselling with students 1. First Class - Three Science Batches- First Year and Second Year 2. Second Class-Two Commerce Batches. - First Year and Second Year- 3. Third Class .One Humanities Batches- First Year and Second Year.	Mental Health	January 14-15, 2015 14-1-2015 14-12-2015 15-1-2015

3	Dr. Francis Moothedan Senior Counsellor Kolenchery Medical Mission Hospital	Drug Abuse and Learning problems	25-09-2014
4	Dr. T.P. Paulose Associate Professor and HOD, Rajagiri College of Social Science.	Mind Power and Leadership	22-10-2014
5	Dr.Jijo Paul Director, Cooperate Relations, RajagiriViswajyothi College, Perumbavoor	Career planning and Life skills	13-10-2014
6	Dr.Dr.Pavithra Medical Officer Silverspoon Naturopathy Hospital, Perumbavoor	Yoga and Meditation as a concentration Technique for mind power	December 29 th 2014
7			

Sl No.	Target Group	Subject of the Programme	Date and Venue of The Programme	Name and Designation of Resource Person
1.	Students of Science Batch	Awareness of BSc and Btch Degree Scholarship courses Through entrance Test and Institutions	09-10-2014 School Auditorium	Sri. Deepak C Joy Career Guide, Success Mine Muvattupuzha
2	Students of Humanities Batch	Scope and Options of BA Courses-	13-10-2014 School Auditorium	Dr.Jiju Paul Director, Corporate Relations, RajagiriViswajyothi College
3.	Students of Commerce Batch	Scope of Bcom application, Company Secretary and CA courses	13-10-2014 School Auditorium	Dr.Jiju Paul Director, Corporate Relations, RajagiriViswajyothi College
4	Complete Students	Confidence Buildings in Examinations and Career Planning	22-10-2014	Dr. T.P. Paulose Associate Professor & HOD, Rajagiri College of Social Science, Kalamassery

Career Guidance Activities

Career Guidance is one of the major activities undertaken by the department to guide the students in selecting the apt courses and careers. Students are not getting proper guidance and assistance to choose their career after Plus Two. They are not well aware about the various courses and scholarships available offered by Governments in various institutions. Most of the students background are very poor and their educational background was also weak. Most of the students are opting traditional courses and compelling to join self financing institutions with higher fees without knowing their aptitude, skills and potentials. Depending for bank loans for choosing professional courses offered by private institutions with unrecognised courses often land them in trouble and this has become a social issue today. Without knowing the job opportunities, prospectus and scope, opting various courses creating financial problems due to lack of job opportunities with their qualifications and bank loans. Even though students are getting higher percentages in secondary and higher secondary examinations they lacks skills in writing competitive examinations. Students are not well aware about the need to prepare for competitive examinations to get admissions in Government level standard institutions and to secure good jobs. Most of the students lacks leadership skills, clear-cut vision, proper planning and motivation. So there is an urgent need for career guidance and counselling.

Significance:

The school level activities of Career Guidance units were conducted in Jayakeralam Higher Secondary School, Pulluvazhi for helping students to identify and achieve their career goals, It will Help students to develop the qualities that need to be successful in career, Moreover it is helpful to. identify sources of information and disseminate information on careers and life skills, for developing career ambitions among students. All these assistance will enable the student to plan and chalk out their education and career path.

More over guiding the students to collect , organize and analyze information related with various courses and careers as a goal settings in their life. Through this activities recognize and respond to students diverse needs related with education and career planning. Assessment of mental ability, aptitudes and interests of students is possible and will provide support for various entrance examinations

Aims

By this activities the students are able to select their courses based on their mental ability, aptitude and interests. Besides that Students will be well aware and equipped with scientific career planning and strategies. While implementing the activities The students are well informed with multiple career options after higher Secondary Courses. Students will be able to resolve conflicts among various aspects of career decision making. The Career Guidance units will be ensured that students are placed at right course or right career at the right time.

Objectives

1. To enable the students to prudently plan a career of their own by pursuing the right course to achieve their aim and goal in life.
2. To help the students identify their strength and weakness so as to set the right goal in their career.
3. To keep the students updated on latest trends in career development.
4. To help the students to develop transferable skills such as effective communication skills, leadership skills, teamwork skills and management skills, so that they will become productive and efficient members of the workforce.

Activities

A place in the Corner in the school has set up as career corner where students get information regarding the courses and careers. Posters, news items which are beneficial to students will be exhibited.

Career Talk on different careers and courses by experts in the field has been conducted regarding various course options in Sciences, Humanities, Commerce, Computer Sciences, Engineering courses in Indian and foreign universities.. Several programmes were conducted including interaction with successful persons who have achieved a better position in their career through hard and dedicated work iintroducing of Career planning related books lets

will gets information about the careers, courses and study materials of competitive exams. Periodicals and books related to careers and courses will be made available .To familiar with various scholarships details which are available to students from various Government agencies and Voluntary Agencies: This will be helpful to the students of financially poor to peruse their studies without much financial burden.

8.Details of Mandatory Programmes Conducted 2015-2016 :

Sl No.	Target Group	Subject of the Programme	Date and Venue of The Programme	Name and Designation of Resource Person
1.	Students of Science Batch	Awareness of BSc and Btch Degree Scholarship courses Through entrance Test and Institutions in India Medical, Computer Sciences and Science Degrees scope in Foreign Universities	21-11-2015 School Auditorium 06-01-2016 School Auditorium	Prof Venkitesh Career Guru Trainer Ernakulam ShabanaRafeek and Surya Chitteth Project Coordinator & Students Counsellor Santa Monica Kochi
2	Students of Humanities Batch	Scope and Options of BA Courses- Scope for Foreign and Indian Universities	21-11-2015 School Auditorium 21-11-2015 School Auditorium	Prof Venkitesh Career Guru Trainer Ernakulam ShabanaRafeek and Surya Chitteth Project Coordinator & Students Counsellor Santa Monica Kochi
3.	Students of Commerce Batch	Scope of Bcom application, Company Secretary and CA courses	21-10-2015 School Auditorium 06-01-2016	Prof Venkitesh Career Guru Trainer Ernakulam\\\
4	Complete Students	Confidence Buildings in Examinations and Career Planning	20-8-2015	Jose Mazhuvanchery Principal and trainer N. Paravur

List of student selected the Path Finder District Level Selection Test (Civil Service Programme)

Sl No	Name	Class
1	AthiraSubhramanyan	XII D

List of Students attended 4 days Residential Path Finder Programme

Sl No	Name	Class	Venue at which attended
1	AthiraSubhramanyan	XII D	AshirBhavan Kacheripady

Details of other programmes conducted in the School by the Career Guidance Unit 2015-2016

Sl No	Target/ Beneficiary group	Type of Programme	Date & Venue of Program	Name and Designation of resource Person
1.	Plus two students	Career Day Inauguration & Guidance Class	20-8-2005- School Auditorium	Jose Mazhuvanchery
2.	Plus one and Plus two Science students	International Olympiad of Science awareness & Exam	9-12-2015 School Auditorium	Ms Mini Mathai, Ms.SalyCheriyann Ms Bindu Ms. Rani Varghese (Botany, Zoology, Chemistry and Physics Teachers
4	Plus one and Plus two students	International Olympiad of English awareness & Exam	02-12-2015 School Auditorium	Ms.ShyniKuriakose and Ms.N.R.Sheela HSST English
5	Plus one and Plus two Computer students	International Olympiad of Computer Science awareness & Exam	1-12-2015 School Auditorium	Sri. Sambathkumar, Sri.Nibu Jose HSST Computer
6	Plus one and Plus two Mathematics students	International Olympiad of Mathematics awareness & Exam	10-12-2015 School Auditorium	Sri. Jyothishkumar, Sri.Krishnakumar Principal & HSST Mathematics
7	Plus one and Plus two Humanities	Cultural Heritage awareness to promote National Integration	25-11-2015 School Room	Dr.V.Sanalkumar Career Guide
8	Plus one and Plus two students	Questioner-Aptitude Test to identify Learning problems	15-01-2015	Dr.V.Sanalkumar
9	Plus one and Plus	Drug abuse and learning	25-09-2016	Dr. Francis Moothedan

	two students	backwardness		Senior Counsellor Kolenchery Medical Mission Hospital
10	Plus one and Plus two students	Concentration and the art of meditation	28-01-2016	Dr.Pavithra Medical Officer Siverspoon Naturopathy Hospital, Perumbavoor

DETAILS OF INNOVATIVE PROGRAMMES CONDUCTED IN JAYAKERALAM HIGHER SECONDARY SCHOOL 2014-2015

1. International Informatics Olympiad Examination:

The Career guidance unit of Jayakeralam HSS, Pulluvazhi has initiated to undertake International Informatics Olympiad endeavours for the Plus one and Plus two computer science students to assess the competency and proficiency of the students in the field of Computer Science at National and International level in the collaboration with the Silverzone Foundation, New Delhi. Its syllabus comprises of the Syllabus of CBSE/ ICSE and various State boards. This examination is purely based on Computer Science, which provides ample opportunity to the students not only to test their skills but also sharpen them accordingly and provide knowhow about International standard. The medium instruction was English. Besides given the general awareness about the significance of preparing such an examination for the whole computer science students of the whole plus one and Plus two classes detailed syllabus with sample question papers has provided and utilised the services of the concerned subject teachers. The interested candidates has given chance to appear for the examination in our School and Dr. V. Sanalkumar has acted as School Coordinator. The School level examination was conducted on 01st December 2015.

2. International Olympiad of Mathematics Examination :

The Career guidance unit of Jayakeralam HSS, Pulluvazhi has initiated to undertake International Olympiad Mathematics endeavours for the Plus one and Plus two computer science students to assess the competency and proficiency of the students in the field of Mathematics at National and International level in the collaboration with the Silverzone Foundation. Its syllabus comprises of the Syllabus of CBSE/ ICSE and various State boards. This examination is purely based on Mathematics, which provides ample opportunity to the students not only to test their skills but also sharpen them accordingly and provide knowhow about International standard. The medium instruction was English. Besides given the general awareness about the significance of preparing such an examination for the whole Mathematics science students of the whole plus one and Plus two classes detailed syllabus with sample question papers has provided and utilised the services of the concerned subject teachers. The interested candidates has given

chance to appear for the examination in our School and Dr. V. Sanalkumar has acted as School Coordinator. The School level examination was conducted on 10th December 2015.

3. International Olympiad of English Language Examination

The Career guidance unit of Jayakeralam HSS, Pulluvazhi has initiated to undertake International Olympiad English language endeavours for the whole Plus one and Plus two students to assess the competency and proficiency of the students in the field of English Language at National and International level in the collaboration with the Silverzone Foundation. Its syllabus comprises of the Syllabus of CBSE/ ICSE and various State boards. This examination is purely based on English Language, which provides ample opportunity to the students not only to test their skills but also sharpen them accordingly and provide knowhow about International **standard**. The medium instruction was English. Besides given the general awareness about the significance of preparing such an examination for the whole computer science students of the whole plus one and Plus two classes detailed syllabus with sample question papers has provided and utilised the services of the concerned subject teachers. The interested candidates has given chance to appear for the examination in our School and Dr. V. Sanalkumar has acted as School Coordinator. The School level examination was conducted on 2nd December 2014.

4. International Olympiad of Science Examination

The Career guidance unit of Jayakeralam HSS, Pulluvazhi has initiated to undertake International Olympiad Science endeavours for the whole Plus one and Plus two students to assess the competency and proficiency of the students in the field of Science at National and International level in the collaboration with the Silverzone Foundation. Its syllabus comprises of the Syllabus of CBSE/ ICSE and various State boards. This examination is purely based on Science subject, which provides ample opportunity to the students not only to test their skills but also sharpen them accordingly and provide knowhow about International **standard**. The medium instruction was English. Besides given the general awareness about the significance of preparing such an examination for the whole science students of the whole plus one and Plus two classes detailed syllabus with sample question papers has provided and utilised the services of the concerned subject teachers. The interested candidates has given chance to appear for the examination in our School and Dr. V. Sanalkumar has acted as School Coordinator. The School level examination was conducted on 9th December 2015.

5. *Promotion cultural heritage studies and“ National Integration by awaking India’s deep Cultural Heritage Awareness.:*

A *Heritage Essay* –A Lance View of Image Gallery Exhibition of Historical Discoveries made by Dr.V.Sanalkumar, 2015-16, were conducted for the humanities students as well as other students aiming to promote *the Concept of “ National Integration by awaking India’s deep Cultural Heritage Awareness. This theory have greater scope* – By implementing this mission by Providing insight to student community and general public on changed thinking perception from past to present cultural transformation of Indian society and philosophy, where general public irrespective of religion would understand the present day religious unrealistic thoughts and hatred is only the product of present day circumstances and blunders. If consciously developing this concept , the passion of patriotism and Nationalism will be emerged and **would surely minimize the religious hatred and Muslim fundamentalism due to the awareness of the Indian real culture.**

6. Identification of students Problems through Questioner:

I have prepared the questioner with about 40 psychological questions and the analysis of the collected details have identified the following problems to the students-

Ambitions of the students,, career planning, socio economic background of the parents, duration of study time, learning atmosphere etc

Your suggestions for improving career Guidance programme in the next year.

Suggestany innovative programmes to be included in the next year.

1. To secure admission in merit and scholarship examinations planning to develop Creative awareness and skill development programmes to qualify the competitive examination.
2. Action plan to solve learning problems of the students

Place: Pulluvazhi

Date:02-02-2015

Signature of Career Guide

Dr. V.SANALKUMAR

Counter Signature of the Principal
(Seal)

MEDIA

Career Guidance and Adolescent Counselling Cell of Department of Higher Secondary Education had selected Media as special area of intervention for this year 2015. The special programme named “**Fourth Estate-2015**” explored the opportunities of career options in Media and help to develop the aptitude and interest in media among students. Talented students will be provided opportunity to meet the maestros in the field and visit national level institutes of the media. Four Days Residential State Level Camp of the selected students have been arranged

A state level workshop conducted for students to make them aware in the basic concepts of mass communication and guide them to the systematic way of learning which is supported with their creativity and talents and attended the programme with program documentation.. Later selected students got opportunity to visit Indian Institute of Mass Communication, New Delhi and interact with the Experts.

.Details of other programmes conducted in the School by the Career Guidance Unit 2014-2015

Sl No	Target/ Beneficiary group	Type of Programme	Date & Venue of Program	Name and Designation of resource Person
1.	Plus two students	Career Day Inauguration	1-8-2014- School Auditorium	1.Sri. K. Jyothiskumar, Principal. 2.Dr. V.Sanalkumar, Career Guide
2.	Plus one and Plus two Science students	International Olympiad of Science awareness & Exam	9-12-2014 School Auditorium	Ms Mini Mathai, Ms.SalyCheriyam Ms Bindu Ms. Rani Varghese (Botany, Zoology, Chemistry and Physics Teachers
4	Plus one and Plus two students	International Olympiad of English awareness & Exam	10-12-2014 School Auditorium	Ms.ShyniKuriakose and Ms.N.R.Sheela HSST English
5	Plus one and Plus two Computer students	International Olympiad of Computer Science awareness & Exam	3-12-2014 School Auditorium	Sri. Sambathkumar, Sri.Nibu Jose HSST Computer
6	Plus one and Plus	International	2-12-2014	Sri. Jyothishkumar,

	two Mathematics students	Olympiad of Mathematics awareness & Exam	School Auditorium	Sri.Krishnakumar Principal &HSST Mathematics
7	Plus one and Plus two Humanities	Cultural Heritage awareness to promote National Integration	25-11-2014 School Room	Dr.V.Sanalkumar Career Guide
8	Plus one and Plus two students	Questioner-Aptitude Test to identify Learning problems	15-01-2015	Dr.V.Sanalkumar
9	Plus one and Plus two students	Drug abuse and learning backwardness	25-09-2015	Dr. Francis Moothedan Senior Counsellor Kolenchery Medical Mission Hospital
10	Plus one and Plus two students	Concentration and the art of meditation	28-01-2015	Dr.Pavithra Medical Officer Silverspoon Naturopathy Hospital, Perumbavoor

Promotion cultural heritage studies and“ National Integration by awaking India’s deep Cultural Heritage Awareness.:

A *Heritage Essay –A Lance View of Image Gallery Exhibition of Historical Discoveries* made by Dr.V.Sanalkumar, 2014, were conducted for the humanities students as well as other students aiming to promote *the Concept of “ National Integration by awaking India’s deep Cultural Heritage Awareness. This theory have greater scope* – By implementing this mission by Providing insight to student community and general public on changed thinking perception from past to present cultural transformation of Indian society and philosophy, where general public irrespective of religion would understand the present day religious unrealistic thoughts and hatred is only the product of present day circumstances and blunders. If consciously developing this concept , the passion of patriotism and Nationalism will be emerged and **would surely minimize the religious hatred and Muslim fundamentalism due to the awareness of the Indian real culture.**

II. Questioner-Aptitude Test to identify Learning problems

I have prepared the questioner with about 40 psychological questions and the analysis of the collected details have identified the following problems to the students-

From over 350 students,.50 of them are facing learning problems in their studies due to parental quarrels, drug addiction, family and social insecurity, tendency to leave home, mental tension, anger, lack of proper guidance, financial constrains etc.. The remedial guidance are under progress as it requires a lot of time for the confidence building process for the students.

16. Your suggestions for improving career Guidance programme in the next year.

Suggest

any innovative programmes to be included in the next year.

1. To secure admission in merit and scholarship examinations planning to develop Creative awareness and skill development programmes to qualify the competitive examination.

Action plan to solve learning problems of the students

HSE- CARE- Road Safety Programme Report 2014-15

The following programme were conducted during the academic year 2014-15 in connection with the : HSE- CARE- Road Safety Programme for Higher Secondary students in association with Kerala State Road Safety Authority.

1. The HSE- CARE- Road Safety Programme were conducted for Higher Secondary students were inaugurated on November 14- 2014 by Praveen Kumar P.J Assistant Motor Vehicles Inspector, Sub RT Office, Perumbavoor. The classes were give for both the First year and Second Year Higher Secondary and Secondary students. The participation of PTA members were also ensured the program.
2.
 - 2 Students were asked to prepare Charts related to traffic rule and accidents on October 8th 2014 and the best students has given appreciation.All the charts were exhibited.
 - 3 October 15: Road safety rally were organised with the active participation of complete students and the support of the National Service Scheme volunteers with play cards and to aware the importance of traffic rules, careful driving, This programmes were aroused public enthusiasm. Students were given snacks and drinking water .
 - 4 October 16, 2015, The film show/ video clippings of the road accidents, traffic rule were shown to the students. The gravity of road accidents, keeping away from motor cycle till the age of 18 and driving licence etc were also highlighted in this programme.

ROLE OF LIFE SKILLS IN THE DEVELOPMENT OF ADOLESCENTS

The modern world are looking for talented adolescents who are ready to deliver from the day one of their joining, in the process, the potential industries and public sector are looking for whole package of talent who shows proficiency in hard skills, and versatility in life skills. It is a fact that India is a resource hub for world's largest educated man power, but the

problem is the mismatch between skills sets available and desired. The life skills are not taught in the regular class room as the integral part of curriculum. The corporate sector wants the students to be industry ready, it is an overlooked fact that the first impression has a lot to do with life skills than with hard skills. The real problems in human resources sourcing and recruitment is more 'suitability' of man power. Employees are being screened on 360 degree appraisal, process, which includes through screening on attitudes, aptitude, accuracy, understanding level, skill sets, fundamental knowledge, organisational values, human values, flexibility and adaptability. Transformable right skills sets unite people globally on a single platform and therefore, there is an urgent need for increasing our self awareness on life skills. Dynamics of soft skills, body language, communication, personality development, time management, etiquette, manners, stress management, positive thinking, mind power, ego and anger management, career planning management and inter personal relationships are the essentials for each adolescent for their success life.

The human relationship skills like interpersonal relationship, teacher student relationship, relationship with individual life, student community relationship has to develop in adolescents.

Life skills plays a vital role in growing our psycho-somatic power, more particularly in self life. These skills enrich not only our quality of life including innermost qualities like peace of mind, concentration, positive energy levels, but enhanced capacities like visionary powers. These skills are required essentially to lead a pleasant, visionary, meaningful and healthy life, possessing constant peace of mind status at all the times. We should habituated to yoga and meditation practices for attaining inner health, at all the times and for keeping inner happiness- ie. Within self.

These skills are in great demand as everyone of us are passing through different and difficult situations in present day stressful life while searching for materialistic success. Adolescents are acquiring unstable and disturbed mind status in this process, irrespective of the level of failure or success, subsequently, running desperately in search of peaceful mind status which otherwise has become unattainable and costly. Thus, life skills have become a necessity for steering one's overall quality of life, growth and peaceful mind status.

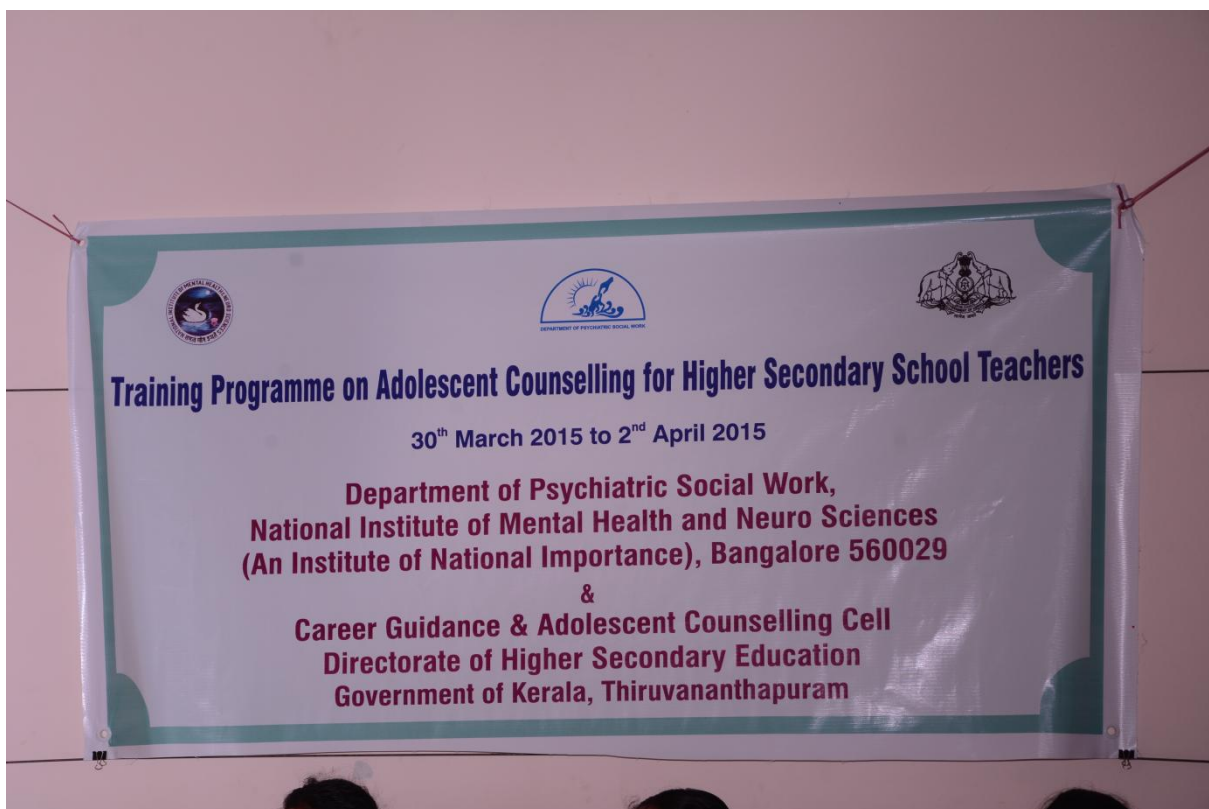
Adolescent counselling and Health Care Programme is a unique, novel programme, novel and innovative programme conceived and n

MENTEL HEALTH

Despite an increase in scientific productivity and material success , statistics showa hat the rate of mental disturbances in terms of Suicide, Alcoholism, Drugs, Marital breakdown and the like are increasing at an alarming rate. It would seem that as the material comforts of life have increased, mental health is deteriorating. Mental health is achieved if man develops into full maturity according to the characteristics and laws of human nature. Mental illness consists in the failure of such development.

According to the National Mental Health Programme document, about 20-30 million Indians are in need of some form of mental health care. Every year, 2,50,000 new cases are reported. But these figures do not include the thousands of others who may be suffering in silence without access to help. With proper care, at least 60 percent of these mentally ill people can recover completely and at least 80 percent can avoid chronic illness and disability. A large number of people can be he4alped merely by listening, providing care and equipping them with life- skills to cope with the stressful situations in life.

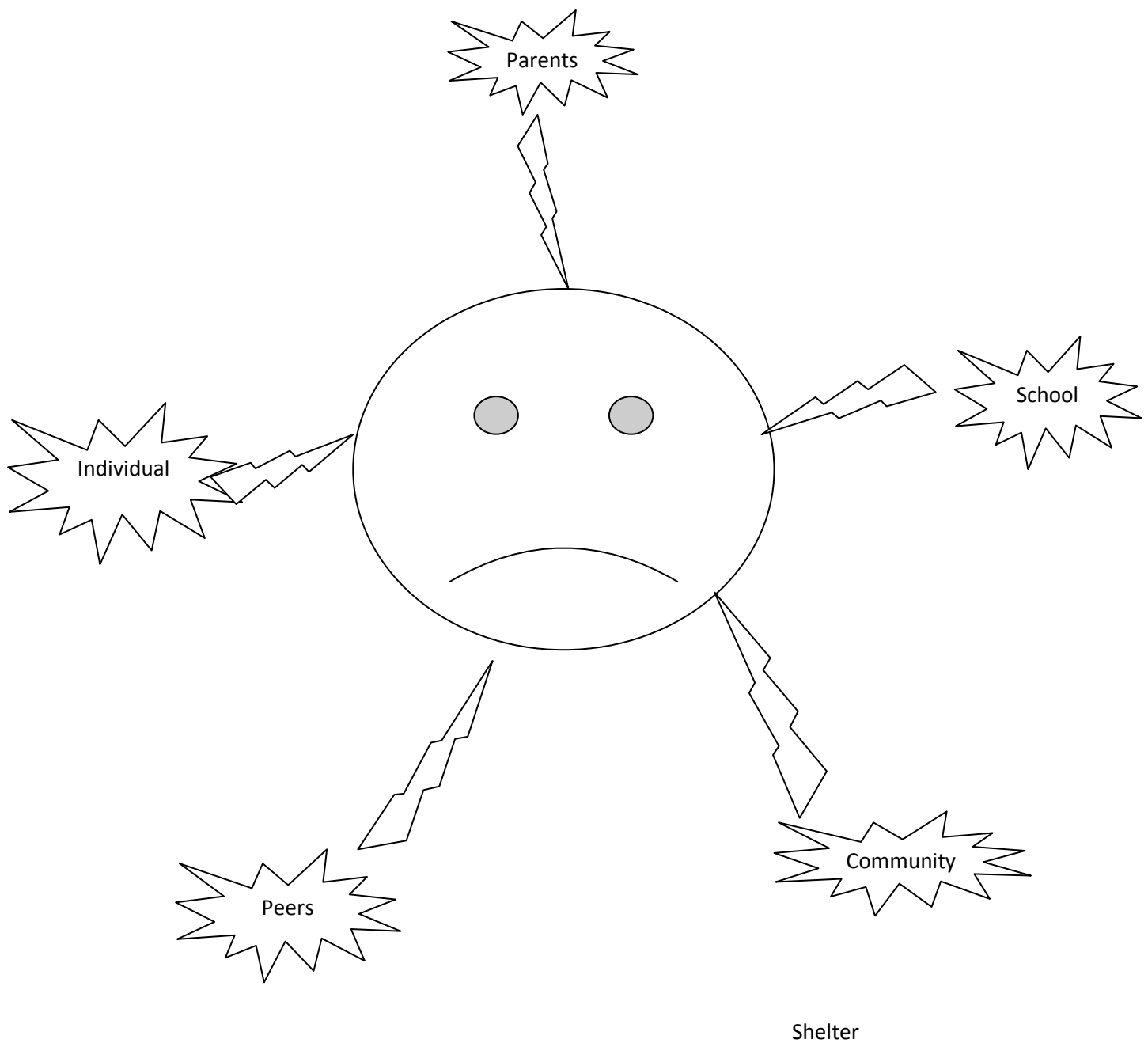
A growing awareness of the shortage of professional guidance and the ineffectiveness of traditional treatment has led to a large number of traditional treatment has led to a large number of persons new avenues.



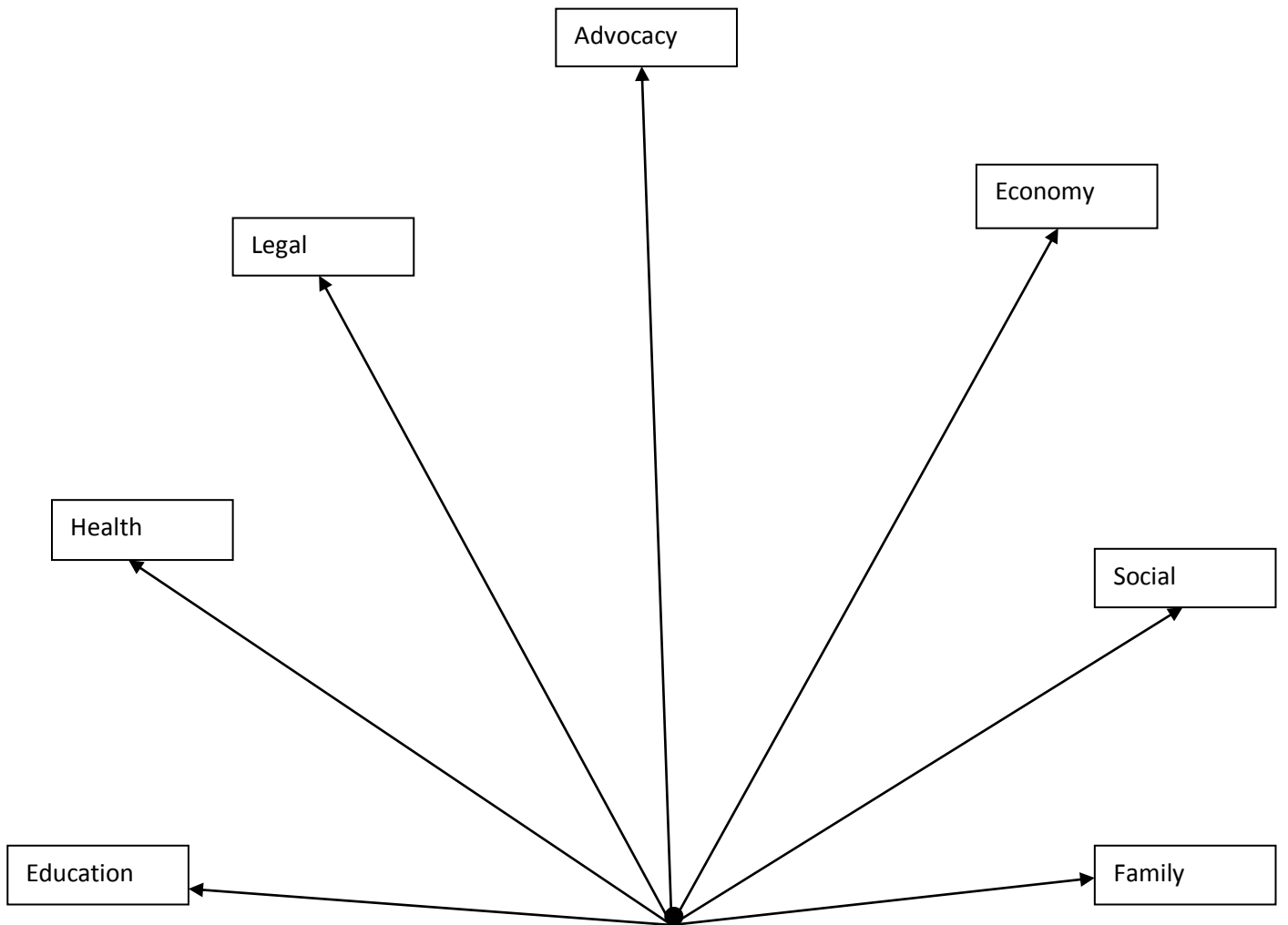
Sharing of Experiences For the Students

1. *Please note: Do not reveal the identity of the child

Concerns of Adolescents



Spectrum of Care



Group Counselling

What is group counselling? When can group counselling be used? When can group counseling be not used? Who can use group counselling?

Where should one use group counselling?

Peer Counselling

What is peer counselling? When can peer counselling be used? When can group peer be not used?

Who can use peer counselling? Where should one use peer counselling?

Techniques of Relating to Adolescents Observation

Listening and Empathy

Closed and Open-Ended Questions, Paraphrase & Reflection

Resourcefulness, Reassurance

Process of Relating to Adolescents

Be warm, Be friendly, Be with the adolescent, Be honest, open and clear

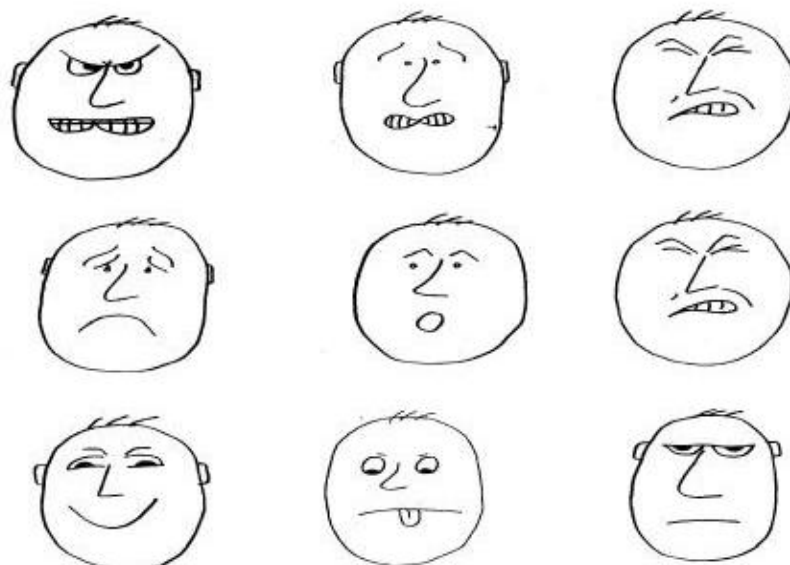
Accept the adolescent, Avoid flooding of advice, Respect the adolescent

Mediums of Relating to Adolescents

FACIAL EXPRESSIONS

Aim:

To make adolescents comfortable with the concept of thematic cards and help them to relate it to their life and narrate stories from their life and to understand the emotional reaction of adolescent and enabling ventilation.



Stage-1:Adolescent's feelings about one self in the present situation

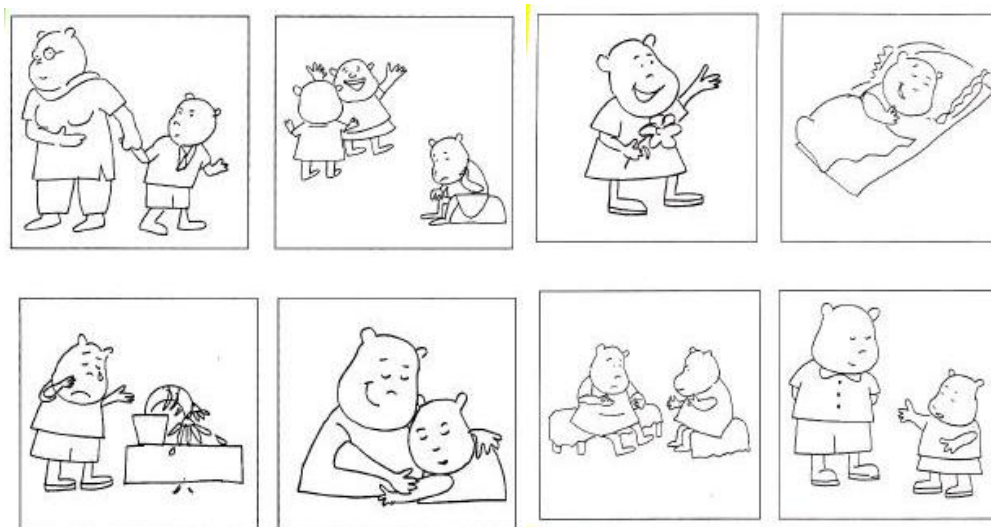
Stage-2: Impact of the difficult situation and adolescent's feelings about it

Stage-3: Planning's regarding the future

THEMATIC STORY CARD

Aim:

To make adolescents comfortable with the concept of thematic cards and help them to relate it to their life and narrate stories from their life and to understand the emotional reaction of adolescents and enabling ventilation.



Story in my life, Feelings about difficult situations in life Problems in life

My future

FAMILY PORTRAIT

Aim:To know about the adolescent's family, emotional state of family members, adolescent's relationship and feeling about the family members

Stage 1: Draw your family portrait.

DRAWING

Aim: To help adolescents to ventilate their negative feelings, understand their sufferings and help them develop a optimistic outlook in their life through the artistic medium of drawing

Stages: Painful event in my life, Losses and difficulties. How and what you want to be in future?

WRITING

Aim:

To help adolescents ventilate their feelings of disturbing event through the medium of writing and help them to accept their feelings about the incident. The activity also aims at providing adolescents putdown the happiest moments in life and come in to terms with the past by developing positive outlook in life.

Stages

Event which bothers me: Thing I miss a lot in my life:Sad event in my life:

Happy event in my life: What can I do to make my life happy?

DOLLS

Aim:

To help adolescents to narrate story from their life symbolically using dolls as characters in life there by ventilating disturbing events in life.

Story in my life:

CLAY MODELLING

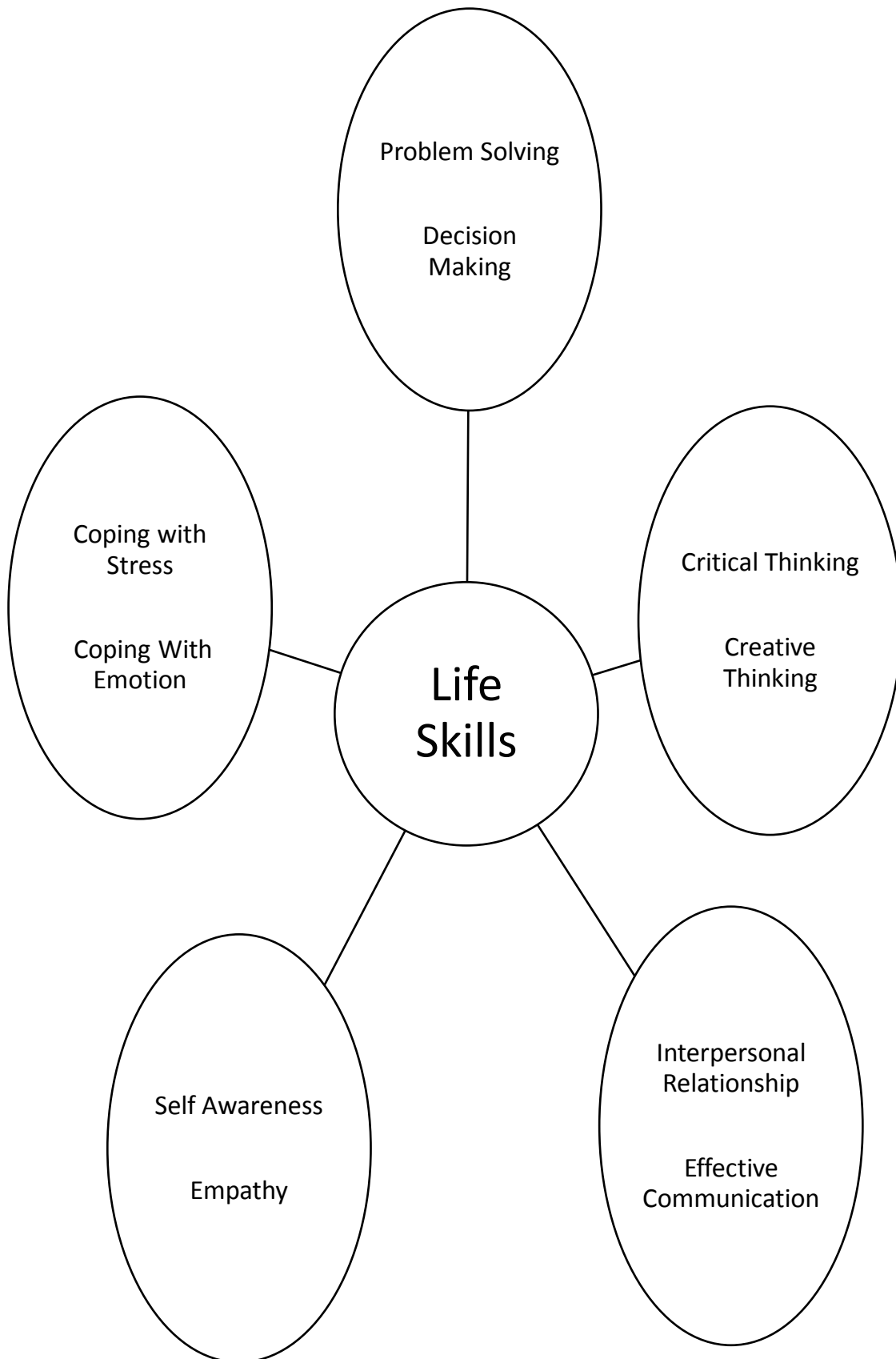
Aim:

To help adolescents to regulate their negative thoughts of losses towards positivism and help adolescents to give shape to their imaginations using the medium of clay.

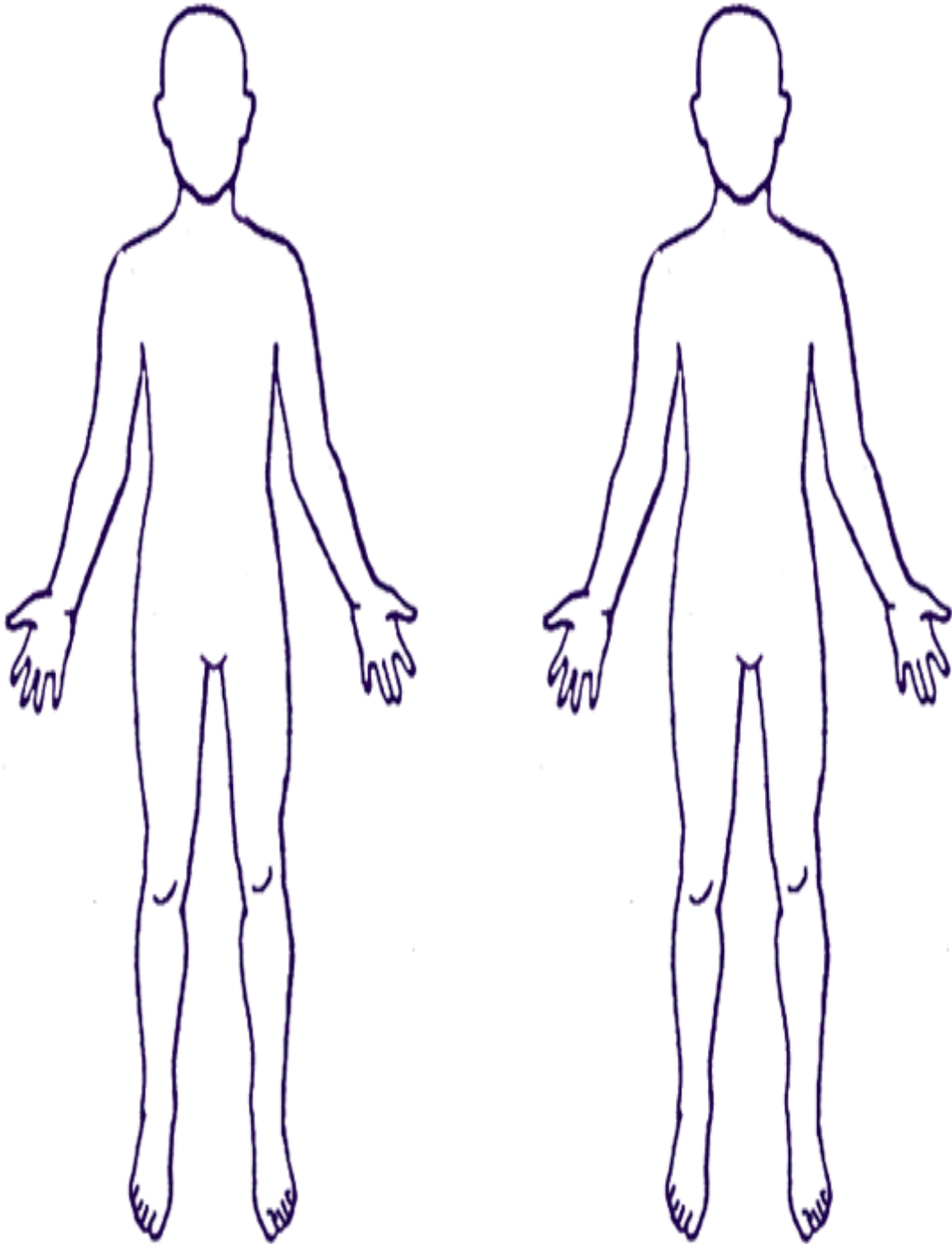
Stage-1:Losses in my life

Stage-2:Things that make me happy

Life Skills



Adolescent Sexuality



Adolescent Sexuality

What is Sexuality? What is Gender? What did I know about my gender?

What did I learn about my gender? What did I know about the opposite gender?

What did I learn about the opposite gender? What is a good touch?

What is a bad touch?

Sex

What is sex? What are the different types of sex? What is healthy sex?

What is unhealthy sex?

Sexual Harassment

Situations

Are the above types of sexual harassment common?

What other types of sexual harassment are you aware of?

How do girls respond to such harassment?

What do you think are the correct ways of responding?

What skills do adolescents who face harassment need in order to respond to it appropriately?

Sexual Abuse

Situations

Have you come across similar situations?

Can it happen to both boys and girls?

How does an adolescent respond to such situations?

How should an adolescent respond to such situations?

What skills/resources does the adolescent need to respond to such situations appropriately?

Intervening with Adolescents with negative Sexual experiences

How to make relevant observations about negative sexual experiences?

How to bring up the topic with adolescents?

How to facilitate healing in adolescents with negative sexual experiences?

What are the skills required for intervening with adolescents with negative sexual experiences?

Psychiatric Disorders among Adolescents

Mental Retardation, Specific Learning Disorders, Emotional Disorders, Conduct Disorders

Substance Abuse among adolescents, Sexually Abused Adolescents

What to do when I think that an adolescent has a serious psychiatric condition?

Way Ahead

What have you gained from this training workshop?

How do you plan to implement it in your local place of stay and work?

Vulnerability and Resource map

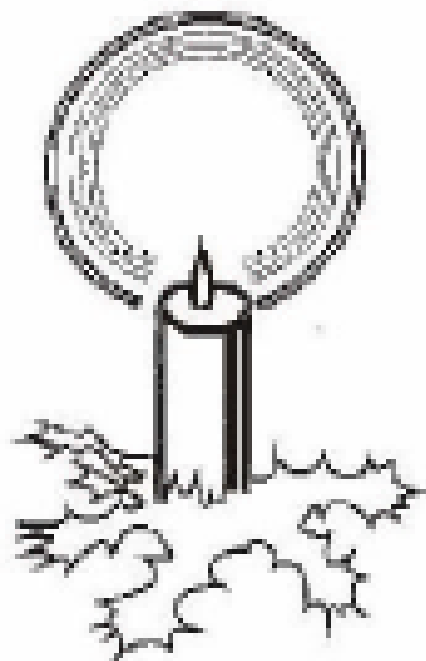
What are the vulnerabilities of the adolescents of your school? Where do they come from?

What are the resources available to adolescents of your school? Where do they come from?

How can we minimize the vulnerabilities and maximize the benefits in and around your school?

Ethics of Working with Adolescents

- We will not share children's information
- We will not make false promises to the adolescents
- We will respect and cherish adolescents
- We will take care of ourselves and our colleagues
- We will strive to enlighten children's life
- We will reach out and seek help when we feel low
- We will always keep smiling



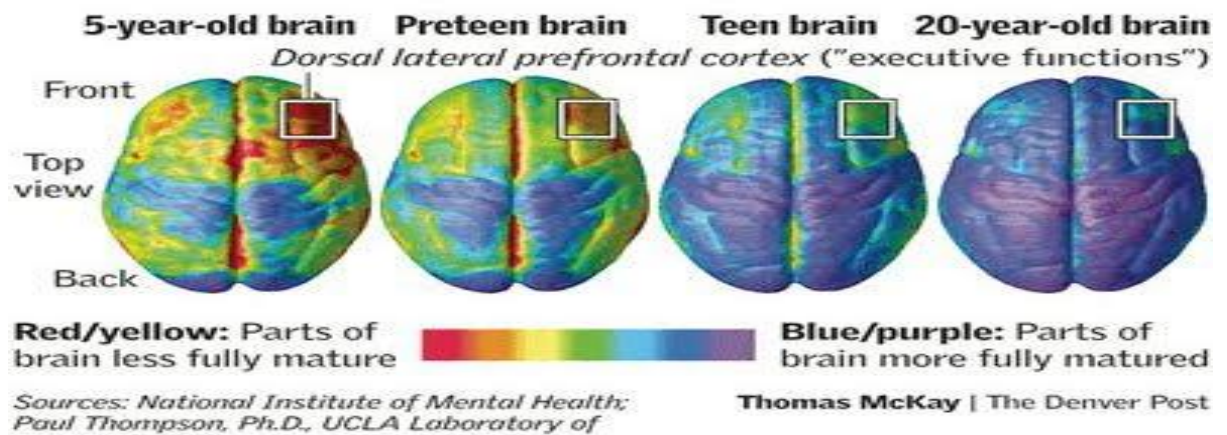
1. Adolescent Sexuality



2. Brain is in a fluid state. The 3rd stage of brain

development- neural connectivity, synapses;

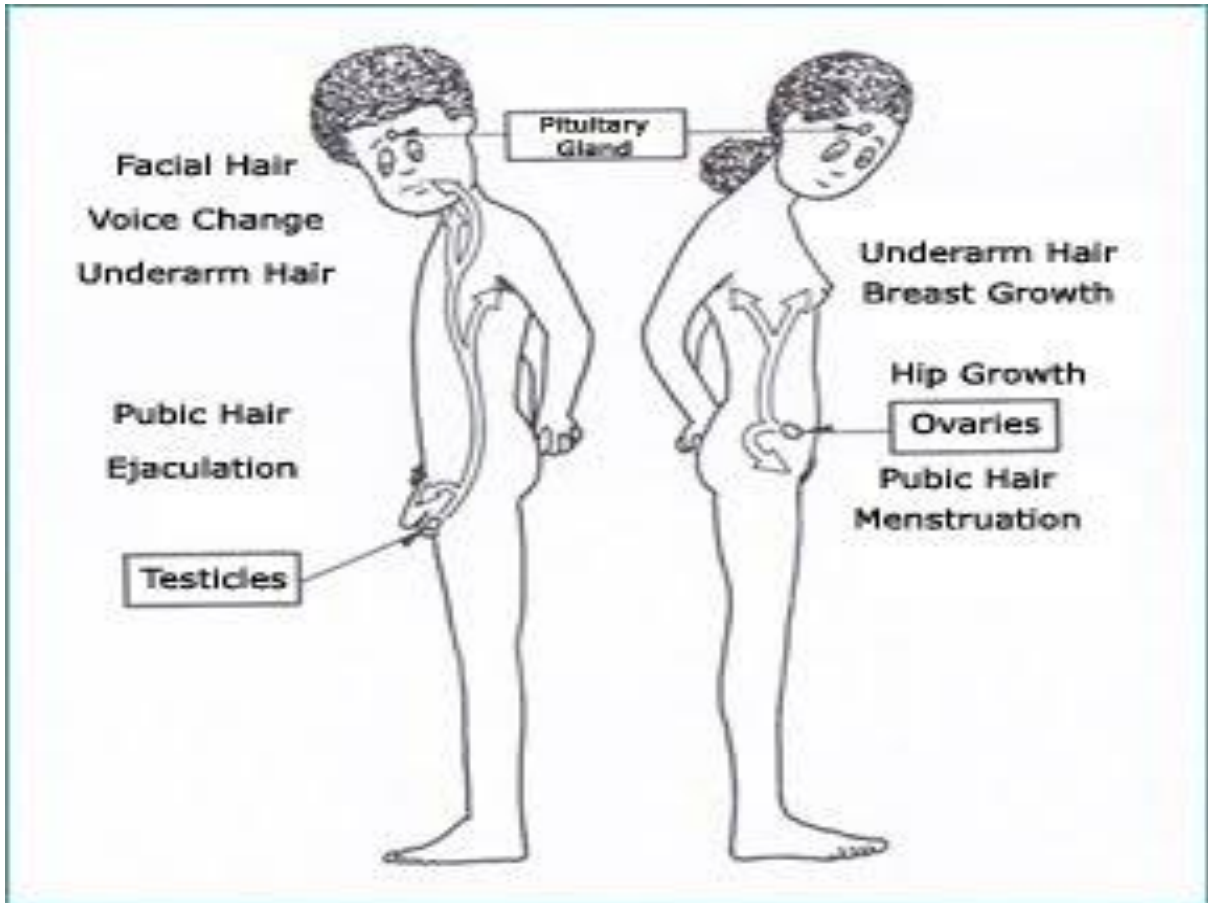
- a. Pre-frontal Cortex
- b. Planning,
- c. Working memory,
- d. Organizing,
- e. Mood



Aspects of Sexuality

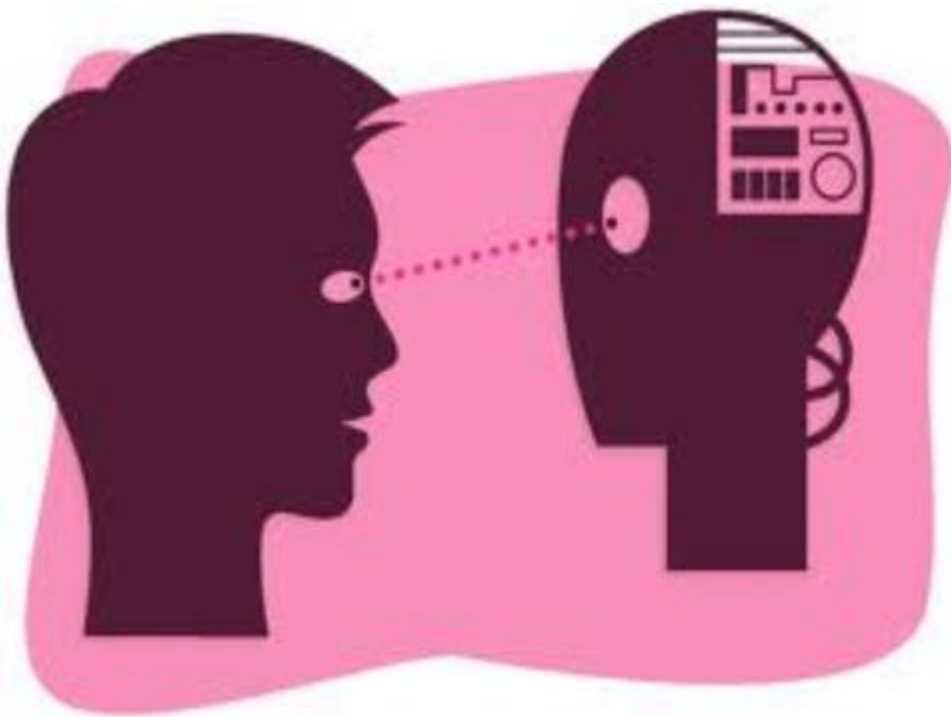
- Individual Aspects
 - Physical Aspects
 - Emotional Aspects
- Social Aspects of Sexuality

- Sex v/s Gender
- Sex v/s Sexuality
- Types of Sexual Relation



Sexual Boundaries Self & Other

Self stimulating behaviours

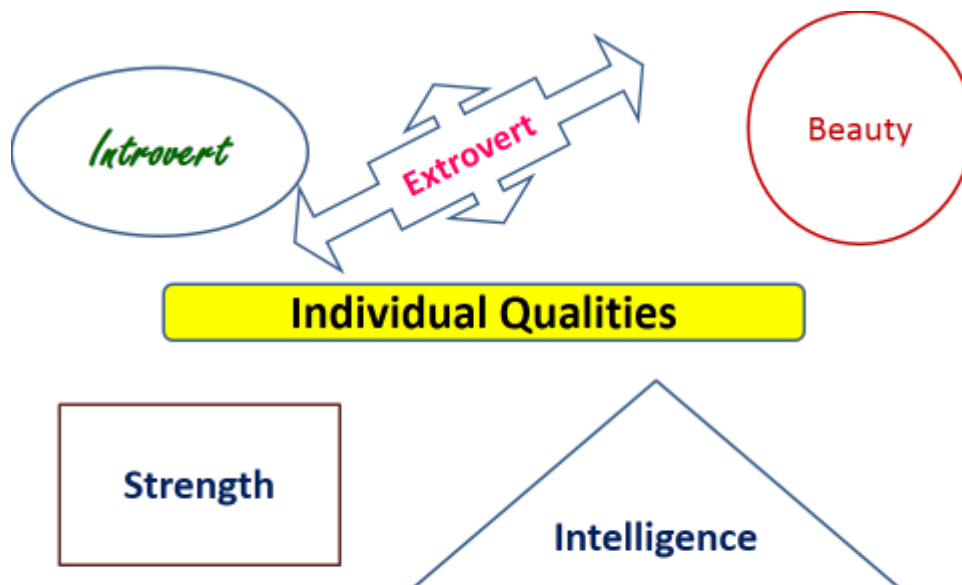


Sexual Boundaries— Boundaries Self & Other



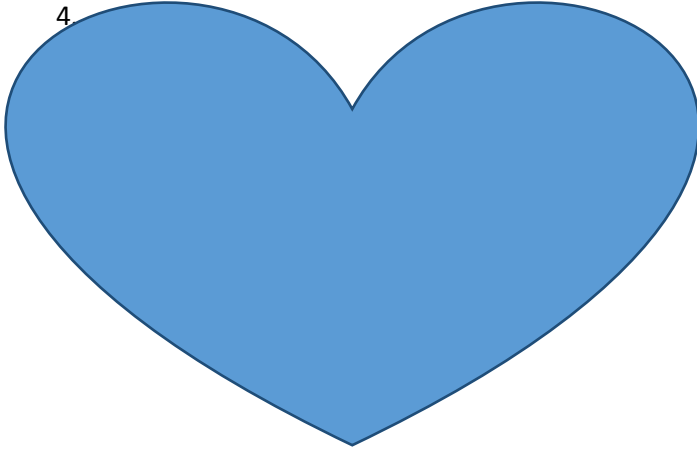


1.



1. Love/Liking
2. Expression
3. Power (അധികാരം, അവകാശം)

4.



Relationships **Should b**
Happy;
Healthy;
Responsible

- **MENTAAIM:**
- **To orient the Higher Secondary School Students about mental health problems in the community.**
- **OBJECTIVES:**
- **1) To give information about the different types of Severe Mental Illnesses, Epilepsy, Mental Retardation and Alcohol and Drug dependence.**
- **2) To make them aware of different causes of the problems – bio, psycho social and cultural factors.**
- **3) To brief about the treatment and rehabilitation services.**
- **4) To convince about the role to be played by students in helping such people in the community.**

HEALTH EDUCATION TO STUDENTS

KARUTHU PROGRAMME INNOVATIONS (Year 2015-2016)

TAEKWONDO



Taekwondo – Practice



Taekwondo – Practice



Taekwondo Official Judging the performance 2-15-2016



Dr. V. Sanalkumar addressing the Mothers 2015-2016



Students attending Overseas Education Expo 2016- Preparatory Seminar in Muvattupuzha- 2016



Students attending Overseas Education Expo 2016- Preparatory Seminar in Muvattupuzha- 2016



Students attending Overseas Education Expo 2016- Preparatory Seminar in Muvattupuzha- 2016



Dr. Sanalkumar attending the Overseas Expo 2016 Seminar with students



Dr. Sanalkumar explains the Overseas Education Prospects in Jayakeralam HSS



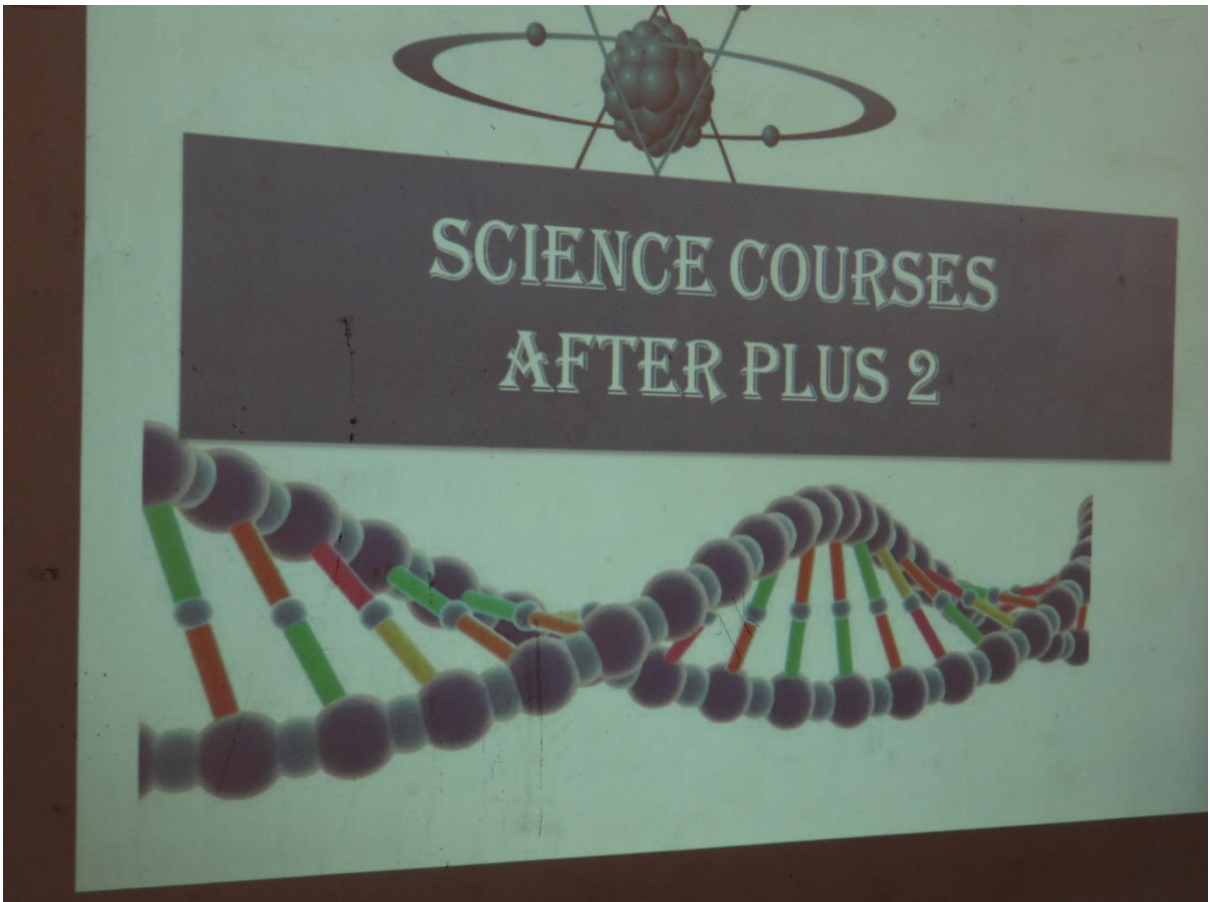
In collaboration With Santa Monica- study Abroad- Team explain the foreign study scholarships, internships , bank loans etc as Career Planning -2016



In collaboration With Santa Monica- study Abroad- Team explain the foreign study scholarships, internships , bank loans etc as Career Planning -2016



Dr. Siju takes the Career Planning Class- Explains the Scholarships





പരിക്ഷയുടെ തലേദിവസം

പരിക്ഷയ്ക്ക് പോകുവാൻ വീട്ടിൽ നിന്നും ഇറങ്ങുമ്പോൾ ഹാൾടിക്കറ്റ്, പേന, പെൻസിൽ, സ്കൈയിൽ, റബ്ബർ, Instrument box എന്നിവ എടുത്തുവെന്ന് ഉറപ്പുവരുത്തുക.

പരിക്ഷ ആരംഭിക്കുന്നതിന് 10 മിനിറ്റ് മുമ്പെങ്കിലും വായന നിർത്തി മനസിനെ സ്വസ്ഥമാക്കുക.

ഉത്തരക്കടലാസിൽ ഒന്നരയിഞ്ച് വീതിയിൽ മാർജിൻ വരയ്ക്കുകയും മുകളിൽ ഒരു ഇഞ്ചും താഴെ അരയിഞ്ചും സ്ഥലം വിട്ടു എഴുതുകയും ചെയ്യുക.

രജിസ്റ്റർ നമ്പർ, വിഷയം, തീയതി എന്നിവ ഉത്തരക്കടലാസിൽ നിർദ്ദേശിച്ചിട്ടുള്ള സ്ഥാനങ്ങളിൽ വ്യക്തമായി എഴുതുക.

ചോദ്യപേപ്പർ കിട്ടിയാലുടൻ അതിൽ രജിസ്റ്റർ നമ്പർ എഴുതി ഒപ്പിടുക. ചോദ്യപേപ്പർ ശ്രദ്ധയോടെ വായിച്ചതിനുശേഷം മാത്രം ഉത്തരങ്ങൾ എഴുതുവാൻ ആരംഭിക്കുക.

ചോദ്യപേപ്പർ വായിക്കാനായി 15 മിനിറ്റ് Cool Off time നൽകിയിട്ടുണ്ട്.

എഴുതുന്ന ഉത്തരങ്ങളുടെ ചോദ്യനമ്പർ കൃത്യമായി എഴുതുക.

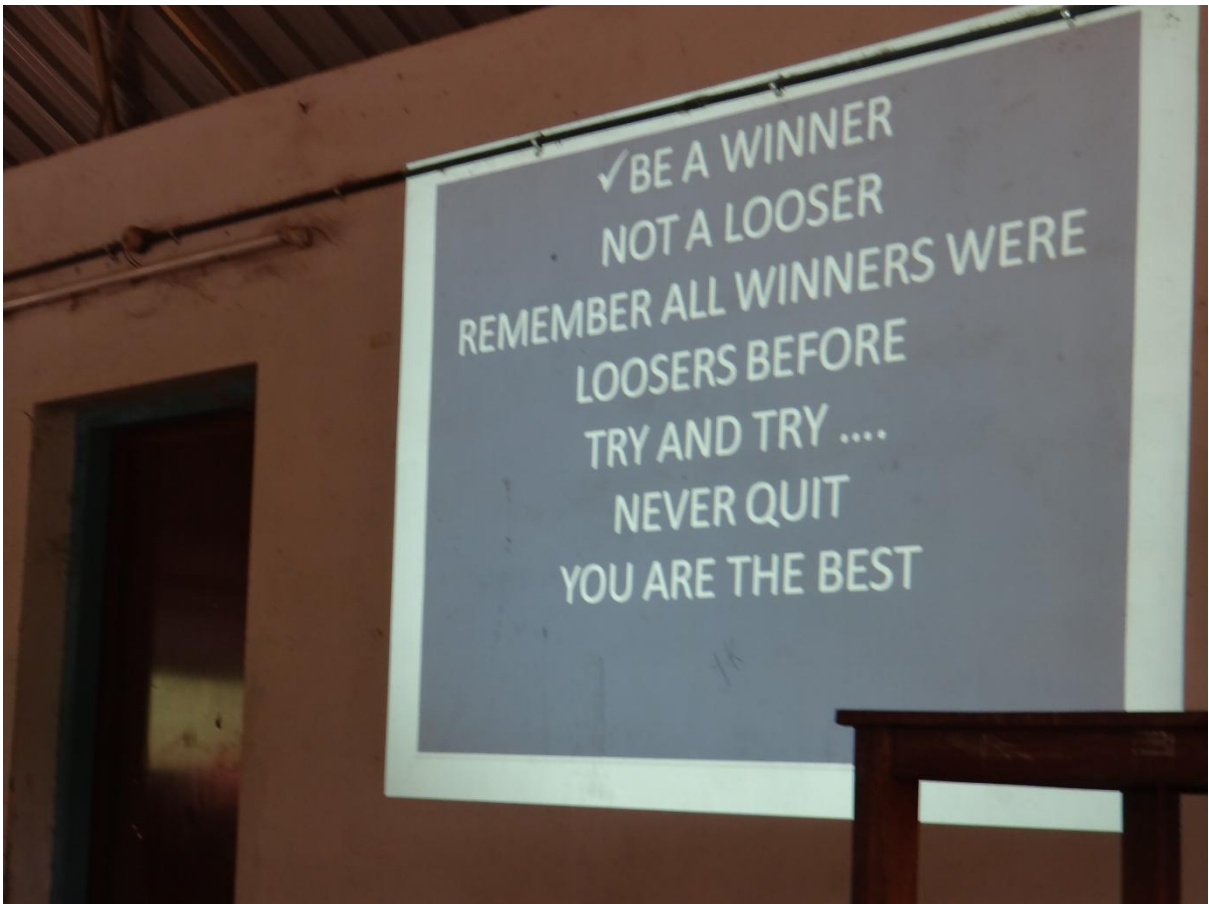
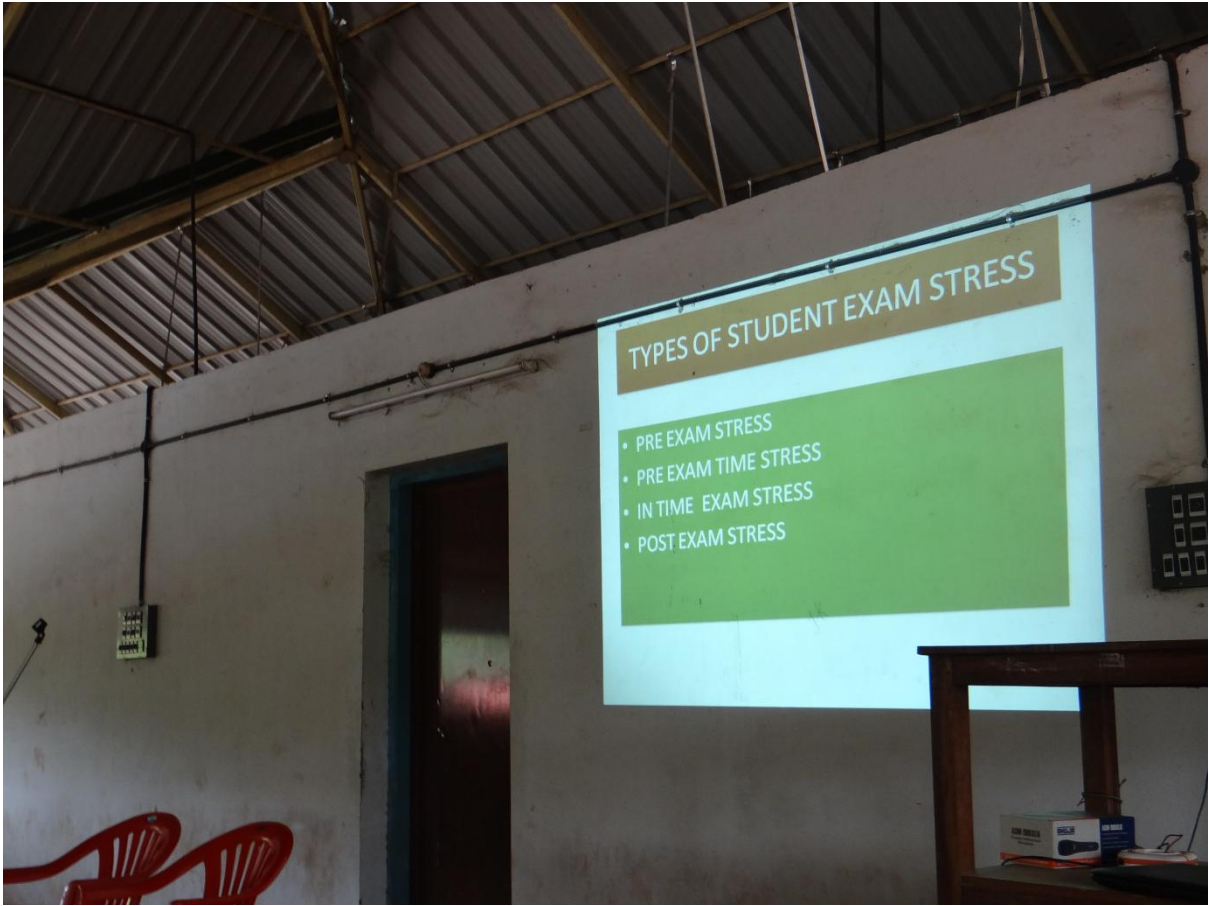
അഡീഷണൽ ഷീറ്റുകൾ ഉപയോഗിക്കുമ്പോൾ രജിസ്റ്റർ നമ്പർ എഴുതുന്നതിനോടൊപ്പം പേജ് നമ്പറും കൊടുക്കുക.

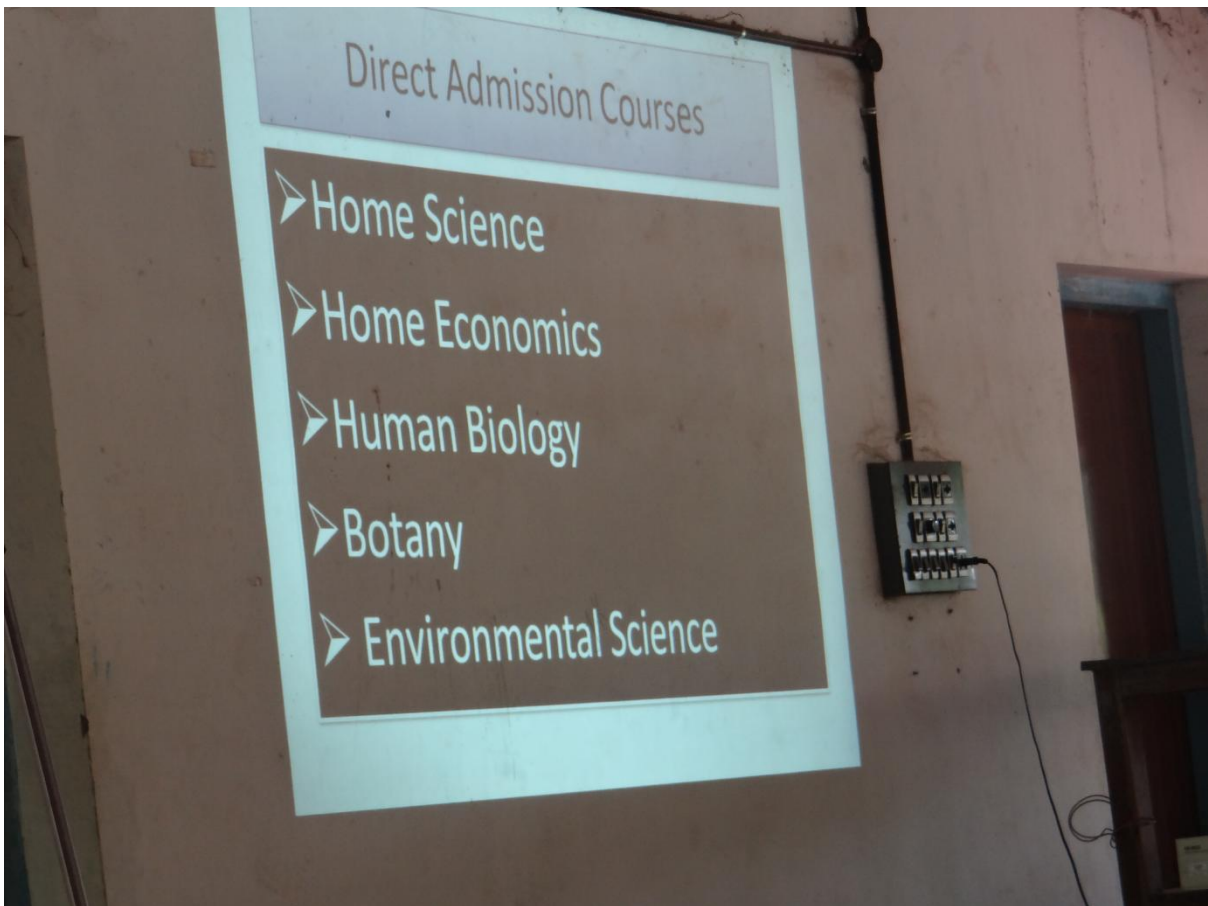
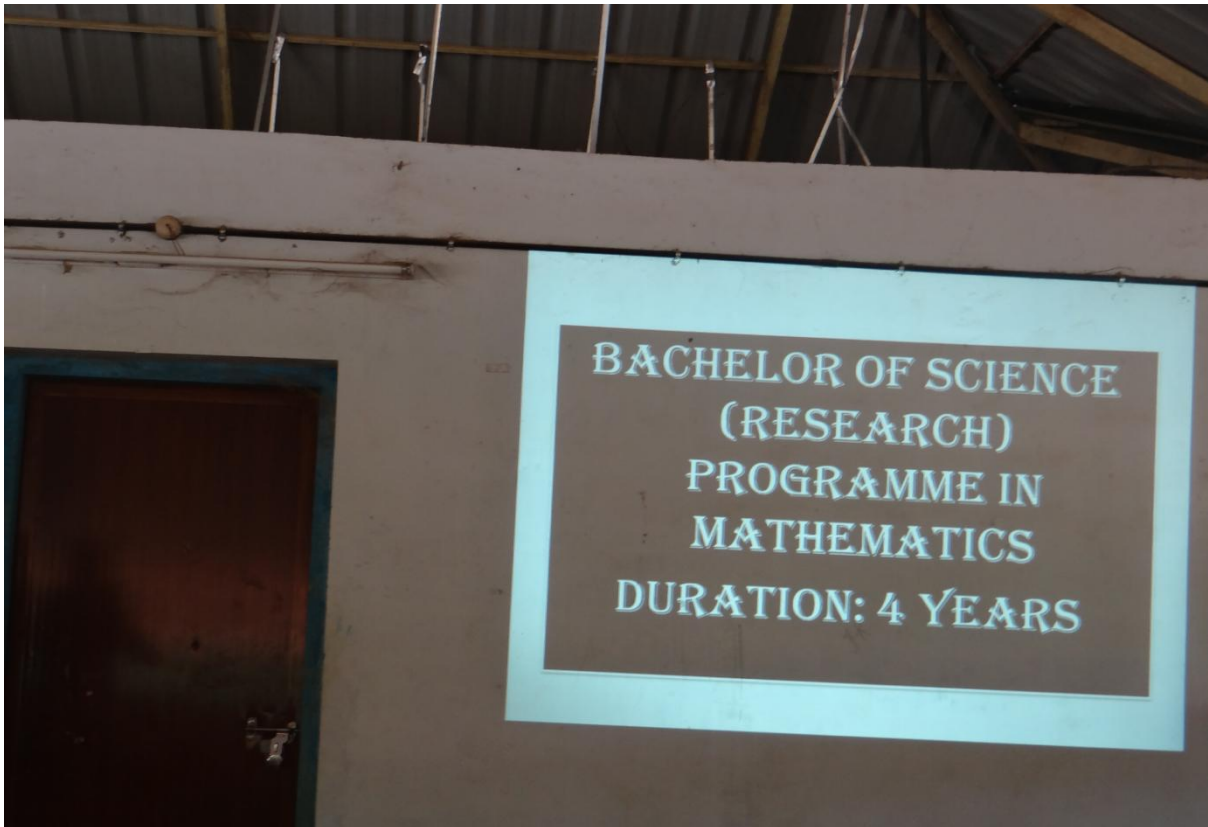
പരിക്ഷ അവസാനിക്കുന്നതിന് 5 മിനിറ്റ് മുമ്പെങ്കിലും ഉത്തരങ്ങൾ എഴുതിതീർക്കുകയും അവ വായിച്ച് നോക്കി തെറ്റുണ്ടെങ്കിൽ തിരുത്തുകയും ചെയ്യുക.

ഉത്തരക്കടലാസുകൾ യഥാക്രമം അടുക്കി നന്നായി കെട്ടിപ്പിടിക്കുക.

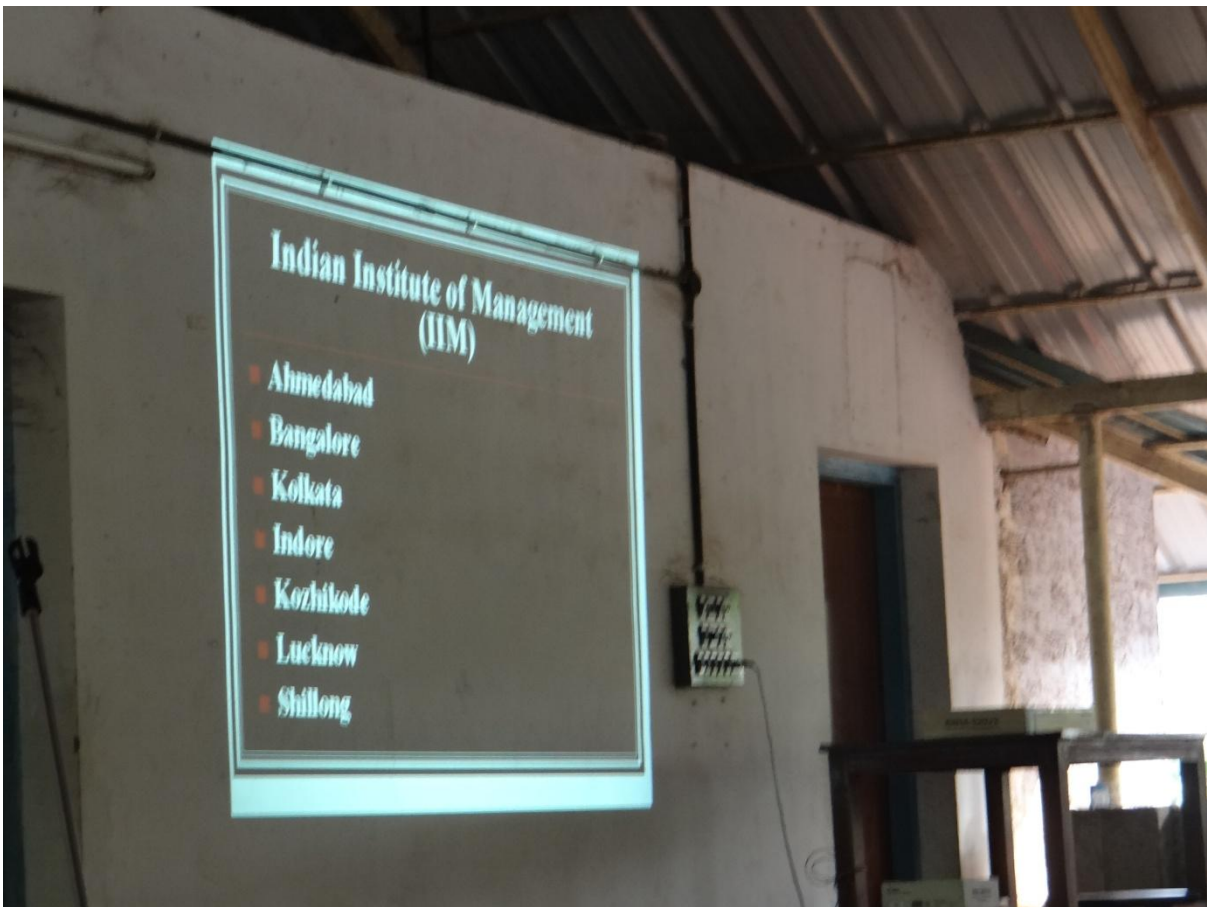
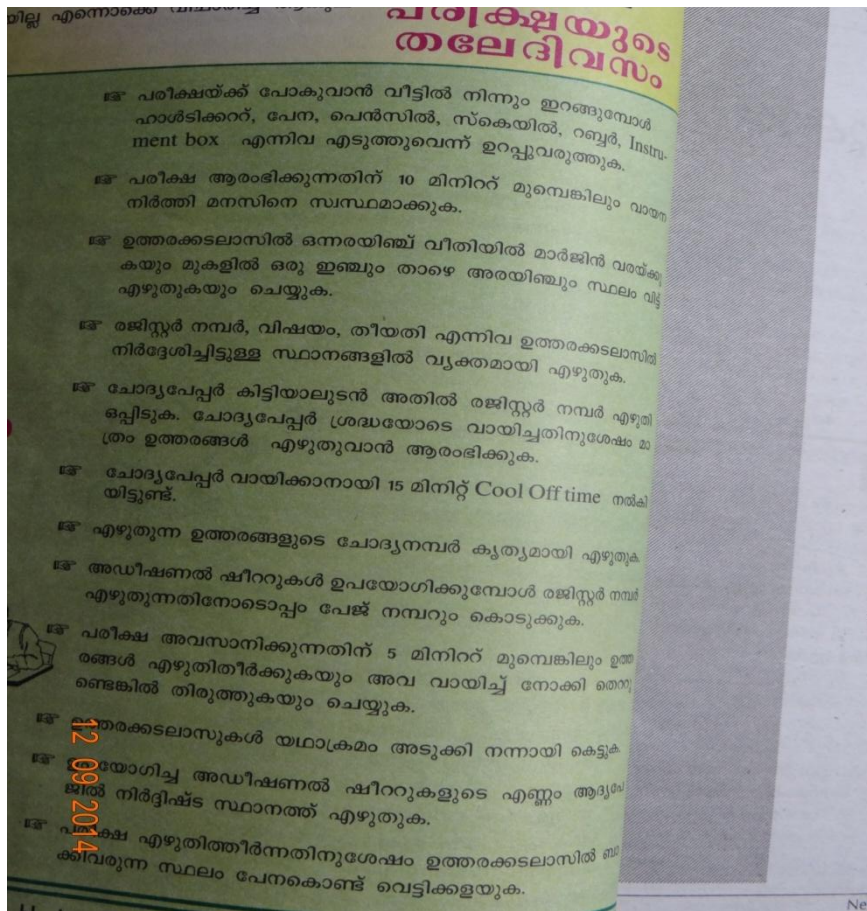
ഉപയോഗിച്ച അഡീഷണൽ ഷീറ്റുകളുടെ എണ്ണം ആദ്യപേജിൽ നിർദ്ദിഷ്ട സ്ഥാനത്ത് എഴുതുക.

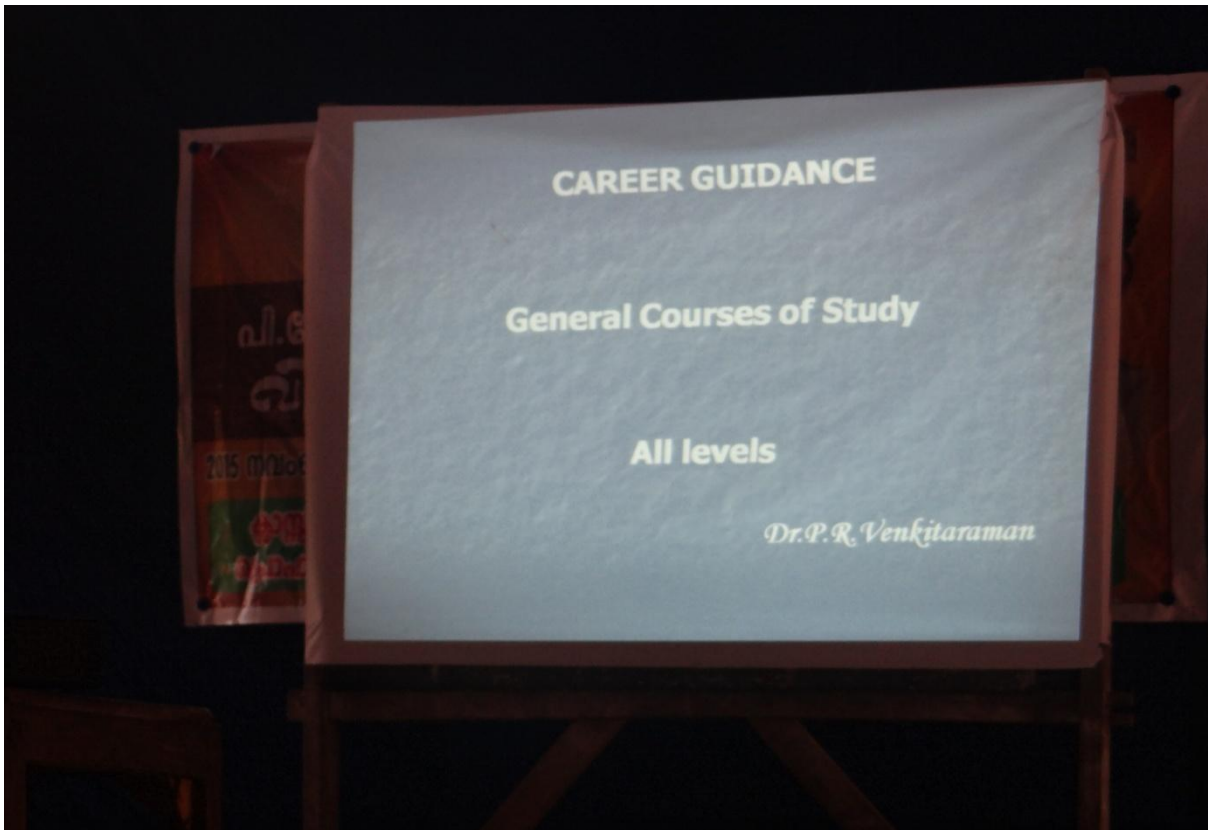
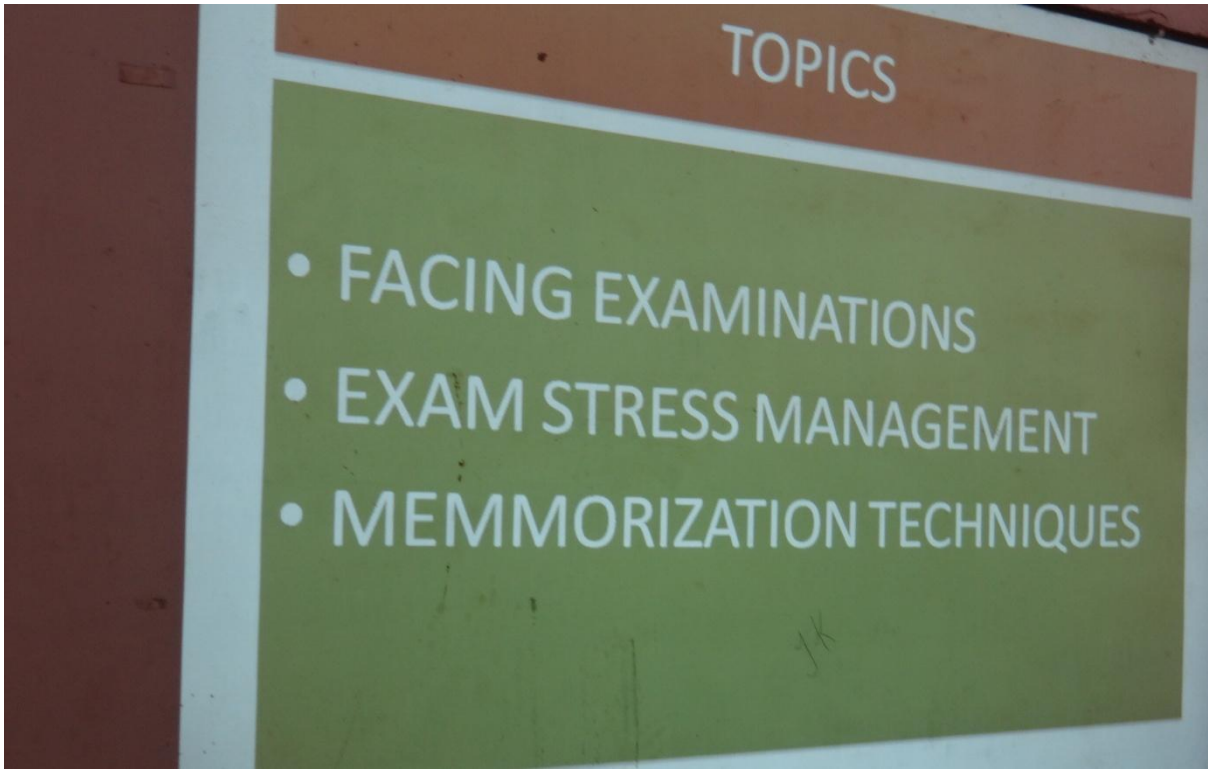
പരിക്ഷ എഴുതിത്തീർന്നതിനുശേഷം ഉത്തരക്കടലാസിൽ ബാക്കിവരുന്ന സ്ഥലം പേനകൊണ്ട് വെട്ടിക്കളയുക.













Prof. K. Venkita Raman Class 2015-2016 (General Awareness- Whole Plus Two Students)



Dr. Poulose: 2014-2015-(General Awareness- Whole Plus Two Students)



General Awareness- Whole Plus Two Students

STATE LEVEL CIVIL SERVICE CAMP- 2015-2016



State Level Civil Service Camp 2015-2016- English



State Level Civil Service Camp 2015-2016- Camp Members



State Level Civil Service Camp 2015-2016- Political Science

LEADERS TRAINING, ASCENT HOLIDAYS =2015-2016





Dr. V. Sanalkumar- Life Skill Class for Residential camp



Residential Camp 2015-2016-



Souhrida Day Celebration (General Awareness- Whole Plus Two Students)



(General Awareness- Whole Plus Two Students)



Shri. Jose Mazhuvannur 2015-2016



Shri. Nandalal-2015-2016



Life Skill skits 2015-2016

All these programmes were documented in digital Camera with the participation of the students. In Educational Blog (web site) it will be updated. The video gallery editing of these presentation is in progress. However the raw details of each activities are in uploading stage in website. However Photo Gallery is ready.

