Annual Report 2010-11

- Lecture for paediatricians of Indian Academy of Pediatrics on Poor School Performance was conducted by Dr Jagmeet K Chawla on 17/4/10. It was a well conducted session with good interaction.

- Inservice teacher training programme was conducted at Kv1 on 4/5/10 for PRTs. The teachers were taught life skills methods to enhance teaching skills.

- An Awareness girls Program was organized for urban slum girls on 10/6/10 at Aadhar. The Speakers were Dr. Jagmeet k Chawla, Dr. Antardhyan Kaur Sadana, Dr. Preeti Mathur, & Mrs Renuka Tiwari on the Topic of Physiological & Psychological Changes During Puberty in which about 85 girls from urban slums participated in this program. There were many queries regarding personal hygiene, menstruation cycle, precautions to be taken during periods, eating habits and healthy life style. There queries are well tackled. Psychological changes were taken up by Dr.Preeti Mathur and importance of family value system is taken up by Dr Antardhyan K Sadana. All the queries are well taken by the speakers.

- Awareness camp for parents was organized on date-7/8/10 at KV, Bhopal, the speakers were Dr. Jagmeet k Chawla & Dr. Preeti Mathur on the topic-Identification and management of poor school performance- More than 100 parents participated in this programme. This programme was initiated with power point presentation related to the topic, which was followed by question answer session. All the queries were well tackled. This program was well appreciated by Principal, Parents and students.

- Awareness Camp was organized at Kendriya Vidyalaya no.1 Bhopal and the Resource persons- Dr. Jagmeet K Chawla, Dr. N.Banerjee and Dr Preeti Mathur the topic of Changes during Puberty for adolescents in month of August10. All the students of class IX of the school participated in this program. The purpose of this program was to create awareness and to sort out the queries of these students. The entire class is divided into two groups i.e. boys and girls. Group one starts with male pediatrician who disseminates information about changes during puberty and the queries of boys regarding growth & development. Another group starts with psychologist who talked about psychological changes during puberty and the management of negative behaviour. Then in second phase the groups were interchanged. Boys were taken up by psychologist and girls were taken up by female pediatrician. Information was disseminated and queries were tackled. All the students came up with lots of queries. Over all the session was very informative and well appreciated.
• At the Pastoral Center, St Joseph Co-ed School Bhopal on 2/9/10 a program was held in the august presence of the Archbishop for all missionary school principals on the Topic: Identification of children with poor scholastic performance. Resource person - Dr. Jagmeet K Chawla, Dr Preeti Mathur. Nearly 100 teachers and principal from Bhopal and other nearby area participated in this event. The purpose of the program was to create awareness as well as to help the teachers to identify the problems of non performing students and to help them at school level. Dr. Chawla started with the definition and symptomatology of poor scholastic performance. Dr. Preeti Mathur throws light on Causes and Management of these children at school level. This session was followed by question answer session. In which the queries were tackled very efficiently.

• Workshop on importance of Guidance and Counseling was carried out on 5/9/10 at Aadhar. The Speakers were Dr. Jagmeet k Chawla, Dr. Preeti Mathur and the Moderator was Mrs Renuka Tiwari. The Purpose of Program was to create awareness among general public on the Importance of Guidance and Counselling-Nearly 59 people from different sectors participated in this program. This program was initiated by Dr chawla. She covered topic of importance of guidance and counseling in different areas and different sectors of life. There were many queries regarding need, relevance, and importance of such programmes. These queries are well tackled. Topic need of career counseling was taken up by Dr.Preeti Mathur. She discussed the relevance and the process of career counseling. This program is well appreciated by the participants.

• Antenatal Workshop Venue-Aadhar in 9/10/10 Speakers- Dr. Malti Bhojwani (Gynecologist), Dr. Jagmeet k Chawla(Pediatrician), Dr. Amita Singh (Dietician) & Dr. Preeti Mathur(Psychologist). It was Complimentary workshop, Topic-Maternal Care during and after Pregnancy. Program Summary- 29 expecting couples participated in this program. This program was initiated by Dr Bhojwani. She talked about antenatal development of child and maternal care required during pregnancy. Psychological Changes during pregnancy were taken by Dr Preeti Mathur. Dietician Amita Singh talked about food requirement and various substitutes. Dr. Chawla concluded the session she talked about post natal care of child. This program was well appreciated and followed by snacks and drinks provided by aadhar to the expecting mothers and their family members.

• On 25th and 26th Nov 10 A counselling skill workshop was held at NITTTR. The Director of NITTTR was the chief guest. The faculty was Dr Preeti Mathur Mrs. Anupma Maheshwari and Dr Jagmeet Chwala. Dr G anorkar of Nitttr and Dr Kakoli Roy were the guest faculty. It was a well conducted workshop. On the last day there was a panel discussion where Dr Rachna Dubey Asst Director MP AIDS CONTROL Society and Mrs. Moib Family Counsellor of Mahila Thana were panel guests. On 18/11/10 A seminar on stress management was conducted at St Xavier’s school. It was conducted by Dr Preeti Mathur and was Activity based. It was very well appreciated by students and staff.
• A painting competition was held for the slum children of Parvarish Museum school at Regional Science Centre on **30/11/10**. About 120 children participated. They were divided in different groups and were given topics which were related to conservation. The Children were taught about environment conservation and were also distributed prizes.

• On **25/12/10** a teacher training program was held in KV Bairagarh. On Maths Phobia. About 125 Teachers from different KV’s attended. It was very interactive and based on Life skills modules. It was very appreciated by all.

• A career guidance workshop was held on **22/1/11** at Old Campion Govt School. It was group as well as individual sessions. All students and parents were given advice and guidance about various career streams. Various motivational activities, creative sessions and personality development modules were taken up along with career information. Careers related to vocational training was given to the students by Mrs. Anupma Maheshwari Career Counsellor. Very well appreciated programme by all.

• A parenting seminar was held on **27/2/11** by Aaryaavart school. on the Topic-Good Parenting
  Program Summery-Nearly 125 parents of school participated in this program. This program was initiated with “What is parenting”, in this topic different types of parents, their parenting style and problems faced by them was discussed. Importance of healthy food, toys, games, peer group, and other behavioral issues were also catered by speakers in this program. This was followed by question answer session. This program was well appreciated by principal, teachers, parents and school authorities.

• In house Counselling for students has been carried out in the whole academic year in KV1 and Canyon school for students. The students have benefited immensely from this weekly sessions.

• KV1 has organized seminars on Changes during Puberty for class 9 and class 11 on regular basis, Also HIV AIDS and awareness regarding AIDS has been done under the aegis of National Adolescent Education Program. This also included Parent advocacy program

• Health camp at Rajiv Gandhi school twice a year