

PM SHRI K V Sheikhupur, Badaun, Lucknow Region

School Level Project 2024-25

Title: "Developing Mental Health and Well-being of Primary and Secondary Students in School through Different Guidance and Counselling Strategies":

1. Introduction:

Mental health is fundamental to students' overall development and academic success. With growing awareness of mental health issues, schools are increasingly recognized as crucial spaces for promoting well-being and addressing psychological challenges faced by children and adolescents. In the context of primary and secondary students, mental health issues may arise from various sources: academic pressure, peer relationships, family dynamics, or developmental challenges. When left unaddressed, these issues can lead to long-term consequences, including academic failure, behavioral problems, and diminished emotional resilience.

This action research project focuses on addressing the mental health and well-being of primary and secondary students through the implementation of tailored guidance and counselling strategies. The project seeks to identify prevalent mental health challenges, introduce evidence-based interventions, and evaluate their effectiveness in promoting emotional health and positive coping mechanisms in students. By integrating mental health support into the school environment, this project envisions creating a sustainable framework for addressing students' mental health needs.

2. Research Questions:

- 1.How do different guidance and counselling strategies affect the mental health and well-being of primary and secondary students?
- 2.What specific needs do students in primary and secondary school have concerning their mental health?
- 3.Which counselling techniques are most effective in addressing issues like anxiety, stress, and emotional instability in students?

3. Objectives:

1. To identify common mental health challenges faced by primary and secondary students.
2. To develop and implement guidance and counselling programs tailored to these challenges.
3. To evaluate the effectiveness of these programs on students' mental health and emotional well-being.

4. Participants:

Target group: Primary and secondary school students.

Sample size: All students from grades 3 to 12, representing a diverse cross-section in terms of academic performance, behavior, and socio-emotional needs.

5. Methodology:

Stage 1: Preliminary Assessment:

Tools: Surveys and interviews will be conducted with students, parents, and teachers to assess the current mental health landscape. Standardized mental health assessment tools such as the Strengths and Difficulties Questionnaire (SDQ) may be used.

Focus: Identification of stressors such as academic pressure, peer conflict, family issues, or emotional challenges.

Stage 2: Intervention Design:

1. Counselling Strategies:

- One-on-one counselling for high-need students.
- Group counselling sessions focusing on topics like stress management, emotional regulation, and building self-esteem.
- Workshops on mindfulness, self-care, and positive thinking for larger student groups.

2. Guidance Programs: Regular classroom guidance activities on coping skills, communication, and problem-solving.

3. Training teachers to integrate mental health discussions into their regular curriculum.

Stage 3: Implementation:

4.Duration: Implement the strategies over a period of 3-6 months.

5.Frequency: Weekly or bi-weekly counselling sessions, group activities, and classroom guidance.

Stage 4: Monitoring and Evaluation:

1.Regular follow-up surveys and interviews with students, teachers, and parents.

2.Observation of changes in student behavior, academic performance, and overall well-being.

3.Use of pre-and post-intervention data to assess the impact of counselling strategies.

6. Data Collection:

1. Quantitative Data: Mental health surveys, questionnaires (pre and post), absenteeism rates, and academic performance.

2. Qualitative Data: Observations from teachers, counsellor notes, feedback from parents, and student reflections.

7. Data Analysis:

1. Compare the pre- and post-intervention data to identify changes in the mental health and well-being of students.

2. Thematic analysis of qualitative feedback to understand which strategies were most impactful and why.

8. Ethical Considerations:

1. Ensure confidentiality of student information.
2. Parental consent for student participation.
3. Adherence to school policies and guidelines regarding counselling and student support services.

9. Expected Outcomes:

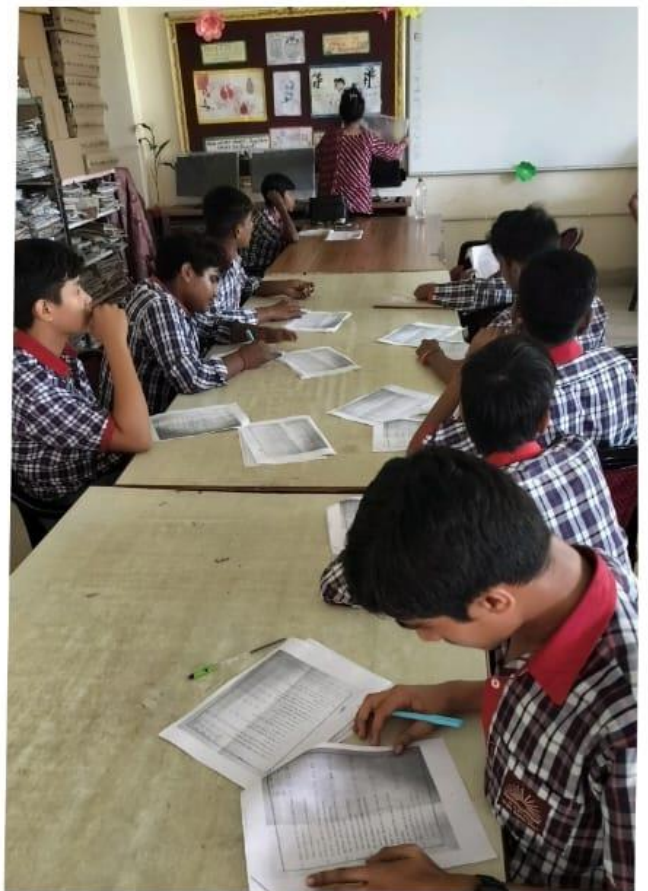
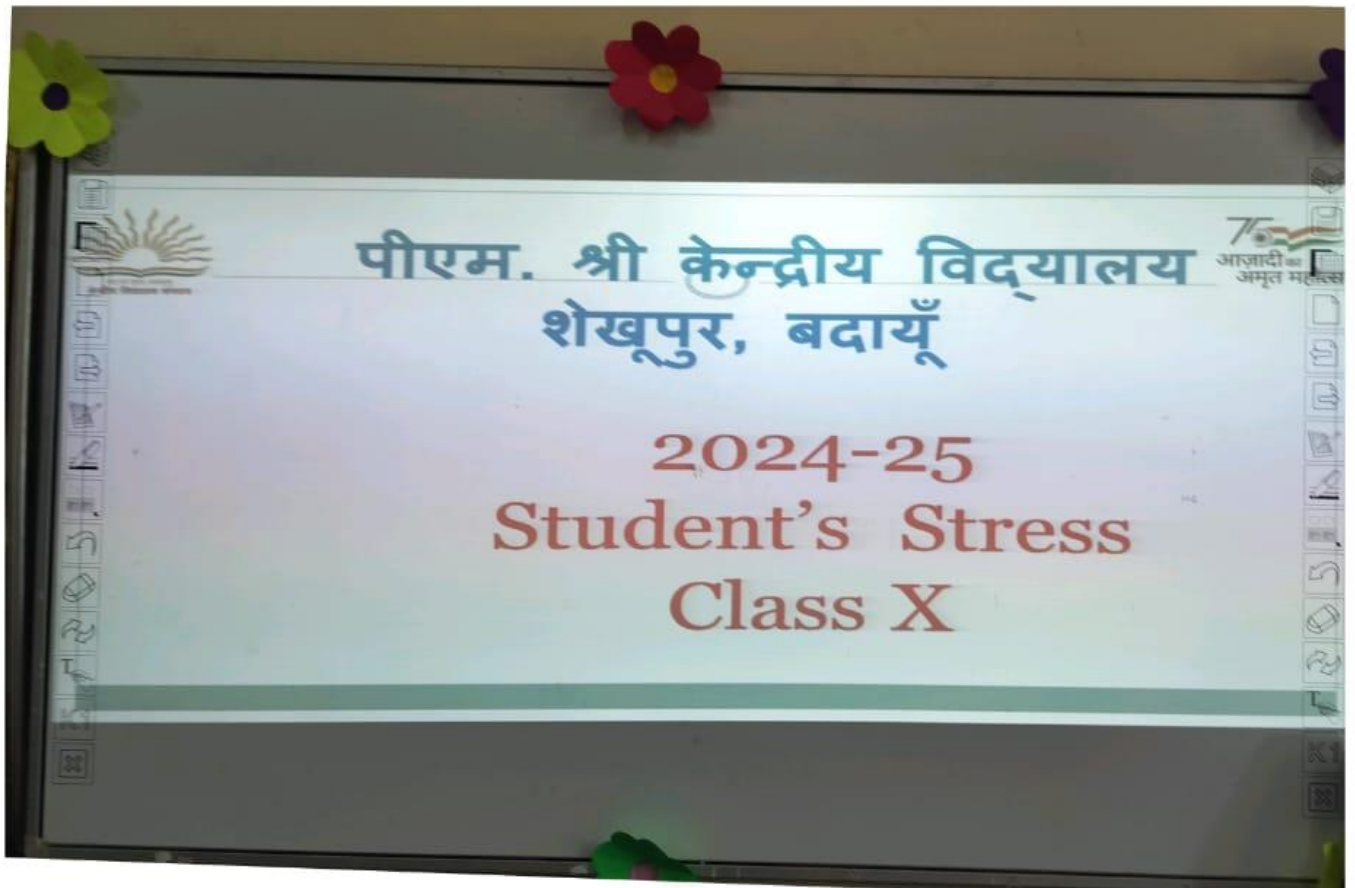
1. Improvement in students' emotional regulation, self-esteem, and stress management.
2. Reduced anxiety and behavioral issues in both primary and secondary students.
3. Better academic performance and social interactions as a result of improved mental well-being.

10. Reflection and Future Steps:

1. Reflect on the success and challenges of the counselling strategies.
2. Modify and expand the program based on feedback and outcomes.
3. Propose the implementation of a permanent mental health support framework within the school, involving teachers, parents, and professional counsellors.

This structure provides a solid foundation for action research that targets improving mental health in schools through practical and impactful guidance and counselling strategies.

PROJECT RELATED PHOTOGRAPHS-----









Confidential

S. S. SCALE

Dr. Taresh Bhatia & Arunima Pathak
 Head of Department of Psychology
 Saranathi Dham Girls Degree College
 ORAI (U.P.) - 285 001

Age: 16 Gender: Female

निर्देश : (Instructions)

कुछ कथन आपके दैनिक व्यवहार व परिस्थितियों से संबंधित कुछ कथन दिये गये हैं। प्रत्येक कथन को पाँच विकल्पों में से एक विकल्प चुनना है। प्रत्येक विकल्प पर एक अंक है। प्रत्येक कथन के लिए सही विकल्प चुनना है। प्रत्येक कथन के लिए सही विकल्प चुनना है। प्रत्येक कथन के लिए सही विकल्प चुनना है।

Some statements related to your daily behaviour and circumstances. Each statement has five options - strongly agree, agree, uncertain, disagree, strongly disagree. Choose the option that you consider right. None of these answers is right or wrong.

Do not write your name anywhere. (2) Please answer each question by putting the answer in the same order in which they are given, although the questions have been repeated. (4) Please do not consult anyone while answering. (5) Do not give much time to any question. Give the response that you think is right.

Prakhar

कुछ परिवार गंभीर आर्थिक समस्याओं से ग्रस्त हैं।

My family has serious financial problems.

कुछ लोग श्रमिकों को भुगतान नहीं देते कि एक अच्छी नौकरी मिल सके।

I am not eligible for getting a good job.

विद्यालय से घर के तनावपूर्ण माहौल में लौटना मुझे नहीं लगता है।

I don't like to return from the school to the stressful atmosphere of home.

मैं अपने दोस्तों से मतभेद करने रहता हूँ।

I have differences with my friends.

सब लोग एक-दूसरे को बुरा बर्ताव करते हैं।

Everybody behave rudely with me.

कुछ लोग मेरे अध्यापक पक्षपातपूर्ण व्यवहार करते हैं।

Some of my teachers are partial in behaviours.

मैं अपने दोस्तों से मिलने के कारण परेशान रहता हूँ।

I am generally troubled due to insufficient pocket-money.

कुछ लोग शिक्षा व्यावसायिक शिक्षा छोड़ने चाहते हैं ताकि वे नौकरी कर सकें।

Practical education can be vocational education so that we may get a job.

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Age: 15 Gender: Female

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Prakhar

AS - Academic stress - 18
 FS - Financial stress - 20
 VS - Vocational stress - 18
 FaS - Family stress - 14
 SS - Social stress - 13
 ES - Emotional stress - 16

 99

AREAS	SCORES	LEVEL	REMARK
a. AS	18	High	Recommended counselling to reduce stress. student has been suffering from heavy work stress.
b. FS	20	Very High	
c. VS	18	High	
d. FaS	14	Average	
e. SS	13	Low	
f. ES	16	High	
TOTAL	99	High	

Naresh
 NARESH PAL SINGH
 SHAKYA
 (SPECIAL EDUCATOR)
 KVS, BUDHUM

Final score sheet of a child, with remark.

**10th October 2024 –Mental Health Awareness Day—
(93 students participated in the Google-form survey)**



S.NO	Submit Date	Name	Number	Total Marks (10)	Result	1. सिव मानसिक स्वास्थ्य दिवस पर सात बज मज्जा पाता है ?	2. आप मानसिक स्वास्थ्य को कितना महत्वपूर्ण मानते हैं ?	3. क्या आप अपने मानसिक स्वास्थ्य के प्रति जागरूक हैं ?	4. आपको समाज को महसूस होता है (आप एक से अधिक विकल्प चुन सकते हैं)	5. समाज से मिलने के लिए आप क्या करते हैं (आप एक से अधिक विकल्प चुन सकते हैं)	6. क्या आप जानते हैं कि समाज को बेहतर बनाने का क्या मतलब है ?	7. आपको सबसे ज्यादा खुशी क्या महसूस होती है (you can select multiple answers)	8. क्या आप मानसिक स्वास्थ्य से जुड़ी किसी समस्या का समाधान ढूँढ रहे हैं ?	9. आपको मानसिक स्वास्थ्य के बारे में जानकारी बढ़ाने की जरूरत है ?	10. आपको खुद में मानसिक स्वास्थ्य पर जागरूकता बढ़ाने के लिए क्या पहलियाँ की जाती हैं ?
84	11-10-2024 06:51:50	Hemant pandey	8954554890	5	50.0%	10 अक्षर	बहुत महत्वपूर्ण	हाँ	अन्य (कृपया बताएं)	कितना बहुत है	हाँ	परिवार के साथ समय बिताने समय	नहीं	दोस्तों से	चेरानामांकन मतिविधियाँ
85	11-10-2024 10:27:51	Shivani gour	0000	6	60.0%	10 अक्षर	बहुत महत्वपूर्ण	हाँ	अन्य (कृपया बताएं)	अन्य (कृपया बताएं)	हाँ	अन्य (कृपया बताएं)	हाँ	स्वयं से	मानसिक स्वास्थ्य कार्यवाहियाँ
86	11-10-2024 10:32:01	Shivam yadav	9675555610	6	60.0%	10 अक्षर	बहुत महत्वपूर्ण	हाँ	अन्य (कृपया बताएं)	बेतर कहते हैं	हाँ	परिवार के साथ समय बिताने समय	नहीं	स्वयं से	चेरानामांकन मतिविधियाँ
87	11-10-2024 11:44:58	Abhay Kumar	7918886204	3	30.0%	10 अक्षर	कम महत्वपूर्ण	हाँ	अन्य (कृपया बताएं)	बेतर कहते हैं	नहीं	परिवार के साथ समय बिताने समय	नहीं	इंटरनेट/टीवी	चेरानामांकन मतिविधियाँ
88	11-10-2024 18:24:27	0000	0000	3	30.0%	10 अक्षर	बहुत महत्वपूर्ण	हाँ	अन्य (कृपया बताएं)	अन्य (कृपया बताएं)	नहीं	कोई शैक रूठ करते समय	नहीं	अन्य (कृपया बताएं)	अन्य (कृपया बताएं)
89	11-10-2024 18:25:45	0000	0000	3	30.0%	10 अक्षर	बहुत महत्वपूर्ण	हाँ	अन्य (कृपया बताएं)	अन्य (कृपया बताएं)	नहीं	कोई शैक रूठ करते समय	नहीं	अन्य (कृपया बताएं)	अन्य (कृपया बताएं)
90	11-10-2024 18:33:20	0000	0000	3	30.0%	10 अक्षर	बहुत महत्वपूर्ण	हाँ	अन्य (कृपया बताएं)	अन्य (कृपया बताएं)	नहीं	कोई शैक रूठ करते समय	नहीं	अन्य (कृपया बताएं)	अन्य (कृपया बताएं)
91	13-10-2024 16:09:56	Arya	9411011368	7	70.0%	10 अक्षर	बहुत महत्वपूर्ण	हाँ	परिवार की समस्याओं के कारण	सोचत मुनते हैं	हाँ	दोस्तों के साथ खेलेते समय	नहीं	स्वयं से	चेरानामांकन मतिविधियाँ
92	14-10-2024 21:53:20	Aham pratap singh	9761198708	6	60.0%	10 अक्षर	बहुत महत्वपूर्ण	हाँ	परिवार की समस्याओं के कारण	सोचत मुनते हैं	हाँ	परिवार के साथ समय बिताने समय	हाँ	इंटरनेट/टीवी	चेरानामांकन मतिविधियाँ
93	17-10-2024 16:22:17	Kartikay Tiwari	9555677144	5	50.0%	10 अक्षर	बहुत महत्वपूर्ण	हाँ	पढ़ने के कारण	बेतर कहते हैं	हाँ	परिवार के साथ समय बिताने समय	नहीं	इंटरनेट/टीवी	मानसिक स्वास्थ्य कार्यवाहियाँ

IN FUTURE.....

My DREAM

Make a list of your good qualities

9. Make a list of some qualities that you are not good at.

10. Make a list of your achievements in last one month. (These achievements can be small and big both)

7. Make a list of some works/ things that you can do for hours...with enjoyment, without seeking anybody's help, and without feeling any tiredness.(take help from given examples below).

The poster features a central illustration of a golden trophy. Below it, a row of ten small illustrations shows children engaged in various activities: a boy as a superhero, a boy playing the violin, a girl playing the violin, a boy playing the trumpet, a girl playing tennis, a boy painting on an easel, a girl reading a book, a boy riding a bicycle, a girl reading a book, and a boy sitting at a desk with a computer.

PLANNING TO TAKE ...

MORE GUIDANCE COUNSELLING SESSIONS

SPECIALLY WITH CLASS 10 STUDENTS .

PROJECT DEVELOPED BY---

***Mrs. Reetu Sharma, PRT**

**PM SHRI KENDRIYA VIDYALAYA , BADAUN
LUCKNOW REGION**

***Practicing COUNSELLOR at MANODARPAN Prog. , MoE ,Govt. Of India.**

Mr.NARESH PAL SINGH

SPECIAL EDUCATOR, KV BADAUN