

PM SHRI JAWAHAR NAVODAYA VIDYALAYA, POKHAL, TEHRI, U.K.

## **Psychological Assessment & Holistic Development Workshop: Nurturing Minds, Shaping Futures with an Artistic Touch**

### **Program Objective:**

The primary goal of this workshop is to empower students with the knowledge, skills, and self-awareness necessary to make informed decisions regarding their academic journey, mental health, and career aspirations. This comprehensive program fosters personal growth, resilience, and future readiness through targeted assessments, counseling sessions, and interactive workshops.

### *Key Objectives:*

- Help students understand themselves, including their strengths, interests, and values.
- Provide guidance on various academic and career options.
- Develop personalized strategies for academic and career growth.
- Improve mental health awareness and study habits.
- Equip students with skills for effective decision-making and goal setting.

### **Program Benefits:**

- **Enhanced Self-Awareness:** Students better understand their strengths, interests, and areas for growth.
- **Informed Decision-Making:** Empowers students to make thoughtful academic and career decisions.
- **Improved Mental Well-being:** Provides support for stress management and mental health.
- **Career Readiness:** Prepares students with essential skills for job hunting and professional success.
- **Continuous Growth:** Encourages ongoing personal and professional development.
- **Networking Opportunities:** Connects students with industry professionals and peers.
- **Leadership Skills:** Develops leadership qualities and teamwork abilities.

- **Work-Life Balance:** Helps students develop time management and stress management techniques.
- **Increased Confidence:** Boosts self-esteem through achievements and support systems.
- **Real-World Experience:** Provides internships and practical learning experiences.
- **Entrepreneurship Skills:** Encourages innovation and entrepreneurial thinking.
- **Diverse Perspectives:** Promotes inclusivity and cultural understanding through various activities.

### Schedule:

*Day 1: 5th February 2024*

**Service:** Mental Health & Study Habit Assessment

**Classes:** 6th (A & B) and 7th (A & B)

**Experts:** Ekta Singh, Dependar Singh, Sakshi Bora, Reetu Karki



- **Objective:** Assess students' mental health and study habits.
- **Benefit:** Identify areas for improvement in mental well-being and academic strategies.

*Day 2: 6th February 2024*

**Services:**

- Mental Health Assessment
- Study Habit Assessment
- Career Test & Exam Anxiety Assessment

**Classes:** 8th (A & B), 9th (A & B), 10th (A & B), 11th (A & B), 12th (A & B)

**Experts:** Ekta Singh, Dependar Singh, Sakshi Bora, Reetu Karki



- **Objective:** Evaluate mental health, study habits, career interests, and exam-related anxiety.
- **Benefit:** Provide personalized recommendations to enhance academic performance and emotional well-being.



*Day 3: 7th February 2024*

**Services:**

- Group Career Counseling and Guidance Sessions (Based on Test Results)
- Individual Counseling Sessions

**Classes:** 6th to 12th (A & B)

**Experts:** Ekta Singh, Dependar Singh, Sakshi Bora, Reetu Karki



- **Objective:** Offer group and individual counseling tailored to assessment results.
- **Benefit:** Address specific student needs, fostering academic growth and personal development.

#### *Day 4: 8th February 2024*

##### **Services:**

- Counseling of Selected Students (Based on Test Results)
- Workshop on Career Orientation
- Workshop on Mental Health and Well-being for Students

**Classes:** 6th to 12th (A & B)

**Experts:** Ekta Singh, Dr. Teshring Dolker



- **Objective:** Provide targeted counseling and workshops to promote career readiness and mental well-being.
- **Benefit:** Equip students with coping strategies, career insights, and emotional resilience.

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#### *Day 5: 9th February 2024*

**Service:** Submission of Reports to School Counselor

**Classes:** 6th to 12th (A & B)

**Expert:** Ekta Singh (Psychologist and Counselor)

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