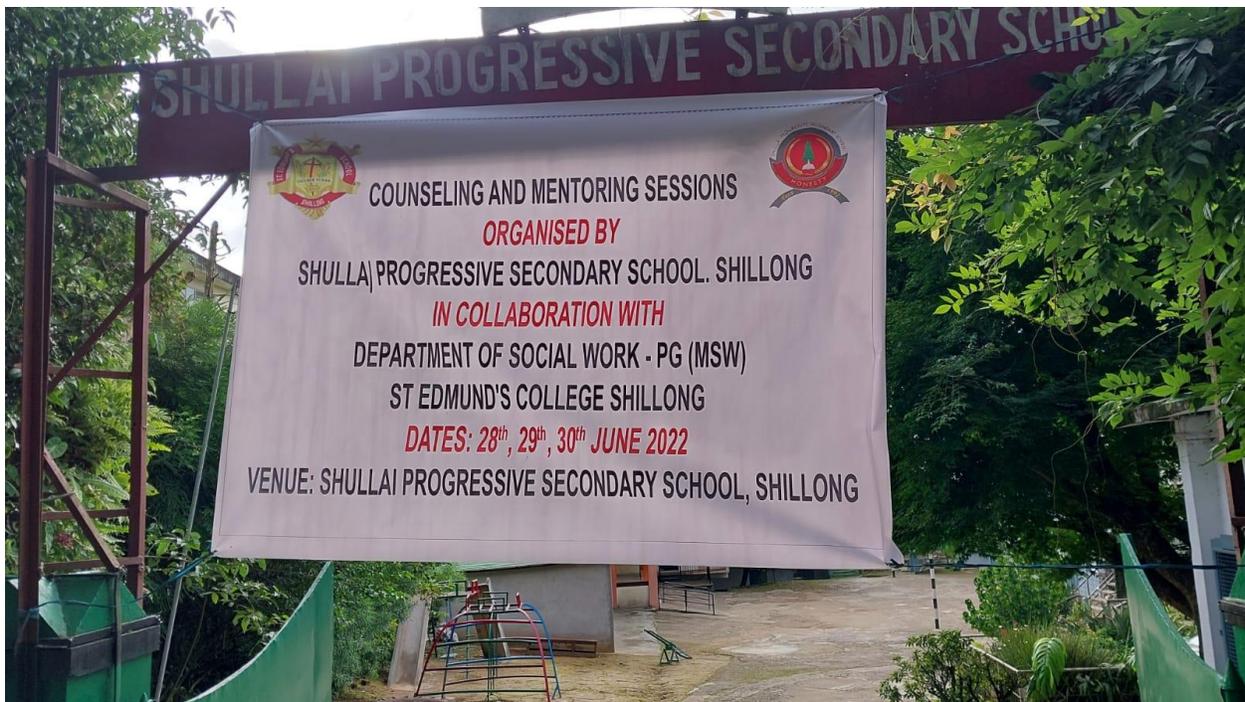


**COUNSELLING AND MENTORING SESSIONS
ORGANIZED BY SHULLAI PROGRESSIVE SECONDARY SCHOOL, SHILLONG IN
COLLABORATION WITH
DEPARTMENT OF SOCIAL WORK – PG (MSW), ST EDMUND’S COLLEGE,
SHILLONG**

**DATE: 28TH, 29TH, 30TH JUNE 2022
VENUE: SHULLAI PROGRESSIVE SECONDARY SCHOOL, SHILLONG.**



DAY 1: 28th June 2022

Introduction:

The Department of Social Work – PG (MSW), St. Edmund’s College attended a 3 day Counseling and Monitoring session organized by Shullai Progressive School, Shillong on the 28th, 29th and 30th of June, 2022. The rationale of this important session was aimed to provide motivation and support to the students as well their guardians for the overall improvement and holistic development of the students. The sessions were also aimed to provide an opportunity for students to learn and practice networking skills and equip them to understand and make ethical and informed decisions. Last but not the least the sessions were also framed to instill discipline and improve human interaction on the campus through the monitoring system.

The Department of Social Work – PG (MSW) would sincerely like to thank the Principal of Shullai Progressive School, Dr. D Shullai for having welcomed the department to the school to engage actively with the students of the School. Sincere thanks to the Dean of St. Edmund’s Collge, Dr. Nongbri for having espoused the department to take up this important activity for the general welfare of the school going students.

On the 28th of June 2022, two senior faculty members of the department, Dr. R Rajendra and Mr. A Wahlang attended the counseling and mentoring session at Shullai Progressive School. The said session began at 1 30pm beginning with a small interaction with the Principal where she introduced the teachers to her fellow colleagues and the school children of class VIII. The two faculty members of the Social Work Department then explained the nature of the session and politely sought permission from the authorities to have a more personal engagement with the school students without the teachers present to which the authorities immediately complied.

Sessions:

The session began with an introduction of the faculty members as well as the students of Class VIII. Then the students and the teachers rearranged the class benches to have a more conducive and friendly atmosphere as spatial and social environment plays an important role in building confidence among the students. Dr. Rajendra then asked the students to join her in a game which acted as part of the ice breaking session. This ice breaking tool is considered a pre cursor to any mentoring or counseling session as it sets a tone for the environment and allows the students/clientele to be more relaxed. The game ended with the explanation that the collective is sometimes more important than the individual. Another reason for conducting the game was to also imply the important of the individual in a group where the chain is as strong as the weakest link and therefore partnership, alliance, we feeling and trust is important to maintain a healthy relationship with each other.

Right after the game the students were asked to share with the group the issues they face with regards to their school and academics. They were also asked to not share anything personal if they do not feel like doing so. The teachers themselves participated where they shared about the difficulties they faced during their school days.

The response was quite overwhelming as most children were able to share with ease.

Since some of the parents were also present for the Counseling and Mentoring sessions, the sessions was divided into two groups where first Ms. Ainamlin Dkhar had a discussion and meeting with the parents and Mr. George Kerry Sunn had a session with the students.

The next activity was to list down what the children did during lockdown and to express either their desires or discomforts during the Covid induced lockdown. The teachers also participated to jumpstart the session and soon the classroom was vibing with interactions and laughter with some funny anecdotes from the school children.

Then the class was divided between the male and female children where the intention was to have a one to one interaction with their teacher counterparts to be able to share their problems and issues they face both at home and in school. The session was fruitful as the teachers were able to gaze through the problems of the children and also advise them accordingly. Issues like relationships both personal and familial, anxiety at home due to family problems, boredom at school right after covid, the need to not be monitored and other confidential issues were discussed at length with the individual students.

The last session was taken by both the teachers with an intention to understand discipline and focus where the school children were asked to write down their daily routine and match it with their school routine. The outcome of the session was reiterated to the students as they were told that having a routine in life gives one the edge to plan their day effectively. The routine and disciplined life will also lead them to be self aware of what they do the whole day and what activity needs to be curtailed in order to achieve their dreams and make it into a reality.

The mentoring session ended with a resounding applause by the children and the teachers to appreciate themselves as well as their classmates for having attended the programme.

Evaluation:

The entire process was an engaging one as the faculty members were made aware of the eclectic issues and problems that the students face and go through in their everyday life. The school children do face boredom with the so called monotonous routine in school after having spent a year or more of Covid and had the luxury to do what they wanted at home. Lockdown on the other hand has also had a negative impact on them as the lockdown had create a space for dependence on technology such as mobile phones, computer and television. Outdoor activities and lack of physical contact with their peers have deprived them of the important social activity which is needed for the growth of these young children.

Another very important revelation was that the children do not have anybody to talk to when it comes to sharing their issues and concerns. This has left an almost indelible mark in their social upbringing since they are left to themselves to make important informed decisions on many aspects that affect their day to day life.

Conclusion:

Through this short but meaningful session with the children at Shullai Progressive School, it can be concluded that the children of this school need to engage in continuous mentoring and social evaluation as they grow to become responsible citizens of our state. There is also a particular need for the parents and guardians of these children to be well informed of the pros and cons of technology. The parents and guardians must be hands on with their children and wards in order for them to have confidence in their social interactions. The school ably led by Dr. Shullai is to be referred to in this conclusion as the school management takes the extra mile in instilling discipline and importantly nurturing the young minds to be able to strive for a better life ahead.



School Children participating in an Ice Breaking session



School Children asked to write about the merits and demerits of Covid induced lockdown.

DAY 2: 29th June 2022

Introduction: On the 29th of June 2022, two faculties, Ms. Ainamlin Dkhar and Mr. George Kerry Sunn from the Department of Social Work –PG (MSW), St. Edmund’s College went for the Counseling and Mentoring session in Shullai Progressive Secondary School, Shillong. The programme started at 1.30 pm with a note of welcome by one of the teacher from Shullai Progressive School, the teacher then introduced the two faculties from St. Edmund’s college to the students of class IX of Shullai Progressive School and the teacher handed over the sessions to the two faculties from St. Edmund’s college, Shillong.

Sessions: Since some of the parents were also present for the Counseling and Mentoring sessions, the sessions were divided into two groups where first Ms. Ainamlin Dkhar had a discussion and meeting with the parents and Mr. George Kerry Sunn had a session with the students.

Mr. George Kerry Sunn took the first session on Addiction where he focused on Mobile and Internet addiction and he also highlighted on Substance abuse and the impact of media among school children. The session started with the Ice breaking session which deliberates an important lesson on good communication, active listening and paying attention. Afterwards, he started with the discussion on Addiction by citing few practical examples of certain addictions in human’s life. The session was emphasize on the causes, affect and its consequences substance abuse and its addiction such as; drugs abuse, alcoholism, tobacco etc. Furthermore, the he talked about mobile internet addiction which is very common among school going children. In this session, it was stresses upon the drawback, the negative aspect and the consequences of getting addicted to mobile phones and internet. During the discussion, an activity was conducted whereby the students were divided into two groups and there were given a task to list out the advantages and disadvantages of Mobile Phones and the Internet. This activity enables the students to know and understand the positive and negative aspects of using mobile phones and the internet and the impact of media among school going children.

In the second session of the day, Ms. Ainamlin Dkhar had a discussion with the parents about 45 minutes where she discussed about the problems, challenges and issues related to adolescents' age group and the role of parents and teachers in molding and guiding their adolescents' children for their overall growth and development. It was a very interactive session where the parents shared their challenges and the problems of their children in School and in the family, most of the parents had expressed that after the locked down their children have shown lots of behavioral problems in school and at home as well. There was a discussion about the services available for young adolescents in different setting as well and it is indeed very important for the parents to be aware of such services so that they could seek help and avail those services whenever necessary.

After the discussion with the parents, Ms. Ainamlin Dkhar took a short session with the students on Stress and Managing stress, where she highlighted on what is stress? The sources of stress, the responses of stress in terms of Behavioral, Emotional, Physiological and Psychological and also some of the stress relief strategies such as physical exercise, body relaxation exercise, meditation and counseling. She also highlights on the important of changing the life style, changing the stressful situation and changing the thinking for dealing with stress.

After the sessions, the faculties from St. Edmund's College then asked the students to think and write down in a piece of paper about their personal problems or any problems they encounter in their daily life. and they can if any. To the surprise many students come forward for individual counseling immediately. Hence, Ms. Ainamlin Dkhar took around 5 individual sessions and Mr. George Kerry Sunn took 3 individual sessions. Students who came forwards for individual sessions vary in their issues and concerns, they came forward for individual session due to problems such as family problems, problems with friends and teachers and even with symptoms of anxiety and Depression.

Evaluation: The Counseling and Mentoring session on the 29th of June 2022 was a successful and fruitful one; there was a good response from both the parents and students. The parents need to be more aware about the problems of young adolescents because many of the students think that their parents do not understand them even when they share their problems to the parents and the students according to the observation during the one to one session, they really need counseling not only one time counseling but they really required to go for continuous counseling sessions, some of the problems they have is very serious in nature.

The session with the students of Shullai Progressive Secondary School has been an enriching experience since it gives lots of insights and learning about today's generations which has in fact create a different atmosphere and environment about the ability of the students to understand the reality of life in terms of the addictions and the various problem of a person. This has made us think and internalized the fact that a depression and family issue has not only been an issue or a problem of the youth or the adults, however, in the transformational world, this issue is common and has rooted and affected the younger generation including the school going children. Thus, these has been a serious issues which we need to take various steps and measures in responding and deal with such issues before the 11 hour.

Day 3: 30th June 2022

On 30th June 2022, Mr. Martius Rynjah and Ms. Hazel Berret Wahlang went for the Counseling and Mentoring Session at Shullai Memorial Secondary School which was conducted in collaboration with the Department of Social Work-PG, St. Edmund's College, Shillong.



The session started with a short welcome address by the teacher of Shullai School.

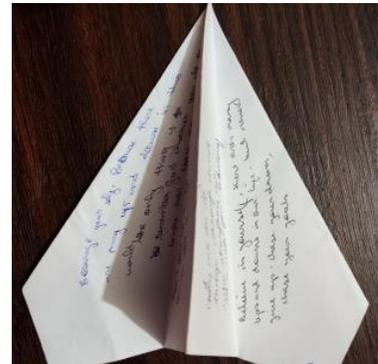
Then Mr. Martius Rynjah talks to the students and then he went to interact with the student's parents. Then Ms. Hazel Berret Wahlang took an Activity Based Sessions with the students to teach them many programme.



The first activity was **flipping the number cards**. For this activity, the students were divided into 4 groups. Each group were given a set of 10 card (1-10) and the cards were line up randomly and the students have to flip the card serially (they have to flip the cards back if it's not seriously). They had to cooperate with each other and strategies to complete the task and if they break the rules they will have to start all over again. After they discussed the activity and Ms. Hazel told the students that in life they will have a support system to

help them do well in life like the members of the group try to help each other to win the game and the support system could be their parents, teachers, siblings, friends, etc. She highlighted that all these support system matters for them to reach their goal and they have to cooperate with each other, appreciate their efforts, respect then and listen to one another and the main person who will have to act the bigger part is each one of them.

Another activity was **Fly Your Plane**, each student was given an A4 sheet size paper and they were asked to write their goals on it for 15 minutes. After writing their goals and dreams, the students were asked to make a paper plane and then place them where they are sitting. Then everyone was asked to write something kind and encouraging in each other's paper plane. She taught the students that sometimes we have our dreams and goals but it was so easily



broken by people words. So the students were taught to be kind and encourage one another because it's important to do that. After that everyone went outside to fly their plane and they learned that no matter what dreams they want to achieve and no matter what people say, what matter most is they themselves because they will be the

one who will fly their plane which resembles their life. They students understood the game and the lesson and even said that they should "first believe in themselves".

The last activity what the Group Discussion on the Problems they faced and the students said that they are addicted to video games and social media; they also said that laziness is one of the habits that they are struggling; and they also said relationship problems. Ms. Hazel talked about these issues to them and then for the relationship



problems, she did a group activity where the boys will list the activities of their ideal partner and vice versa. Through this activity the students realized that there are a set of qualities that they need to develop and the social expectations that they need to uplift like the fact that they should

have a good job, be ambitious, patient, be protective and not possessive, to be loyal, financial management, and other roles that is expected of them to do. Ms. Hazel told them that the only way that they will be able to meet these expectations is only be being serious with their life from now, she gave an example that if they want a good job, they have to study hard, and should have an aim and be determine enough to work towards it. Maturity is another important factor that will help them achieve their aim and the right attitude and qualities and to be able to do that is by focusing of their studies first instead of being distracted with relationships and heartbreaks. They were encouraged to find themselves first, be happy with who and where they are, and informing their parents/guardian about their lives so that they can help them make better decisions about their life.

This session what to know the students more and also making them understand that there are the pilot of their life so they are the only one who can fly off wherever they want to be of stop and stay in the ground. The session had to stop because it was already one hour (4:30 PM)



passed the time even though the students insist to continue. They also asked the team to come again and have more learning activities to boost their awareness about themselves. She also gave her phone number for those who want to talk personally about any issue they face.
