

CGPWA launches Counseling initiative for Divyang, destitute students

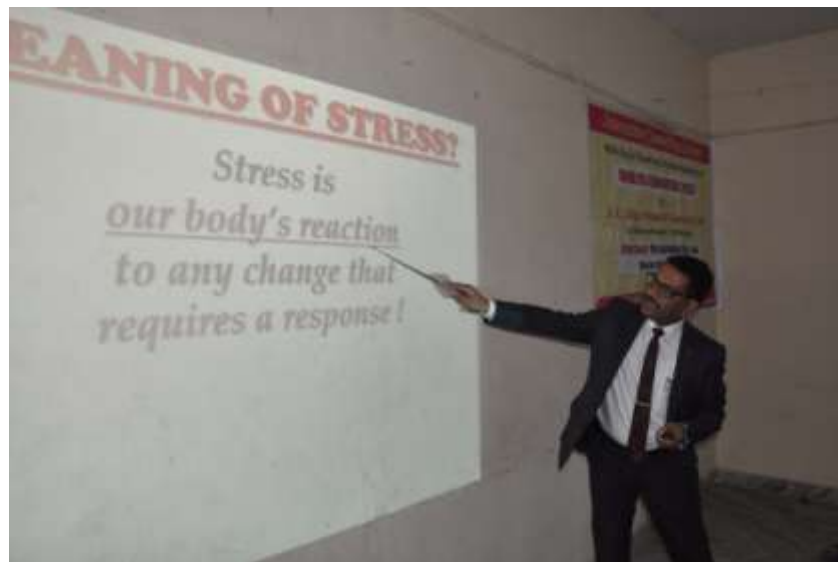
Jammu November 23, 2019: Three prominent NGOs of Jammu joined hands and launched an initiative on counseling students of “Lesser God” on certain tropical subjects for making them to excel in examinations and later in their lives in the making of responsible citizens. The initiative has the blessings of Departments of Social Welfare and School Education.



This initiative was taken by the Central Govt Pensioners’ Welfare Association, J&K, Jammu (CGPWA) and involved two other NGOs Samaj Kalyan Kendra (SKK) which runs a School for Hearing & Speech Handicapped students and BALGRAN, a Home for Destitute Children which runs Bal Bharti school.

This collaborative social & educational programme was formally launched at BALGRAN at Channi Rama here today. About 70 students of secondary classes of both the schools participated in the programme.

An 80-minute impressive Power Point Interactive Counseling presentation on ‘Handling Examination Stress’ was given by Kundan Lal Dogra, Principal MV International School, Vijaypur, Samba. Through images and pictures supported by quotations, he impressed upon the students to handle stress which is the creation of students themselves. The highlights of the presentation included understanding stress and its management techniques with emphasis on increasing physical, mental and emotional wellbeing along with relaxation techniques including meditation. He emphasized that by planning their studies and revision techniques, students can avoid all kinds of stress and come out of examinations with flying colours. Principal of School for Hearing & Speech handicapped students, Roshan Bhan explained the presentation to the Divyang students through sign language.



The students including deaf and dumb were hugely involved and excited during the session that some students later expressed their own views on the subject. It was really interesting to 'listen' to the views of one deaf and dumb student, Pradeep Kumar of 10th class in his sign language narrated to the audience by Vice Principal of the School Neelam Sharma. Two inmates of BALGRAN, Gulshan & Geeta Thakur also articulated their views on the subject.



Joint Director Education J.K. Sudan, representing Director School Education, lauded the initiative of the Pensioners in motivating these 'have-nots' and said the presentation of K L Dogra was outstanding which has all the elements of guidance and tips to overcome stress on the eve of examinations. He sought similar exercise for less-privileged students of Govt Schools and said the Education Department would see in what manner it could help the Central Govt Pensioners Welfare Association in such noble and meaningful effort.



Rajeshwar Singh Jamwal Assistant Director, representing DG Social Welfare, also commended this initiative and complimented Dogra for his impressive presentation. He also gave some important tips to the students to ward off stress on examinations.

Both DG, Social Welfare and Director School Education were slated to participate in the launch of this initiative but had to go to different Panchayats under Back-to-Panchayat phase-2.

The President of BALGRAN Er. A. K. Khajuria welcomed the guests to the function and its Secretary V K Raina IFS (Retd) conducted the proceeding. Among others who spoke on the occasion included J. K. Vaid, GSI (Retd) General Secretary of CGPWA & SKK and K B Jandial IAS (Retd) President of SKK. It was explained that more such interactive presentations will be organised in future also to benefit less privileged students.

Among those who attended the session include President CGPWA, S.S. Wazir, B.K Raina Vice President, CGPWA, Prem Gupta IPS (Retd), P. P. Sharma IFS(Retd), S.D. Swatantra IFS (Retd),S.C. Sharma IFS (Retd) Dr. S K Goswami, Er. Vijay Bhagotra, B. B Magotra, Patron of BALGRAN, Er. A.K. Arora, J.K. Gupta and Urmil Arora, Principal Bal Bharti.

