

DIRECTORATE OF HIGHER SECONDARY EDUCATION

Career Guidance & Adolescent Counselling Cell

SOUHRIDA CLUBS

The project Adolescent Counselling and Health Care for Higher Secondary Students is implemented in Schools through Souhrida Clubs which is a novel, unique and innovative programme conceived and launched by the Department of Higher Secondary Education. The aims and objectives behind this initiative are to address effectively the concerns and problems pertaining to adolescent health and development. It is achieved by developing constructive bonds among students which would eventually help the vibrant adolescents mature into adulthood safely.

Motto

Friendship to Self, Society and environment is the motto of the Souhrida Club.

Aim of the Project

To improve the physical, academic, social and interpersonal skills of the adolescents and lead them towards a successful adulthood.

Souhrida Club assures a platform for the students to express their problems frankly. Privacy and transparency are two key factors of Souhrida. The activity oriented objectives are

- Enable self –development and empowerment of Adolescents
- Spread awareness about hygiene, nutrition, adolescent reproductive and sexual health etc.
- Upgrade their home-based skills and life skills.

Structure

All the students in the higher secondary are the members of the Souhrida Club. One of the teachers is the Co-ordinator of the club. If the majority of students are girls, the co-ordinator will be a female teacher. A student from each class will be selected as class convener. If the class contains both boys and girls, one convener from boys and one from girls should be selected from each class. Two School Conveners for each school should be selected from class volunteers. One of the Volunteer should be male and other should be female. School Conveners should be from plus one class.

The School level activities will be implemented through Souhrida Vedhi, the steering committee of Souhrida Clubs. Principal of the school is the Patron of Souhrida Vedhi. Other members are

- 1. Souhrida Co-ordinator**
- 2. Class Conveners**
- 3. PTA President**
- 4. Higher Secondary Staff Secretary**
- 5. Two teachers selected by Principal of which one is male and the other is female.**

Souhrida Vedhi should be convened in every third Saturday of the month to discuss the issues related adolescents. Training for Co-ordinator and School Conveners will be arranged by the directorate. Date and Venue of the training will be informed shortly.

Philosophy behind this project

The issues and problems faced by the adolescents should be addressed in a friendly manner. At the same time the behavior modification should be done within the limits of academic environment. The rebellious nature of the adolescents can be reduced only by the friendly intervention of a member of the authority, ie the teacher. One teacher must be trained to scaffold the students.

The problems and issues faced by the adolescents can be reduced by behavior modification which is not clinical in nature and at the same time, transformation is made in the natural environment with the help of the trained and dedicated teacher. Role of Peer group pressure plays an important role in the behavior modification of adolescents. An influential peer is selected and given training to motivate and guide the peers to right path. Here the aggressive, depressed adolescent is transferred to a friend of himself, of society and environment and thus by creating a friendly (Souhrida) environment in the society especially in schools through Souhrida Clubs.
