

- programme ,*Health Education Research*, Volume 28, Issue 1, February 1, 2013,
Pages 58–71,
2. Carmen Nobel, The \$1 Trillion Link Between Mental Health And Economic Productivity, Forbes.com, June 2016,
 3. Chauhan.A. Over 90% rise in cybercrime by students in the last four years, The Times of India, September 2016
 4. Colby.J., Miske Witt (2000), Defining Quality in Education, by UNICEF, New York, U.S.A
 5. Department of Educational Psychology & Foundations of Education & RMSA Project Cell National Council of Educational Research and Training, Status of Guidance and Counselling Services, Guidance and Counselling Guidelines for States, Jan 2015
 6. Exam stress, peer pressure driving many kids to drugs TNN, Oct 10, 2016,
 7. Friedman.M., The Stigma of Mental Illness Is Making Us Sicker, Psychology Today, May 13, 2014,
 8. Isalkar.U., Mental health illness accounts for 20% economic burden in India, Economic Times, June 18, 2015,
 9. Kodad H. and Kazi S.A, March 2014, Emerging area of Counselling in Schools in India, International Research Journal of Social Sciences Vol. 3(3), 44-47
 10. Kumar.A., Mental Health in India: Issues and Concerns, Journal of Mental health and ageing, Vol.8, Number 3, Fall 2002
 11. Mackenzie. J. and Kesner. C. (2016), Mental health funding and the SDGs what now and who pays? Overseas Development Institute, London, ISSN: 1759-29

12. Massey, Lynn.J., "Faculty Perspectives of a School-Based Mental Health Program In a Rural School District" (2015). Doctor of Education in Teacher Leadership Dissertations. Paper 6.
13. Matharu.A.,The Pursuit of Happiness: Delhi Govt Schools to Combat Mental Health Issues, The Wire, Feb 8 2018Mirza.A., Singh. N., Mental Health Policy in India: Seven Sets of Questions and Some Answers, University of California, Santa Cruz, Sep 2017
14. Meldrum.L., David Venn & Stan Kutcher MENTAL HEALTH IN SCHOOLS: HOW TEACHERS HAVE THE POWER TO MAKE A DIFFERENCE
15. Omoniyi, Mary BankeIyabo, History and Development of Guidance and Counselling: The Missing Dimension of Nigeria School Counselling Services, International Journal of Education and Research, Vol. 4 No. 11 November 2016,
16. Proper guidance and treatment can help school dropouts fare better, Indian Express,May 21, 2016,
17. Sampath.G.,Why children drop out from primary school,The Hindu, Dec 11, 2016 <http://www.thehindu.com/news/national/Why-children-drop-out-from-primary-school/article16792949.ece>
18. Sen. Amartya (1999) Development as Freedom. New York: Alfred A. Knopf: 366
19. Sharma.P., Only 3% private schools have counsellors, The Hindu, Jan 23, 2014
20. Sharma.P.,70,000 children habituated to drugs, reveals 1st major government survey on Delhi's street kids, India today, March 13, 2017
21. Understanding Your Unique Role: Child Psychology for Teachers, UNESCO: 47 million youth in India drop out of school by 10th standard, FirstPost, Aug 17, 2016
22. UNESCO STRATEGY ON EDUCATION FOR HEALTH AND WELL-BEING CONTRIBUTING TO THE SUSTAINABLE DEVELOPMENT GOALS, Nov 2016

23. Yerramilli SRR S, Bipeta R. Economics of mental health: Part I - Economic consequences of neglecting mental health - an Indian perspective. AP J Psychol Med 2012; 13(2): 80-6.
24. <https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/Exam-stress-peer-pressure-driving-many-kids-to-drugs/articleshow/54775921.cms>,
25. <https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/Exam-stress-peer-pressure-driving-many-kids-to-drugs/articleshow/54775921.cms>
26. <http://indicators.report/goals/goal-4/>
27. http://www.ncert.nic.in/departments/nie/dse/activities/advisory_board/PDF/Guidelines_for_Guidance_and_Counseling.pdf
28. http://www.searo.who.int/india/topics/mental_health/about_mentalhealth/en/
29. <http://www.un.org/sustainabledevelopment/education/>
30. <https://wvde.state.wv.us/counselors/administrators/Effectiveness+of+School+Counseling.pdf>
31. <https://thewire.in/education/pursuit-happiness-delhi-govt-schools-combat-mental-health-issues>
32. <https://timesofindia.indiatimes.com/city/agra/Over-90-rise-in-cybercrime-by-students-in-the-last-four-years/articleshow/54527935.cms>
33. <https://www.forbes.com/sites/hbsworkingknowledge/2016/06/29/the-1-trillion-link-between-mental-health-and-economic-productivity/#2cc8fe792247>
34. <http://indianexpress.com/article/lifestyle/life-style/proper-guidance-and-treatment-could-help-school-dropouts-fare-better-2812014/>
35. <https://www.psychologytoday.com/us/blog/brick-brick/201405/the-stigma-mental-illness-is-making-us-sicker>
36. <http://www.ijern.com/journal/2016/November-2016/37.pdf>
37. <http://www.thehindu.com/todays-paper/tp-national/tp-newdelhi/only-3-private-schools-have-counsellors/article5607842.ece>
38. <https://health.economicstimes.indiatimes.com/news/industry/mental-health-illness-accounts-for-20-economic-burden-in-india/47719225>

39. <https://www.firstpost.com/india/unesco-47-million-youth-in-india-drop-out-of-school-by-10th-standard-2961334.html>
40. <http://www.teachingdegree.org/2013/05/13/understanding-your-unique-role-child-psychology-for-teachers/>

© GSJ

ANNEXURE

Questionnaire

(The questionnaire is a part of the research dissertation for M.A. (Economics) on '*Role of schools in inculcating awareness on counselling and mental health -with reference to achieving SDG target 4*' by RashmieParmour and Shramana Nanda from Symbiosis College of Arts and Commerce, under the guidance of Dr.Marcelle Samuel)

The information provided will be kept confidential and will be used for academic and research purposes only

Role of schools in inculcating awareness on counselling and mental health - with reference to achieving SDG target 4.

I. ORIGIN AND ADMINISTRATION OF ORGANIZATION

1. Name of the Institution and Address:

2. Year of establishment of Institution:

3. No. of Branches and Branch Address:

4. Structure and affiliation:

- i. SSC/ICSE/.....
- ii. Govt./Private/Religious Minority/NGO sponsored/other (specify)
- iii. Co-ed/ For both boys and girls but functioning separately /Only for boys/Only for girls
- iv. Classes:
- v. Std.I to V/ I to X/ I to XII/ other(specify)
- vi. Total student strength (2017-18):
- vii. (break up of student strength– primary, secondary, higher secondary in 2017-18)

5. Name and designation of the Respondent:

6. Gender:

7. Work Experience:

II. INTERVENTION DETAILS

Q. 1 Does the school have a professional counsellor? Yes/No

Q. 2 If no, how does the school resolve issues faced by their stakeholders (students & parents).

Q.3 If the school has a counsellor, in which year did the school first appoint a counsellor?

Q.4 Was counselling introduced to comply with the stipulated regulations?

Q.5 What is the selection procedure and qualifications required, for appointment of counsellors?

Q.6 How many counsellors were appointed in the academic year 2017-18?

Q.7 No. of counsellors appointed as part-time _____ full time _____

Q.8 No. of students per counsellor _____

III) PROCESS ADOPTED:

Q.9 Briefly explain the procedure adopted for counselling students/ parents

Q.10 When is the counsellor available (Time/ Days/ No. of hours per week)

Q.11 Does the counsellor follow up with students/parents? Please explain process...

Q.12 How your individual choices/perceptions reflect on what you teach?

IV) DETAILS OF STAKEHOLDERS COUNSELLED:

Q.13 What is the average age group of the students who seek counselling?

Q.14 Average age of boys who seek counselling is:

Q.15 Average age of girls who seek counselling is:

Q.16 On an average what is the proportion of boys to girls who seek counselling?

Q.17 Do you believe there is a reason why more boys/girls seek counselling? Please explain.

Q.18 What are the major problems faced by the students?

Q.19 Are the problems more academic in nature or personal?

Q.20 If the problems are academic are they related to: (please rank in order of importance)

- i. Difficulty in concentration
- ii. Difficulty in understanding concepts
- iii. Problems with language
- iv. Fear of the subject
- v. Difficulty in retaining
- vi. Difficulty in memorizing
- vii. Difficulty in writing
- viii. Difficulty in verbalizing
- ix. Difficulty in expressing ideas
- x. Any other (please specify)

Q.21 If the problems are personal are they related to: (please rank in order of importance)

- i. Physical disability
- ii. Family problems/atmosphere
- iii. Family financial problems
- iv. Diet and Deficiency
- v. Peer group
- vi. Psychological problems (please specify)

Q.22 Do parents/guardians of the students also approach the counsellor in school?

V. NEED FOR AND AWARENESS REGARDING COUNSELLING

Q.23 In your opinion is it necessary to have a separate professional counsellor or are school teachers equipped to counsel

Q.24 In your opinion does counselling improve the level of well-being and mental health of students?

Q.25 In your opinion is there awareness regarding availability of counselling facilities?

Q.26 In your opinion are students/parents/guardians open to being counselled or approaching a counsellor?

Q.27 What measures could be introduced to increase awareness?

Q.28 How is awareness regarding availability of counselling facilities in the school created?

- i. Through lectures/workshops/sessions
- ii. Through media- school website
- iii. Through published hand-outs/notices
- iv. Through personal interaction with parents/guardians/students in PTMs
- v. Through word of mouth
- vi. Any other (please specify)

Q.29 Are the awareness sessions/interactions made voluntary or mandatory? How often are they conducted?

VI Future Plans:

Q.30 Does the school plan to continue with existing counselling facilities in the future?

Q.31 Are there any plans to discontinue/expand facilities? Please elaborate

Q.32 What should be done to inculcate greater awareness regarding counselling?
