

Kendriya Vidyalaya Udalguri is a CBSE affiliated school with affiliation number 200062 working under Guwahati Region located in Udalguri district, Assam. There are presently 387 students enrolled in this single section Vidyalaya (Class Ist to Xth). Kendriya Vidyalaya Udalguri aims at holistic development of the students. For this purpose the Vidyalaya runs a well developed curriculum inspired by National Education Policy 2020 that incorporates all the aspects of student development.

1. Kendriya Vidyalaya Udalgurii is guided by latest CBSE curriculum.
2. The Vidylaya runs a well defined Adolescence Education Program that incorporates yearly AEP calendar even during this pandemic period too.
3. Compulsory Counseling classes are being carried out by the trained teacher in online mode..

The activities conducted are as mentioned:

- i) Self- awareness activities which focus on creating student's awareness on their own strengths, their dreams and desires which they want to fulfill and also making them aware of their support system.
- ii) Active Listening and Effective Communication activities to enhance student's Interpersonal skills.
- iii) Art Therapy to explore student's emotions, to develop self-awareness, boost selfesteem, work on social skills and also used for intervention purposes.
- iv) Exam related Stress Management Sessions.
- v) Strategies for being able to stay focused during online classes.
- vi) Career Counseling.
- vii) Sessions on Learning Styles, Assessments and also covered strategies for each learning styles to enhance learning as well as study techniques.
- viii) Working on Anger Management, Social Anxiety and Personality Development.
- ix) Ice-Breaking session with newly admitted students.

4. School runs 'Manodarpan' activities during the time of Pandemic to boost the moral of the students of the Vidyalaya.

5. The Awakened Citizen Program is also being carried out in the Vidyalaya. It is a three-year graded value education program for students in the middle school & high school, run by the Ramakrishna Mission. The purpose of this program is to ignite the infinite strength & potential inherent in every child. 6. A well devised Physical Education curriculum is being run in the Vidyalaya including Fitness activities, Sports, Yoga, Meditation & SEWA program.

6. . In order to inculcate creative skill among the students, online activities like Creative Writing,

Skits and Mimes on given themes were organized.

7. To create empathy for the children and old people from destitute families, online tour to orphanage and old age homes were organized.

8.. Meditation is being practised everyday in online morning assembly

9. Importance on Nutrition and nutritious food are stressed in sports classes. Students are encouraged to experiment self cooking of nutritious food at their homes. In this connection Competitions are organized

Lastly, Kendriya Vidyalaya Udalguri is ever ready to grab the opportunity to be a part of the 'Adolescent Peer Educators Leadership Program' for enriching life skills, holistic health & Wellbeing.

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