

Mental health & well-being is an essential aspect of school education wherein the young minds are trained to develop their skills & potentials. Educationists recognize the fact that students' mental health can influence their learning as well as achievements. Considering these aspects, **our school curriculum incorporates a carefully planned Counseling & Guidance Programme that aims to flourish the educational journey, promote skill development, develop resilience against adversity & resolve their concerns before those can snow-ball into serious psychological problems .**

ONE TO ONE COUNSELLING

- **Counselling services** are being provided to **students** as well as **parents** on a one to one basis in order to **address** their **challenges** in academic, behavioral, cognitive, emotional and delayed developmental aspects. Students referred by class teachers /coordinators are **individually counselled** with **adequate follow-up** sessions depending upon the nature of their problem. **Parental counseling** and **family therapy** are done in cases where it is found to be necessary.
- During **online** academic sessions **counselling** services have been **provided online** (through **phone & video calling**) to students as well as parents on a one to one basis The details of the sessions were recorded & maintained in soft /hard copy
- **Teaching** and **non-teaching staff** also approaches the counsellor **seeking assistance** in addressing their problems to **improve their performance at work**. Counselling services are also extended to such staff members (teachers, administrative staff and support staff) as & when required.

GUIDANCE PROGRAMME

- Several **mass/ group counselling** also known as **guidance programmes** are organized in school for the students to **encourage academic development , improve behaviour , creative abilities** & other **life skills**. In addition to that, **special counselling sessions** are also conducted for the **students** (in upper middle & senior wing) in the presence of their **parents** focusing upon concerns during the period of adolescence, academic, behaviour & career development. Besides that, **class based group sessions** are conducted to guide students on specific aspects like examination ,academic development & rules /regulations .
- During the **online academic session**, looking into the student strength, **guidance programmes** were conducted through **videos** in order to facilitate academic development, improve their emotional /social well-being during this challenging period. In addition to that, special **online counselling sessions** are also conducted through **online educational platforms** (Zoom) focusing upon numerous aspects code of conduct during online classes, proper utilization of time, study habits & preparation for examinations.

CAREER GUIDANCE

Students from **senior classes** (standard IX- XII) frequently approach the counsellor for enquiries about **career avenues, courses, admission criteria** etc. They are guided by the counsellor to explore their **career interest** & engage in effective **career planning**. Besides that, **guest counsellors** from the **external agencies** are also invited to conduct career guidance workshop & inform students about the importance of taking career guidance assessments during career planning.

In addition to that, students were also informed (through **poster display, email & Whatsapp messages**) about the **courses offered & career options** in Sciences, Commerce & Humanities, their eligibility criteria, top institutes and universities.

SESSIONS BY EXTERNAL RESOURCE PERSONS

Counselling & guidance programmers conducted by **external resource persons**, well recognized due to their excellence in different disciplines are also organized at our school. Such sessions are conducted particularly for the students in **Middle & Senior Wing** in order to motivate them towards personal, academic, career & character development.

ACTIVITY BASED COUNSELLING : SKILL IDENTIFICATION SURVEY

This **online activity** was introduced in this session for students in Upper Primary & Middle Wing (classes V-VIII) as per suggestions given by our Principal sir .Students were guided to **asses** themselves & **identify** their progress in terms of age appropriate **skill development** with a help of an **unique questionnaire** containing 64 questions. Their responses were **scored & interpreted** by linking the assessed skills to related careers .Finally students were sent a **feedback** about their assessment including activities /habits that would support their age **appropriate skill development**. This activity was kept optional but students were encouraged by their class teachers to take part in this survey .Finally **1224 students participated in this activity**. **The entire** activity was designed, developed & conducted by the counsellor stage wise as given below:

COMMUNITY WELLNESS PROGRAMMES

Counselling services are also extended beyond the school level . The Health & Wellness club organizes special campaigning programme in the villages near the school to generate awareness among the villagers about general health issues, healthy eating habits ,substance abuse etc . In 2020 , our school in collaboration with the HR Department Jindal Steel & Power Ltd organised wellness programmes for employees & their family members residing in different residential colonies of JSPL. The following aspects were covered in this session:

- Emotional Well-being & Spirituality
- Healthy Lifestyle
- Hobby Development
- Maintaining Physical Fitness