

Annual Report on Counselling & Guidance Programmes (Academic Session 2018-19)

We strongly believe that academic growth is directly linked to physical/mental health, self discipline as well as skill development. Therefore, our school attempts to harmonize those sectors in order to facilitate all-round development of students by integrating one to one counselling & mass guidance programmes in the curriculum. The counselling services provided at school primarily serve to promote the teaching-learning process as well as encourage students to develop themselves & become responsible members contributing to societal development. During the academic session 2018-19, counselling services provided by the school were focused upon the following aspects

- Subject Selection & Career Planning
- Efficient utilization of available resources
- Striving towards self development
- Academic & behavioural skill development
- Parental education

I. One to one counselling

IA. Students & Parents

Counselling services have been provided to students as well as parents on a one to one basis in order to address their challenges in academic, behavioral, cognitive, affective and delayed developmental aspects. Students referred by class teachers /coordinators were individually counselled with adequate follow up sessions depending upon the nature of problems. Parental counseling and family therapy have been done in cases where it was found to be necessary.

Table 1: represents the major categories of problems observed in the cases referred for counselling during the session 2018-19.

Nature of problems observed as per the cases referred to the counsellor			
Sl No.	Senior Wing	Middle Wing	Primary & Pre-primary Wing
1.	Confusion in subject selection while career planning	Negative peer group influence	Behavioural problems in classroom
2.	Addiction to mobile phone ,television & social media	Addiction to mobile phone ,television & social media	Behaviour & learning problems of students with Physical, Intellectual & Learning Disability.
3.	Lack of concentration & low academic motivation	Psychological problems typically associated with adolescence.	Early sexual behaviour
4.	Problems related to time management & learning style.	Learning challenges encountered by differently abled students.	Emotional & behaviour problems due to inappropriate parenting style
5.	Anxiety & depression	Teasing & bullying	Lack of proper study habits
6.	Relationship issues	Behavioural anomalies	

IB. Teaching & Other Staff Members

During this academic session, few teaching and non teaching staff approached the counsellor seeking assistance to effectively meet the professional/personal challenges & improve their performance at work. Counselling services were also extended to such staff members (teachers, administrative staff and support staff) as & when required.

Table 2: represents total number of teachers who had consulted the counsellor to seek assistance in guiding their students during the academic session 2018-19

No. of teachers /staff	Preprimary wing	Primary Wing	Middle wing	Senior Wing	Month
	-	-	-	-	April
	-	-	-	-	May
	-	-	01	-	June
	01	-	-	01	July
	-	01	01	03	August
	-	03	01	01	September
	-	03	03	04	October
	-	02	02	02	November
	-	01	01	-	December
	-	02	03	02	January
	01	-	03	-	February
	-	-	01	-	March

II. Guidance Programmes

During the academic session 2018-19, several guidance programmes were organized in school to encourage students for academic development & improve their academic as well as behavioural skills. In addition to that, special counselling sessions were also conducted for the female students (in middle & senior school) focusing upon personal safety, hygiene management & concerns during the period of adolescence. Class based group counselling sessions were also organized before the examinations to guide students in adopting a systematic approach to prepare for their examination. Guidance programmes organized by the school were conducted by counsellor, other school authorities & external resource persons .



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