

Guidance & Counselling

PM SHRI Kendriya Vidyalaya COD, Jabalpur organizes Guidance and Counselling sessions from time to time, keeping in view the academic, emotional, personal and career-related needs of the students.

Counselling sessions are conducted before examinations to help students manage examination-related stress and anxiety, develop a positive attitude and prepare effectively for their examinations. Post-examination sessions provide students with an opportunity to discuss their difficulties and experiences. After the declaration of results, counselling and guidance are provided to help students understand their academic progress, interests, abilities and future direction.

During these sessions, students are encouraged to share their personal, academic and career-related concerns with the counsellor and receive appropriate guidance and support. Students are guided on various aspects such as stress management, study skills, time management, examination preparation, confidence building, goal setting, career options and opportunities for higher education.

Guidance and Counselling sessions help students understand their concerns, develop a positive outlook, identify their strengths and make appropriate academic and career-related decisions. These sessions also contribute towards enhancing students' confidence, emotional well-being and overall development.

The Vidyalaya continuously promotes Guidance and Counselling activities to support the holistic development, emotional well-being and bright future of its students.