

**PM SHRI KENDRIYA VIDYALAYA MEG & CENTRE, BENGALURU – 42**

**REPORT ON GUIDANCE & COUNSELLING, 2025-26**

***The following activities are conducted under Guidance & Counselling in the 2025-26 session to benefit students, teachers, and parents, aiming to uplift the educational conditions in the classroom & school as well.***

<b><u>DATE</u></b>	<b><u>ACTIVITY</u></b>	<b><u>PURPOSE</u></b>	<b><u>RESOURCE PERSON</u></b>	<b><u>BENEFICIARY</u></b>
05/04/2025	Parent-Teacher Meet	Detention policy Discipline issues	Principal	Students of class 8 <sup>th</sup> , teachers & Parents
07/04/2025	World Health Day Celebration	To imbibe Healthy habits for a Healthy Life	Committee members- Science Dept.	Students of 6 <sup>th</sup> to 8 <sup>th</sup> standard
11/04/2025	Ambedkar Jayanti	To embrace principles of equality, justice & education	Committee members – Soc. Sc. Dept.	Students of classes 6 <sup>th</sup> to 12 <sup>th</sup> standard
04/04/2025	Tarunotsav	To bridge the long gap after board exams, exploring career opportunities	Mrs. Aruna & Team	Students of Class 11 <sup>th</sup>
01/04/2025	Pustakouphaar	To encourage students to donate their old books for the benefit of those in need, hence developing kindness & empathy	Committee members	<b>Total Donors: 352</b> <ul style="list-style-type: none"> <li>• Receivers of these books</li> </ul>
17/04/2025	Child Marriage Free Bharat	To raise awareness about the importance of preventing child marriage	Committee members, in collaboration with Canara Bank	Students of class 9 <sup>th</sup> & 10th

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16/04/2025 to 30/04/2025	Jal Pakhwada	To create young, active, water-conserving ambassadors.	Committee members	Students of Classes 6 <sup>th</sup> to 12th
19/04/2025	World Earth Day Celebration	To be an active member to protect & preserve our Mother Earth.	Committee Members	Students of Classes 8 <sup>th</sup> to 12th
30/04/2025	Anxiety Management Retrieval Practices Improve academic performance	To help students manage their anxiety because of increasing academic stress	Dr. Narendra Nath Ms. Prachi NIIMHANS	Teachers
19/06/2025	Career Guidance: SBI Scholar Quiz	To assess banking sector knowledge, promote financial Learning & government. Schemes,	SBI Team	Selected Students (4)
21/06/2025	Yoga Day Celebration	Yoga for nurturing the holistic well-being of children	Mr. M L Srikant Upnishad Yoga Centre	All teachers & students
26/06/2025	International Day against Drug Abuse & Illicit Trafficking	Educating about the harmful effects of Drugs. Promoting a healthy & safe lifestyle.	Officials from Bharathi Nagar Police Station	All students & Teachers
06/06/2025	BBMP Climate Action Event	Exhibition visit to understand the importance of environmental change.	“BBMP Climate Action” dignitaries	Student-participants (10)

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19/07/2025	Financial Literacy & Mindset	To explore the power of mindset & its impact on financial decision-making.	Mrs. P Madhavi	Students of 11 <sup>th</sup> & 12 th standards
16/09/2025	Stress Management	Strategies for Managing Stress	Mr. SP Verma Ex. Principal & KVS Director- Training & Innovation	Teachers
25/10/2025	Yakshagana Performance	Imbibing the value of Indian Culture	Karnataka Mahila Yakshagana ( Through Canara Bank)	All students & Teachers.
28/10/2025	Tour to Merck Life- Explore & Experience Work Conditions in Labs.	To offer a unique blend of knowledge & Practical insights.	Team of Merck Life Sciences	Students & teachers associated with Class 9th
3/12/2025	Expert Talk on Soft Skills Required to Face College Interviews	To build strong body posture & communication skills required.	Ms. Anamika Career Counsellors Christ University	Class 11 <sup>th</sup> & 12 <sup>th</sup> Students.
15/12/2025	Young Chef India Competition	To cultivate interest in CHEF as an emerging career	Team IIHM Bengaluru	Students of classes 6 <sup>th</sup> to 8 <sup>th</sup> 80 Participants.
25/12/2025	Commissioner's Visit	Empowering education through technology for secondary & Toy Pedagogy for Primary students	Mrs. Prachi Pandey Commissioner Joint Secretary Ministry of Education	Teachers & Students

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29/12/2025	Science Exhibition	To imbibe critical Thinking and Experiential Learning	Science Dept. Teachers	All student Participants
29/12/2025	Grandparents' Day Celebration	To imbibe the value of the Joint Family, Respect for the elderly, etc.	Primary Teachers	Primary Students
05/12/2025	Career Guidance: Banking Sector	To provide the key to success in banking & in life as a whole.	Mr. N S Vishwanathan Former Deputy Governor of the Reserve Bank of India	Students of class 11 <sup>th</sup> & 12th
06/12/2025	Career Guidance	Exploring a career in the hospitality Sector.	Mr. Mayank Shrivastava F&B Dept. IIHM , Bengaluru Associates: Mr. Satish &Ms Sneha	Students of Class 11 <sup>th</sup> & 12th
08/12/2025 & 09/12/2025	Workshop on Implementation of Rupantar Initiatives		Ms. J Rose Caroline & Ms. Hansa Bora Team Aurobindo Society	Primary Teachers
1 <sup>st</sup> to 31 <sup>st</sup> October 2025	Psychometric Test	To create an interest inventory for students	Mrs. Manu Pathak	Class 9th Students

<b>1<sup>st</sup> to 30<sup>th</sup> November 2025</b>	<b>Psychometric Test</b>	<b>To know the inclination of aptitude of students in different fields of</b>	<b>Mrs. Manu Pathak</b>	<b>Class 9th Students</b>
<b>July 2025 To November 2025</b>	<b>Individual and group counselling</b>	<b>Raising awareness for the negative impact of bullying, anger and stress management, dealing with exam anxiety, and mental well-being</b>	<b>Ms Mansi Counsellor</b>	<b>Class 6<sup>th</sup> to 12<sup>th</sup> students</b>
<b>13/11/2025</b>	<b>Adolescence Education</b>	<b>Personal safety and menstrual hygiene</b>	<b>Mrs. Monica Malhotra</b>	<b>Class 9<sup>th</sup> C Students</b>
<b>30/10/2025</b>	<b>Group Counselling</b>	<b>Stress Management</b>	<b>Mrs. Monica Malhotra</b>	<b>12<sup>th</sup> A Students</b>
<b>30/10/2025</b>	<b>CPD Session</b>	<b>Role of teachers as healers</b>	<b>Mrs. Monica Malhotra</b>	<b>All Teachers</b>
<b>30/11/2025</b>	<b>CPD Session</b>	<b>How to inculcate Responsibility among adolescents</b>	<b>Mrs. Monica Malhotra</b>	<b>All Teachers</b>