

## **GUIDANCE AND COUNSELING**

A guidance and counseling session was held at Kendriya Vidyalaya Kishtwar to emphasize the importance of mental health and its impact on overall well-being. A counselor was invited to discuss the significance of living a stress-free life and effective stress management techniques. Various activities were organized to help students understand their personalities and enhance self-awareness. Additionally, students had the opportunity to ask questions about their career paths, with the counselor providing insights and addressing their concerns, ultimately leading to a deeper understanding of their options.

Students were also provided with step-by-step guidance on how to seek help when needed. They learned about various resources and support systems available to them, ensuring they know how to reach out to the right person for assistance. This information empowered them to take proactive steps toward their mental health and well-being.

