

GUIDANCE AND COUNSELING REPORT

The Guidance and Counseling Programme is conducted for students with the aim of promoting their emotional, social, academic, behavioral, and personal well-being. The programme provides students with a safe and supportive space to express their concerns, develop healthy coping strategies, improve self-awareness, and make positive decisions regarding their personal and academic lives.

1. Counseling Services

Individual counseling sessions are conducted, as per personal need of students and referred by the teachers. The major concerns addressed include:

- Academic stress and study-related concerns
- Emotional and behavioral difficulties
- Peer and friendship-related issues
- Family and personal concerns
- Self-awareness and personal development

Appropriate counseling, guidance, follow-up, and support are provided based on the individual needs of students.

2. Guidance and Awareness Activities

Various classroom-based guidance and developmental activities are conducted for Classes VI-XII, including:

- Awareness classes and mental health-related discussions
- Personal hygiene classes
- Career guidance and future planning
- Discussion on students' future goals
- Self-introduction and self-awareness activities
- Problem-solving activities
- Brain Gym and cognitive activities
- Motor coordination activities
- Brain Active Dance sessions
- Word association tasks
- Motivational stories followed by interactive discussions
- Random class leadership activities to develop leadership and responsibility
- Anti-drug awareness activities
- Health and well-being awareness programmes

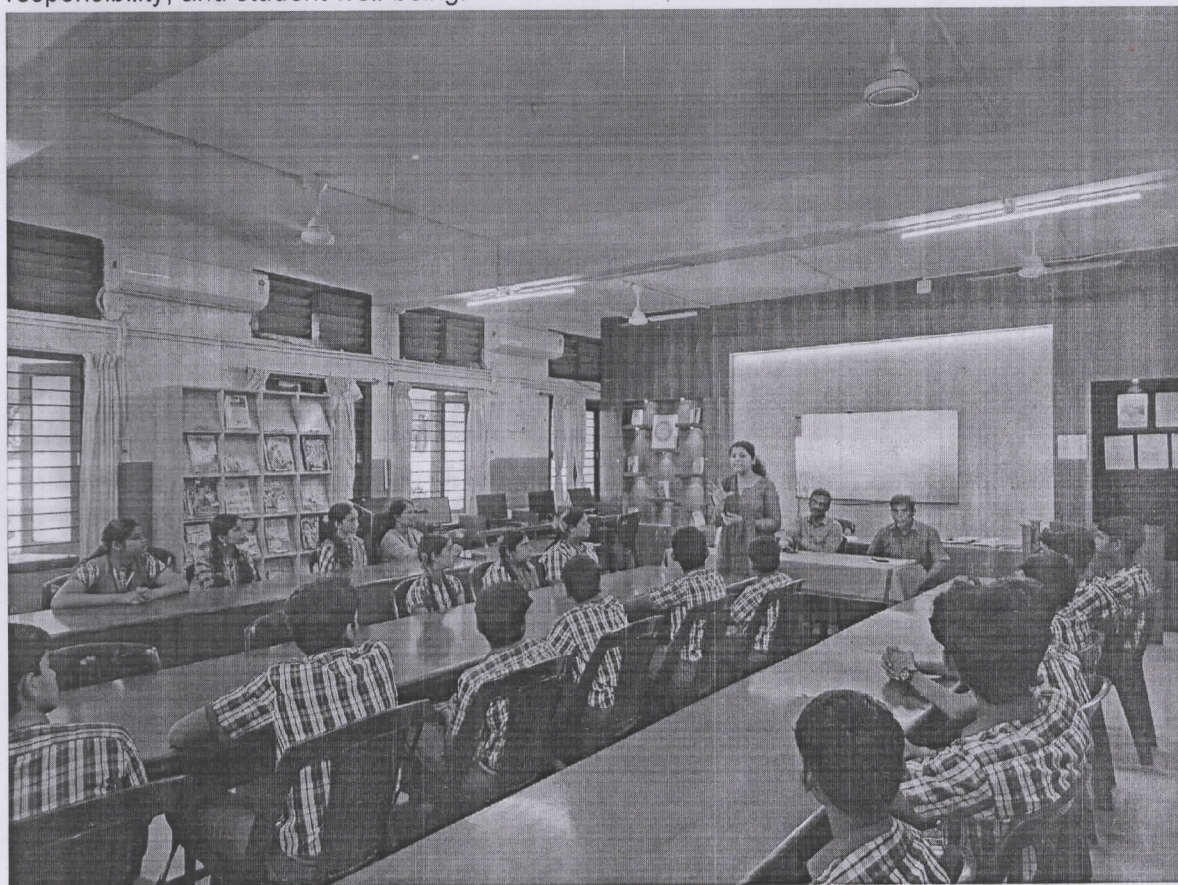
3. Career Guidance

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Principal
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Career guidance is provided to students to help them identify their interests, abilities, strengths, and future aspirations. Discussions focus on educational opportunities, career choices, goal setting, and the importance of informed decision-making.

4. Clubs and School Initiatives

Active participation is provided in the Anti-Drug Club and Health Club. Awareness talks and activities are conducted to promote healthy lifestyle choices, substance-use prevention, personal responsibility, and student well-being.



5. Overall Outcome

The Guidance and Counseling Programme supports students in developing self-awareness, emotional resilience, problem-solving skills, positive interpersonal relationships, leadership qualities, healthy habits, academic motivation, and career awareness. The programme also provides timely support for students experiencing personal, emotional, behavioral, academic, peer, or family-related concerns.

Overall, the activities contribute to creating a safe, supportive, healthy, and student-centered school environment and promote the holistic development of students from Classes VI to XII.

Roshni K.M

8/26
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