

**KENDRIYA VIDYALAYA PORT TRUST**  
**CAREER GUIDANCE AND COUNSELLING**  
**REPORT 2024-25**

COMMITTEE MEMBERS

Mrs.LINI NAIR

PGT BIOLOGY

Mrs.DEEPA VARGHESE

SCHOOL COUNSELLOR

**ANNUAL GUIDANCE AND COUNSELLING ACTIVITY PLAN 2024 -25**

Sl.no	MONTH	MAIN OBJECTIVES	PROPOSED ACTIVITIES
1	APRIL	<ul style="list-style-type: none"><li>HEALTHY GROWING UP ADOLECENT HEALTH ISSUES</li></ul>	<ul style="list-style-type: none"><li>BRAIN STORMING</li><li>Group discussion</li></ul>
2	MAY	<ul style="list-style-type: none"><li>GROWING UP AND CHANGES DURING ADOLESCENTS</li></ul>	<ul style="list-style-type: none"><li>UNDERSTANDING DEVELOPMENT OF LIFE SKILLS</li><li>STORY ANALYSIS</li><li>SMALL GROUP DISCUSSION</li></ul>
3	JUNE	<ul style="list-style-type: none"><li>ORIENTATION CLASS FOR 11</li><li>MEMORY TECHNIQUE</li><li>DEVELOPING EMOTIONAL SENSITIVITY</li><li>INTERNATIONAL DAY AGAINST DRUG ABUSE</li></ul>	<ul style="list-style-type: none"><li>CLASS ROOM INTERACTION</li><li>GROUP PRESENTATION</li><li>INDIVIDUAL COUNSELLING</li><li>ORIENTATION CLASS FOR SECONDARY STUDENTS</li></ul>

4	JULY	<ul style="list-style-type: none"> <li>• THINKING CRITICALLY GOING BEYOND THE SURFACE</li> <li>• APPRECIATING ONESELF</li> </ul>	<ul style="list-style-type: none"> <li>• ADVOCACY PROGRAM</li> <li>• CLASS ROOM INTRACTION - TOPIC BODY SHAMING</li> <li>• BRAIN SROMING</li> </ul>
5	AUGUST	<ul style="list-style-type: none"> <li>• SELF AWARENESS</li> <li>• EMPATHY</li> <li>• CREATIVE THINGING</li> </ul>	<ul style="list-style-type: none"> <li>• GROUP DISCUSSION</li> <li>• ROLE PLAY</li> <li>• STORY MAKING</li> </ul>
6	SEPTEMBER	<ul style="list-style-type: none"> <li>• MY VALUE SYSTEM</li> </ul>	<ul style="list-style-type: none"> <li>• GROUP COUNSELLING</li> <li>• INDIVIDUAL COUNSELLING</li> <li>• CLASS ROOM INTERACTION</li> </ul>
7	OCTOBER	<ul style="list-style-type: none"> <li>• CAREER GUIDANCE</li> </ul>	<ul style="list-style-type: none"> <li>• CAREER TALK</li> <li>• PSYCHOLOGICAL TEST</li> <li>• TEENAGE COUNSELLING CLASSES</li> </ul>
8	NOVEMBER	<ul style="list-style-type: none"> <li>• HEALTHY GROWING UP</li> <li>• RIGHTS AND RESPONSIBILITES</li> </ul>	<ul style="list-style-type: none"> <li>• EXPERT TALK</li> <li>• NEWS PAPER ACTIVITIES</li> <li>• ROLE PLAY</li> <li>• CLASS ROOM INTERACTION</li> </ul>
9	DECEMBER	<ul style="list-style-type: none"> <li>• TIME MANAGEMENT AND EXAM FEAR MANAGEMENT</li> <li>• GOAL SETTING AND HOW TO ACHIEVE THE GOAL</li> </ul>	<ul style="list-style-type: none"> <li>• PRACTICING SELF MONITORING TECHNIQUE</li> <li>• GROUP COUNSELLING</li> <li>• CAREER EXHIBITION</li> </ul>

10	JANUARY	<ul style="list-style-type: none"> <li>• CAREER GUIDANE PROGRAMME</li> <li>• ADOLESCENT EDUCATION- UNDERSTANDING RELATIONSHIP AND BUILDING POSITIVE TRAITS</li> </ul>	<ul style="list-style-type: none"> <li>• CAREER EXPERT TALK</li> <li>• SMALL CLASS ROOM DISCUSSION</li> <li>• CAREER MAGAZINE</li> </ul>
11	FEBRUARY	<ul style="list-style-type: none"> <li>• MANAGEMENT OF PEER PRESSURE</li> <li>• PRACTISING ABSTINENCE ..HOW TO SAY NO</li> </ul>	<ul style="list-style-type: none"> <li>• CASE STUDY ANALYSIS</li> <li>• QUESTION BOX ACTIVITY</li> <li>• BRAIN STROMING</li> </ul>

Most of the activities conducted by School counsellor and one Intern (student of P.G Diploma student) inside the class room during the substitution periods. Students were actively participated in most of the activity. Instead of that Expert talk were arranged for senior class like Career Guidance Talk, Adolescent educational programs.



### CAREER SEMINAR,ROLE PLAY



## **ORIENTATION CLASS FOR IX CLASS STUDENTS**

DATE :29/05/2024

PARTICIPANTS : IX A B C D STUDENTS

Points Discussed

- How to frame the goal
- Create positive attitude and how to face the obstacles of life
- Importance of having Dream
- Career planning.

## **LIFE SKILLS TRAINING**

DATE : 24/06/24

PARTICIPANTS : X A B C D STUDENTS

Points discussed

- Find new thinking skill and develop problem solving capacity
- Building confidence
- Decision making capacity development



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## **EXPERT TALK**

### **INTERNATIONAL DAY AGAINST DRUG ABUSE ILLICIT TRAFFICKING**

DATE :26/06/2024

RESOUCE PERSON : Mr .GILBERT

(SUB INSPECTOR OF POLICE,HABOUR POLICE STATION)

**PARTICIPANTS** : VIII,IX AND XI CLASS BOYS AND GIRLS.



### **ADVOCACY PROGRAMME**

**DATE** 06/07/2024

**PARTICIPANTS** :PARENTS OF IX A,B,C,D

Explained aim and objectives of adolescent educational Programme, counselling and its purpose ,health and hygiene



### **RELAXATION THERAPY**

**DATE** :06/08/2024

**PARTICIPANTS** : CLASS IX ABCD

Several relaxation techniques incorporate breathing, specifically deep breathing. Deep breathing, also called belly breathing or diaphragmatic breathing, involves slow, deep breaths that fully fill the lungs and cause the lower belly to rise

## **EXPER TALK**

### **CAREER GUIDANCE**

**DATE** :07/09/2024

**PARICIPANTS** :CLASS XI ABCD

**TOPIC** : MARINE ENGINEERING



## **EXPERT TALK**

### **AWARENESS CLASS FOR GIRLS**

**DATE** :19/11/24

**PARTICIPANTS** : GIRLS FROMCLASS4 V TO IX

**TOPIC** : MENSTURAL HYGIENE

