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GUIDANCE AND COUNSELLING

Under the Guidance and Counseling programme, the following topics are found relevant for the students of VI, VII, and VIII and are discussed with them:

1. To develop healthy study habits:

- Making One day work schedule of student and identify their study time.
- Making a self-study plan.
- Prepare a checklist to follow their study plan.
- Develop a self-reward technique for maintaining the study plan.
- How does a healthy study habit help to achieve good grades in exams.

2. To make Student Health conscious:

- Prepare a list of what we want to eat mostly.
- Foods that we eat and their nutritional value.
- Importance of three time meals in a day.
- Home-made food vs. Street food.
- Why do we fall ill?
- Awareness about some seasonal diseases.
- Discussion on our Food habits and their impact on our studies.

3. Maintaining Friendship:

- Why do we need a friend?
- A good friend is one who....?
- Prepare a list of good habits in my friend.

4. Preparation and Planning for PT-1

- Make sure C.W. / H.W. notebook is complete before exam.
- Make daily study plan.
- How to improve concentration for study?
- Set realistic goals and time for study.
- What should we do before exam?

- How to improve our classroom learning?
- How to develop interest in a subject?

Under the Guidance and Counseling Programme, the following topics are discussed with the students of Class IX and X.

- Explore yourself to know about your interest.
- Self-Management.
- Self-realization checklists.
- Discussion about the scope of their subject.
- Determine an aim in life.
- Self-Study Management.
- Discussion about some entrance exams such as JEE, NEET, AIIMS, CAT, CLAT.
- Knowing Our Friends' Behavior.
- How do we spend our time in a day?
- What is the most important in our life?
- Discussion on some professional courses after 12th.