

Guidance and counseling in schools help students develop their educational, vocational, and psychological potential. One of the primary roles of guidance and counseling in effective teaching and learning in schools is to help students develop self-awareness and self-confidence. Self-awareness and self-confidence are essential qualities that enable students to take charge of their lives and make informed decisions. Example:- The X student studying in class 9 was suffering from social anxiety disorder (heredity and environmental both played the role)after 4-5 sessions she courageously started facing the world and participated in every way in school.

Special education involves providing specially-designed instruction, adapted equipment and materials, and accessible settings. It can help children with a variety of needs, including:

- Emotional, behavioral, or cognitive impairments
- Intellectual disabilities
- Hearing disabilities
- Vision disabilities
- Speech disabilities
- Learning disabilities
- Giftedness
- Orthopedic or neurological impairments

Example: Subject Y suffering from specific learning disability(dyslexia ), hyperactive,attention deficit .special education helps a child to overcome this problem and now the child gradually improving in studies as well behaviour.