

Guidance and counselling **Report**

To ensure emotional, social, psychological and mental wellbeing of students, guidance and counselling sessions are conducted from time to time in the Vidyalaya. These may be either in groups or one to one depending on the needs of the students. Such sessions also aim to address their academic concerns and provide a supportive environment to discuss the challenges faced by them and provide guidance.

In the current academic session, one group session was conducted for the students of class IX to provide guidance on goal setting, academic planning, importance of time management, prioritization and building confidence and esteem. They were guided that each child is special and has his own strengths and weaknesses. So introspect yourself and don't follow the others blindly. This will help them to cope up with peer pressure. Students actively participated in it by sharing their concerns and experiences.

Parents and teachers will also be involved in future in the counselling process for holistic development.