

Classroom Counselling Sessions

S.No.	Date	Topic	Class	Resource Person
1.	9.7.2024,11.7.2024, 22.7.2024, 25.7.2024,29.7.2024, 31.7.2024	Understanding Counseling & Careers: Process, Roles, and Myths	VI VII, VIII, IX, X and XI	School Counsellor
2.	22.7.2024, 30.7.2024	Time Management (Smart technique)	VIII and X	School Counsellor
3.	23.7.2024	Hobbies: Health and Wellbeing	IV and IX	School Counsellor
4.	23.7.2024, 25.7.2024	Goal setting and Career planning Setting	X	School Counsellor
5.	2.8.2024, 7.8.2024, 9.8.2024, 12.8.2024, 14.8.2024	Understanding Counseling & Careers: Process, Roles, and Myths	VI, VII, VIII and IX	School Counsellor
6.	11.8.2024	Motivations & Aspirations	VIII	Consultant Counsellor
7.	11.8.2024	Motivations & Aspirations	VIII	Consultant Counsellor
8.	9.9.2024, 12.9.2024	Exam Unwind: Emotions, Reflections, and Growth	VII, VIII and IX	School Counsellor
9.	12.9.2024, 18.9.2024, 23.9.2024	Understanding Counseling & Careers: Process, Roles, and Myths	VI, VIII and IX	School Counsellor
10.	13.9.2024, 18.9.2024, 19.9.2024, 23.9.2024	Beyond Academics: Building Essential Life Skills	VII	School Counsellor
11.	18.9.2024	Motivations & Aspirations	VIII	Consultant Counsellor
12.	20.9.2024	Self-Awareness	VII	School Counsellor
13.	20.9.2024	Time Management and Goal setting	IX and VIII	School Counsellor
14.	23.9.2024	Exam Unwind: Emotions, Reflections, and Growth	VII	School Counsellor

15.	27.9.2024	The Importance of Checking In: Mental Health Awareness	X	School Counsellor
16.	4.10.2024, 7.10.2024, 8.10.2024 & 15.10.2024, 16.10.2024, 21.10.2024	Mental Health at Workplace	VII, VIII, XI, X and IX	School Counsellor
17.	9.10.2024	Understanding Our Mental Health	VI	consultant Counsellor
18.	8.10.2024, 14.10.2024, 16.10.2024 & 28.10.2024	Building Awareness and Support through Counselling	VII, IX and X	School Counsellor
19.	15.10.2024	Cybersecurity and Safety	IX	School Counsellor
20.	15.10.2024	Prioritizing Wellness: The Power of Check-Ins	IX	School Counsellor
21.	16.10.2024	Motivations & Aspirations	VIII	consultant Counsellor
22.	16.10.2024	Understanding Discipline in School	VII	consultant Counsellor
23.	21.10.2024	Mental Health Quiz	VII	School Counsellor
24.	23.10.2024	Understanding Hard work	IX	consultant Counsellor
25.	28.10.2024	Understanding Counseling & Careers: Process, Roles, and Myths	VII	School Counsellor
26.	4.11.2024	Time Management	VII	School Counsellor
27.	6.11.2024	Gender Stereotypes	VI	School Counsellor
28.	13.11.2024	Tolerance and Friendship	VII	consultant Counsellor
29.	13.11.2024	Understanding Our Emotions	VI and VIII	consultant Counsellor
30.	20.11.2024	Confidence Building and Self Esteem	VI and VII	School Counsellor

31.	27.11.2024	Understanding Counselling	VII	School Counsellor
32.	3.12.2024, 4.12.2024, 5.12.2024, 6.12.2024, 18.12.2024	Empathy Building	VII and VI	School Counsellor
33.	3.12.24, 4.12.24, 5.12.2024, 6.12.2024	Online Classes: Pros and Cons for Mental Well-being	VI, VII and IX	School Counsellor
34.	5.12.24	Anti- Bullying	VII and VIII	School Counsellor
35.	9.12.24, 10.12.24, 11.12.24	Exams and Stress Relaxation	VIII, IX, X and XI	School Counsellor
36.	12.12.24	World Leprosy Day Awareness	V	School Counsellor
37.	12.12.24	Respect and Compassion	V	School Counsellor
38.	19.12.2024	Physical Health and Mental Health	V	School Counsellor
39.	19.12.2025	Activities and Games on Mental Health	VIII	School Counsellor
40.	19.12.2026	Phone Addiction	V	School Counsellor
41.	24.12.2024	Building Respect and Compassion	IV and III	School Counsellor
42.	24.12.2024	My Dream: Through Art Work	V	School Counsellor