**Group Counselling**

🡺**Group Counselling Activity has been carried out in Class IX-A on 03//07/19, during IIPeriod.**

**In this activity, students submitted the cost of Computer Gadgets to the Counsellor.**

**The main motive of this activity is to make students aware about the true cost of gadgets and also make them aware about the art of saving money which can be used for future purchases and for future planning.**

**🡺 Group Counselling Session was carried out in Class XII-B on 05/07/19, during II period**

**in which Counsellor discussed the Planning & Tips on achieving 80% marks in XII Board**

**Exams.**

**🡺 Group Counselling Session has been conducted in Class XII-B on 06/07/19,during III**

**period , in which Budget Concepts has been discussed.**

**=🡺Group Counselling was carried out in Class XII –A on 08/07/19, during IV period,**

**in which details about SCRA (Special ClassRailway Apprentice ) Exam were discussed.**

**🡺 Group Counselling has been conducted in Class XI-B on 08/07/19, during VIII period ,**

**in which Career in Investment Banking & the essential educational qualifications**

**required for it has been discussed.**

**🡺 Group Counselling Session has been conducted in VII-A on 15/07/19,during III period .**

**In this Session Happiness Activity was conducted by the Counsellor.**

**🡺 It is concluded that to remain happy, one should feel happy from inside, it cannot be**

**achieved from outside.**

**🡺 Group Counselling has been conducted in Class XII-B on 15/07/19, during VI Period**

**in which Career in Investment Banking & the essential Educational Qualifications**

**required for it has been discussed.**

**🡺Group Counselling has been conducted in XI-B on 15/07/19, during VIII period in**

**which Job Opportunities in Banking and BPO sector had been discussed.**

**🡺 Group Counselling Session on Observing Abnormal Behaviour among Dear and**

**Near Ones & Appropriate steps to seek professional help from Psychiatrists &**

**Psychologists , for treating & preventing Abnormal Behaviour has been conducted**

**in XI-B on 17/07/19. In this session students learnt that they should seek professional**

**help without hesitation for treating Abnormal Behaviour**

**🡺 Group Counselling Sessions on Art of Apologizing have been conducted in X-A &**

**X-B on 19/07/19, during IV & VIII periods respectively. Students learnt the Art of Apolizing when they committed some mistake & also learnt that they should seek apo-**

**-logy till the other person is not taking any undue advantage.**

**🡺 Group Counselling Session has been conducted in X-A on 20/07/19, during I period,**

**in this students learnt the techniques of carrying out Effective Communication.**

**🡺 Group Counselling Session has been conducted in VIII-A on 20/07/19,in which**

**students learnt to show respect to elders & friends.**

**🡺 Group Counselling Session has been conducted in IX-A on 23/07/19,during III Period**

**on 23/07/19, in which the Activity on Happiness was carried out. Students learnt that**

**Happiness can be realized from within, and not from outside influences.**

**🡺Group Counselling Session was carried out in X-B on 23/07/19,during IV Period,**

**in this session the NDA Exam & Selection Process has been discussed.**

**🡺 Group Counselling Session was carried out in VI-A on 23/07/19, during VII period ,**

**in which students learnt about acquiring Good Manners & Etiquettes. Students were**

**provided notes regarding this.**

**🡺 Group Counselling Session has been conducted in XII-B on 23/07/19, during**

**VIII period in which the students learnt about Resilience Concept i.e Resilence is the**

**Capability of the person resorting to normalcy after major setback.**

**🡺 Group Counselling Session has been conducted in VIII-A on 24/07/19, during**

**II Period, in which students learnt the Art of Achieving Happiness.**

**🡺 Group Counselling Session has been conducted in XI-B on 24/07/19, during**

**V Period, in which Students learnt about pursuing Hobbies as a Career & Profession.**

**🡺 Group Counselling Session was carried out in X-A on 26/07/19,during I Period, in**

**this session the NDA Exam & Selection Process has been discussed.**

**🡺 Group Counselling Activity has been conducted in VI-B during II period , on**

**27/07/19, in this students learnt the concept of Increasing Concentration through activities**

**conducted by the Counsellor.**

**🡺 Group Counselling Session has been carried out in class VIII-B during III period on**

**27/07/19,in which Revision on Effective Memory Techniques conducted.**

**🡺 Group Counselling Activity has been conducted in IX-B on 27/07/19, during V**

**period in which Qualities of an Effective Leader by Mr. APJ Abul Kalaam has been**

**discussed.**

**🡺 Group Counselling Activity has been conducted in XI-B on 29/07/19, during II period**

**in which Activity on Happiness & Assertive Training has been carried out.**

**🡺 Group Counselling Session on Observing Abnormal Behaviour among Dear and**

**Near Ones & Appropriate steps to seek professional help from Psychiatrists &**

**Psychologists , for treating & preventing Abnormal Behaviour has been conducted in**

**XI-A on 29/07/19, during III period. In this session students learnt that they should**

**seek professional help without hesitation for treating Abnormal Behaviour .**

**🡺 Group Counselling Session has been carried out in class XI-B during III period on**

**29/07/19, in which How to be Entrepreneur(Start own Business), has been discussed.**

**🡺 Group Counselling Activity has been carried out in class VII-B on 30/07/19,**

**during VI period & in this session, students learnt the art of forming Ideal Friendship.**

**🡺 Group Counselling Sessions have been conducted in classes VIII-A & VIII-B on**

**31/07/19, during II & III periods respectievely,in which doubts regarding Memory**

**Techniques discussed.**