

By Mrs. Neha (Counselors)

1. Anger management
2. Handling stress and a session on mindfulness meditation
3. Good touch and bad touch along with video for class 3,4&5 and through worksheets and video for class 1&2
4. Inclusive education for the entire school from class 1 to 10
5. TED talk on Don't waste your time and eagles mentality was conducted for class 9 and 10
6. Adolescence and changes during adolescence, Eating disorders was conducted for all the girls of class 6 to 10
7. Education on mensuration cycle along with video and demo of the way of using a sanitary pad was conducted for all girls of class 6 to 10
8. A talk on healthy relationship and infatuation was conducted for class 9 and 10
9. Adolescence and changes during adolescence in boys and life skills for effective and happier life was conducted for all the boys of class 9 and 10 and their parents.
10. Sensitisation of teachers and parents on inclusive education was conducted
11. Sensitisation for group D staff, main office staff and ADM staff was conducted on POCSO
12. Individual counselling is conducted for the students and parents as and when required
13. Memory and cues to improving memory
14. A session on bullying was conducted for all the students from class from class 3rd to class 9th.