

## **UTILISATION OF SERVICES OF COUNSELOR**

An Educational Counsellor has been appointed in the Vidyalaya from 3rd of April 2018 to guide students for academic, behavioural and social growth.

Name: Ms Tousin Khatun

Address: Tinsukia, Assam

Contact number: 8721863191

Proposed activities are as follows:

### **CLASS TALK ON:**

1. Self Awareness
2. Handling emotions
3. Class room behaviour
4. Decision making
5. Health and Hygiene
6. Substance Abuse

### **ACTIVITY:**

1. ROLE PLAY
2. WORKSHEET
3. BRAINSTORMING
4. PAPER PENCIL
5. WORKSHOPS

### **GUIDANCE AND COUNSELING: (FOR Classes X, XI, XII)**

1. Orientation on different Stream
2. Career information
3. Career information resources
4. Time and Stress Management

### **INDIVIDUAL AND GROUP COUNSELING:**

1. Concentration and Study habits
2. Bullying
3. Family Issues
4. Adolescence Issues
5. Anger Management

### **PARENT COUNSELING**

1. Parenting Style
2. Problems in parenting and possible solutions

