

COUNSELLING SESSION ON ADOLESCENT ISSUES



New Delhi, 01ST November, 2018: The students of Class IX attended a counselling session on adolescent issues in school auditorium. The aim was to help students make sense of their feelings, behaviour and thoughts and entails the use of unique techniques that draw out the expressive nature of a young person like art therapy or more traditional approaches like talking therapy. The counsellor's focus was to help the adolescent cope with the challenges they face, learn new skills, adapt better to their challenges and grow through it to be more fully themselves. Students were actively engaged during the entire session, they discussed about the issues or difficulties faced at school, home or among friend circle. Counsellors suggested various ways through which students can improve their reactions and thought process at this age group and gave valuable feedback on questions asked by students.