

Counselling Session Report (November/December Session 2025-26)

A counselling session was organized in the school on the theme **“21st Century Skills and Growth mind-set.”** The objective of the session was to help the students to understand the essential skills needed to succeed in the modern world and to develop a positive approach toward learning and personal growth.

During the session, the counsellor explained the concept of a growth mindset, emphasizing that abilities can improve through effort, practice, and perseverance. Students were encouraged to view challenges as opportunities and to stay motivated even when facing difficulties.

The session also focused on core social-emotional skills, including gratitude, empathy, and decision-making. Students participated in interactive discussions and short activities that helped them recognize the value of expressing gratitude, understanding others' feelings, and making responsible choices. Real-life examples were shared to help students apply these skills in everyday situations.

Overall, the session was engaging and informative. It helped students in building awareness of the skills required in the 21st century and motivated them to adopt a growth-oriented, positive, and responsible mind-set.





