

Counselling Session

School Counselling helps to enhance student performance. Simply covering the textbook syllabus and expecting them to perform well at the end of academic year may not always work well. Understanding their emotional concerns and giving timely moral support and guidance can make a remarkable difference in their overall performance. The family problems, financial worries or bullying can take a toll on the student behavior and performance. This is when counselling as a part of school life becomes a whole lot purposeful.

Thus Our School 'RMD Sinhgad SpringDale School Warje' also organised a session for students of class 'VI to X' as done every year. Mrs Nasreen Patel mam showed the path to students as how to set realistic positive goals and monitor their progress. She explained the students about their –

1) Personal Cleanliness:

The importance of cleanliness in our lives cannot be denied. Maintaining a clean environment is for health of all humans.

2) Public Hygiene

School hygiene and Sanitation are especially important because children spend a great deal to time at school and they need a healthy environment to learn grow, physically, mentally and socially.

3) Daily Routine :

It must include Reading and Writing practice. Doing homework in time will help, completing and submitting notes in time will help them.

4) Study Habits :

Good study habits will help them for productive school year. They must

- Get Organised,
- Know their expectations
- Designate a study area
- Develop a study plan
- Always think positive and practice
- Active Listening.

5) Self Study:

Self study is one of the most important not only to qualify for an examination but it is the most important to acquire practical approach of Theoretical Information.

‘Self study is Key to Success’

6) Nutrition :

To learn well our children need to eat well. Nutrition play key role in healthy development of our children. Nutritious foods provide our body and mind with energy needed to grow, feel well, Be active, Stay healthy and learn.

7) Sleep:

Preparing your brain and body for sleep, letting yourself know that its time to wind down. Then in morning set a time to get up and stick to it no matter what.

8) Outdoor games :

Engaging in outdoor games can help kids to develop their gross and fine co – ordination. Playing and learning outside also helps children to understand and respect nature, the environment and interdependence of humans, animals, plants and life cycles.

9) Stress: Time and Anger Management :

Life is short. If you spend all your time getting angry, you’re going to miss many joys and surprises that life offers. Use techniques to control your anger listen, empathize be assertive and learn to relax.

Conclusion :

“Work hard and Be Proud of what you achieve.”

“Set target Hit target.” Set up small goal each day, Achieve them. Family, Friends and Teachers are important people in students life. Students were given brief explanation about the course they can choose or do after 10th.

- XI and XII diploma
- Science, Commerce ,Arts faculty
- Graduation, Post Graduation, Competitive exams and other professions.
- Diploma Courses.
- Skill bases courses.