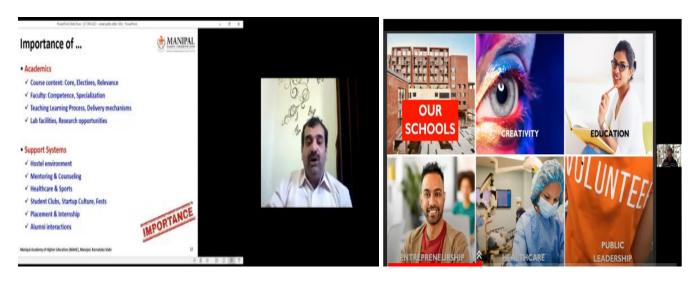
## **Counselling Sessions for Students and Parents**

## **New Academic Session 2021-22**

• Session on Career Counselling for students and parents of Classes IX – XII on 12<sup>th</sup> Jan'2021. The session was organized in Association with Campus Coach.



 Session on Handling Exam Stress and Anxiety for students and parents of Classes IX – XII on 22<sup>nd</sup> Feb'2021. The session was organized by Manodarpan, Initiative of Ministry of Education.



• Session on "Understanding Archirecture and Designing as Career" was organized for students of classes XI & XII on 16<sup>th</sup> April' 2021. The session was taken by Dr. Rashmi Ashtt, Director & Principal of Hindu Colege of Designnn, Architecture and Planning, New Delhi.



 Session for students on "What to keep in mind while selecting stream in class XI "on 26<sup>th</sup> April'2021. The session was taken by Career Counseling Experts from Pratham Institute.



 A session for students on "Stress Free Living" by BK Sister Priyanka on Thursday, 29 April, 2021 at 11am. The session was organized by ITL Public School, New Delhi.



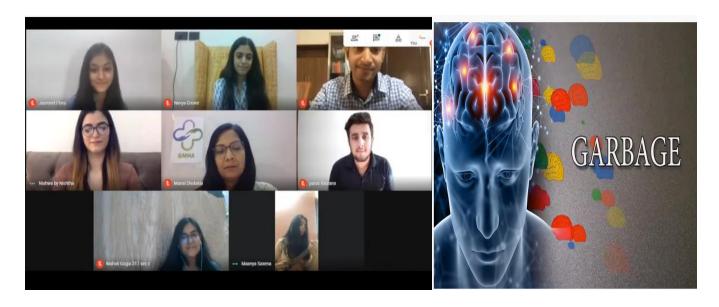
 Session for students & parents of class XII with the University Experts to get all their queries answered about college admission during pandemic times.
The session was organized by EDU on 8 th May'21.



 Session for students and parents of classes XI and XII on "How to plan Study Abroad". The session was taken by renowed Career Counselor, Mr. Jitin Chawla on 12 th May'21.



 Sessio on CATHARSIS: Unpacking Emotions, Embracing Tranquility during these pandemic times on 29<sup>th</sup> May'2021. The session was organized by CLAT Possible in assocaition with The Times of India.



• Session on All India Law Entrance Summit for student of Classes X – XII on 30<sup>th</sup> May'2021. The session was organized by CLAT Possible in assocaition with The Times of India.



## ONLINE SOCIAL AWARENESS AND SENSITIVITY CAMP (SAS CAMP) 2021



Every year, new academic session for class XI starts with SAS camp. The Social Awareness and Sensitivity camp is organized annually at the commencement of academic session for class XI. This camp is organized as a compulsory component of +2 studies and curriculum. In keeping with the objectives of Bhavans, the camp aims to enhance the personality, self esteem, team building & decision making ability, community awareness, leadership qualities and other life skills of students. It is expected that with group work individualized reflective sessions and larger visualization of issues concerning self and society, child will come positively as a transformed being.

The camp was organized from 26<sup>th</sup> April to 7<sup>th</sup> May' 2021 and included sessions on Emotional Intelligence, Personality Development, Communication Skills, Mental Health, Creative writing, Good Dietary Habits in Adolescence, Peer pressure, self Image, Effective Study Skills, Stress Management,

Handling Aggression, Career Counseling sessions and Online Theatre Workshop. Subject Teachers also took sessions to introduce new subjects of Class XI. The camp was planned and coordinated by Dr. Jyoti Dev Rishi, Mrs. Aradhana Gambhir and Mr. Rakesh Rai.

## Some glimpses of the camp -

