



MIDDLE SCHOOL MENTAL HEALTH PROGRAMME

The Middle School Counselling Services at Sanskriti School aim to promote psycho-social, emotional, behavioral and educational development of students across grades VI to VIII. The guidance and counselling activities curated are all focussed at student acquisition and application of specific knowledge, attitude and skills, empowering the students to become self-reliant, resilient individuals and capable of making informed decisions as they pass through puberty.

It works on building skills and competencies in the following areas:

- Personal – understanding and appreciating/acknowledging/accepting oneself
- Social – relating to others, accepting & respecting individual differences, social communication skills and managing inter-personal relationships
- Developmental – understanding growing up and its related changes
- Educational – developing appropriate plans and strategies for learning and education

Counselling department also aims at working towards de-stigmatizing mental health issues and creating a supportive environment for young students that allows them to open up and comfortably talk about their concerns and difficulties.

Students, teachers and parents are free to get in touch with the counsellor about any concern during school hours. Strict confidentiality is maintained at all times and all work is based on core value of trust. However, in cases where harm to self or abuse in any form is identified, the Counsellor and the School makes exceptions to provide immediate help and intervention ensuring the safety of the child.

Growing up Workshops are organized for each grade by the Manas Foundation to create awareness and understanding about important facets of growing up & self-exploration - the physical, hormonal and emotional changes leading to feelings of confusion, anxiety and self-doubt.

The counselling programme is reviewed continuously. Prevalent issues and strategies to cope are incorporated to help the school and its stakeholders to better meet the needs of the students in time.

Along with the individual counselling work, group sessions and interventions are integrated throughout the academic year with life skills classes on topics such as study skills, decision making & problem solving, critical & creative thinking, self-awareness & empathy, skills for coping with emotions & stressors, time management, body image, peer pressure & relationships, gender sensitization, POCSO awareness and anti-bullying among others.



Sanskriti School has a trained counsellor for its Middle School:

Ms. Nayandeep Kaur looks after the academic, socio-emotional and behavioural concerns of the students with the focus on engaging students in learning while helping them cope with the developmental challenges of puberty and maintaining positive mental health.



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