

Mission Statement:

To create happy, thinking & feeling Sanskritians who will be change makers. The vision is to provide the right inputs to help children grow into caring and sharing individuals, equipped to make the right choices in life and grow up to be responsible citizens of the country and the world.

About Us:

The Counselling Services at Sanskriti School aim to promote psycho-social, educational and career development of students. The counselling department works with an aim to empower students to become self-reliant and capable of making informed decisions as they grow up.

Counselling is absolutely confidential*. Students, teachers and parents are free to get in touch with the counsellor about any academic and behavioural concerns or pressing needs during school hours with prior appointment.

The work of the counselling department is an essential component of the student's learning. It works on building skills and competencies in the following areas:

- Personal – understanding and appreciating/acknowledging/accepting oneself
- Social – relating to others and managing relationships
- Developmental – understanding growing up and its related changes
- Educational – developing appropriate plans and strategies for learning and education
- Career – creating and developing life and career plans

The department works to create data-driven, school counselling programs which are evidence-based, and aligned with the school's vision. Interventions are identified, designed, and evaluated, to help the school and its stakeholders work together to better meet the needs of the students.

(*exceptions to confidentiality are instances of harm to self or others/neglect/abuse)

The school has four trained counsellors working for Junior, Middle and Senior school:

Junior School

Ms Mamta Praveen looks after the behavioural and developmental concerns faced by the students by providing in-class support. Also helps students to achieve mental, social and emotional development and a positive attitude towards Life.



Middle School

Ms. Nayandeep Kaur looks after the academic, socio-emotional and behavioural concerns faced by 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 in today's online world.



Senior School

Ms. Apranta Somayaji looks after behavioural and academic concerns with a focus on interpersonal, emotional and learning needs of adolescents.



Senior School

Ms. Sana Kapur looks after the behavioral, emotional and academic concerns faced by the students with a specialization in career and college planning in India and Abroad.

