

The Senior School 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 concern 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 with students

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.

Along with the individual and group based interventions, the department does year round life skills development sessions with the student body organized by grade on topics such as Study Skills & Goal Setting, Stress & Anger Management, Time Management, Coping Skills, Gender Sensitization, POCSO Awareness, Anti-Bullying, and Countering Substance Abuse among others.

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