



**COUNSELLING UNIT**  
**REPORT OF THE ACTIVITIES**  
**Yr 2021-22**

To help bring about holistic personality development of students, other than individual counselling, the School Counsellor Ms. Ritu Johari had organised various webinars and group guidance sessions for students, teachers and parents.

**WELLBEING SESSION FOR STUDENTS**

The term "well-being," alternatively known as "wellness," or "quality of life," refers to something that is integral to individuals.

Below are the mentioned details of the session concluded for classes 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> in the month of January, 2022.

**SESSION- 1**

**TOPIC:** Goal Setting

**CLASS:** 6<sup>th</sup>

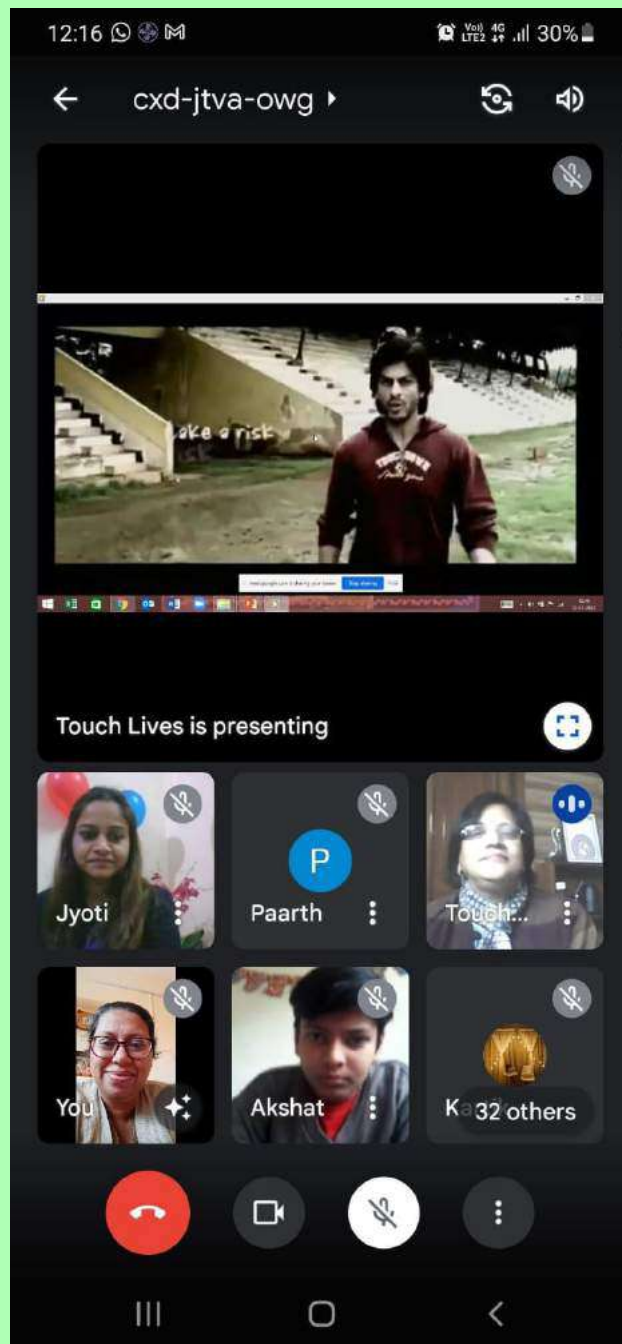
**DATE:** 12.01.2022

**TIME:** 11:15 a.m-12:15 pm

**IMPORTANT POINTS COVERED-**

- What are SMART Goals?
- Why is it important to have SMART Goals?
- How to have SMART goals?

- What is the importance of goals in personal as well as professional life?



(Image from Session 1)

## SESSION -2

**TOPIC:** Right and Wrong decisions

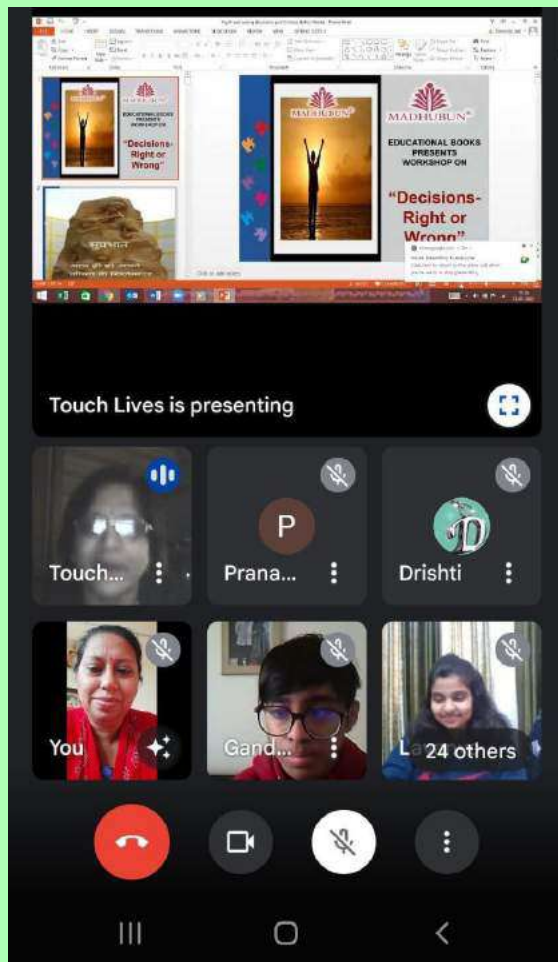
**CLASS:** 7<sup>th</sup>

**DATE:** 13.01.2022

**TIME:** 11:15a.m to 12:15 pm

**IMPORTANT POINTS COVERED-**

- How to overcome hurdles that come up while attaining goals?
- Included ‘ Motivational Talks’



(Images from Session 2)



(Images from Session 2)

### **SESSION -3**

**TOPIC:** Self-management for a successful career

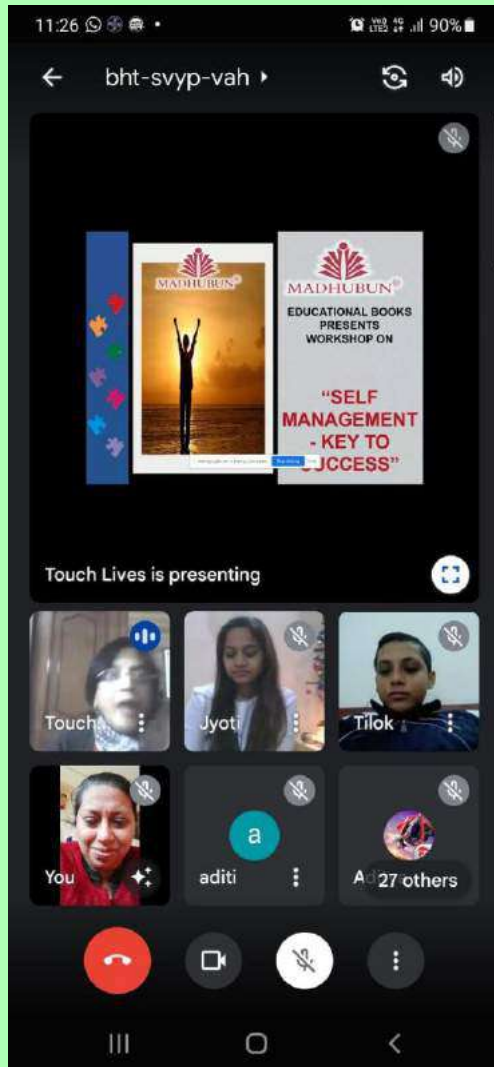
**CLASS:** 8<sup>th</sup>

**DATE:** 14.01.2022

**TIME:** 11:15 am- 12:15 pm

### **IMPORTANT POINTS COVERED**

- What is the important preparedness required for a good career in life?
- How to keep targets for themselves for attaining diversification in the area of knowledge?

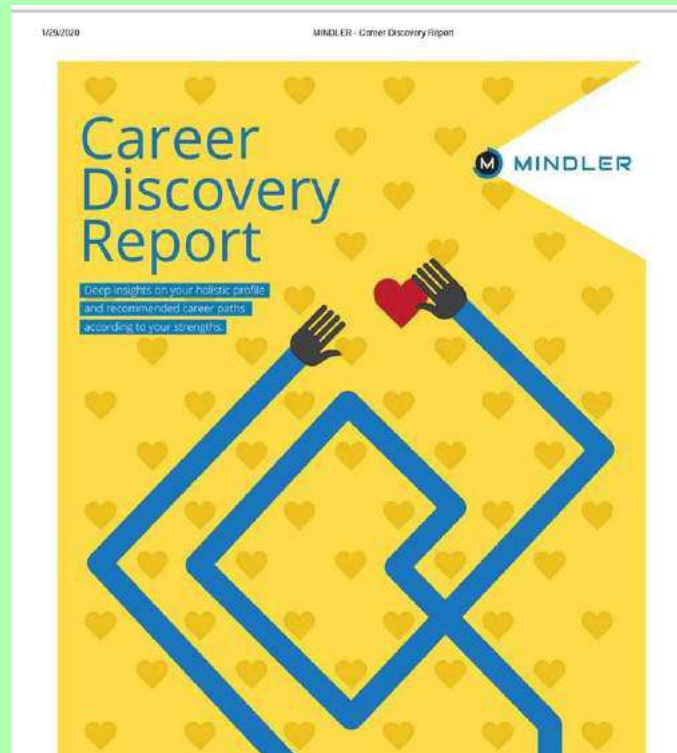


(Images from Session 3)

## **CAREER APTITUDE TEST**

- Career guidance and aptitude test were conducted on 15.01.2022 for the students of classes 11<sup>th</sup> and 12<sup>th</sup> respectively.
- In this, the test assessed the students on the following attributes: Interest, Personality, Aptitude, Values, and Ability.
- After the completion of the test, the students received a detailed report accompanied by a guidance session.

## Enclosing the cover page of the report



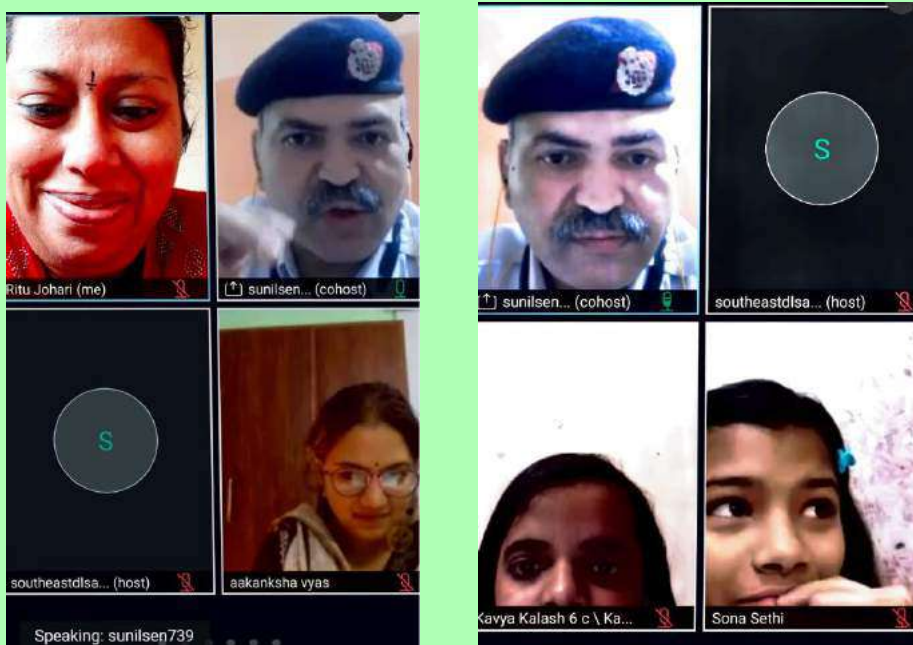
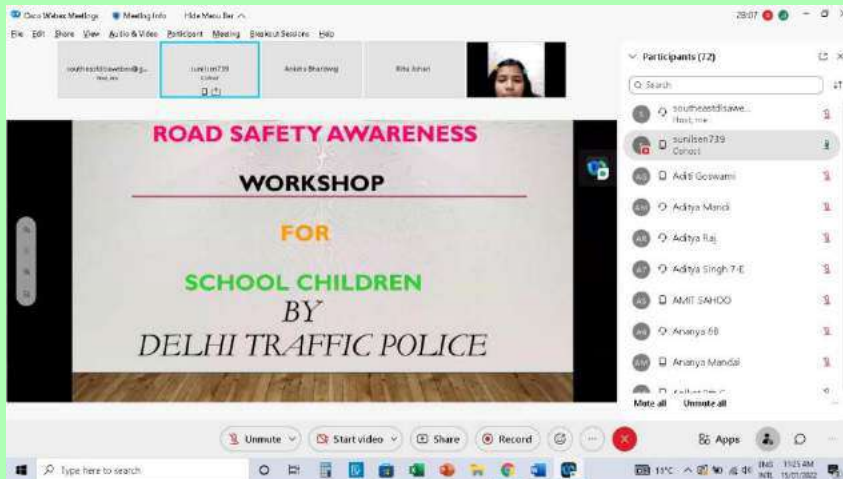
## Road Safety Awareness

### **Awareness Session on the topic of Road Safety and Motor Vehicles Act**

- South-East, District Legal Services Authority under the aegis of NALSA & DSLSA conducted an online awareness session on the topic of Road Safety and Motor Vehicles Act ' on 15.01.2022 from 11:15 AM to 12:30 PM for the School Students of 6th to 12th standards and teachers from Airforce Bal Bharati School, Lodhi Road, New Delhi.
- HC Sunil from Road Safety cell of Delhi Traffic Police department was the Resource Person for the above session. He conducted the session by way of a PPT and sensitized the students about road signs and best practices pertaining to Road Safety as well as the relevant rules under Motor Vehicles Act.
- A total of approximately 85 students joined the session. The session was highly interactive and appreciated by the participants. The glimpses of the session are appended below.



- Day- 15.01.2022, Timings- 11:15 am- 12:15 pm



### USE SCHOOL TRANSPORTATION SAFELY

- Get up early and start from home early
- Board the bus from the designated bus stop in a queue
- Once inside the bus behave properly
- Hold on to the railings of the bus
- Alight only at the designated bus stop
- Get down only when the bus has completely stopped

## Don'ts

- Do not rush or run to catch the bus
- Do not stand on the steps of the bus
- Do not make noise that may distract the driver
- Do not put any part of the body outside the bus
- Do not alight from a moving bus
- Do not cross from the front side of a stationary bus after alighting from the bus

## PEDESTRIANS' FAULTS

- ABRUPTLY CROSSING THE ROAD.
- RUNNING ON THE ROAD.
- DISOBEYING TRAFFIC SIGNALS.
- IGNORANCE OF TRAFFIC RULES.



DON'T ENDANGER THE PRECIOUS LITTLE ONES...







## **GUIDANCE AND COUNSELLING SESSIONS FOR STUDENTS OF CLASSES IX-XII**

In a 3 day series, webinars were organized for students of classes 9th-12th, which will help them in college admissions and also later on in life.

### **SESSION- 1**

**TOPIC:** WOWcabulary by eminent Pratham expert- Mr Ashish Garg

**CLASS:** 9<sup>th</sup>- 12<sup>th</sup>

**DATE:** 18.01.2022

**TIME:** 12:15 p.m-1:15 pm

### **IMPORTANT POINTS COVERED-**

- How to improve the vocabulary and verbal skills of the students.
- New words were taught to the students in a fun and experiential way.

Enclosing the images from the webinar

## SPRY (adj)

Pronunciation - spr i

Key 1 - Song from "Meri Dad ki Maruti" - "Punjabiyan di battery charged rehndi hai" which means Punjabis are **SPRY** people.

Key 2 - Link - **sprinter**

A **sprinter** (runner) has to be very **SPRY**

Meaning - active

Synonym - energetic

Usage - My 80 year old granny is the life of every party because of her spry nature.



## LASSITUDE (n)

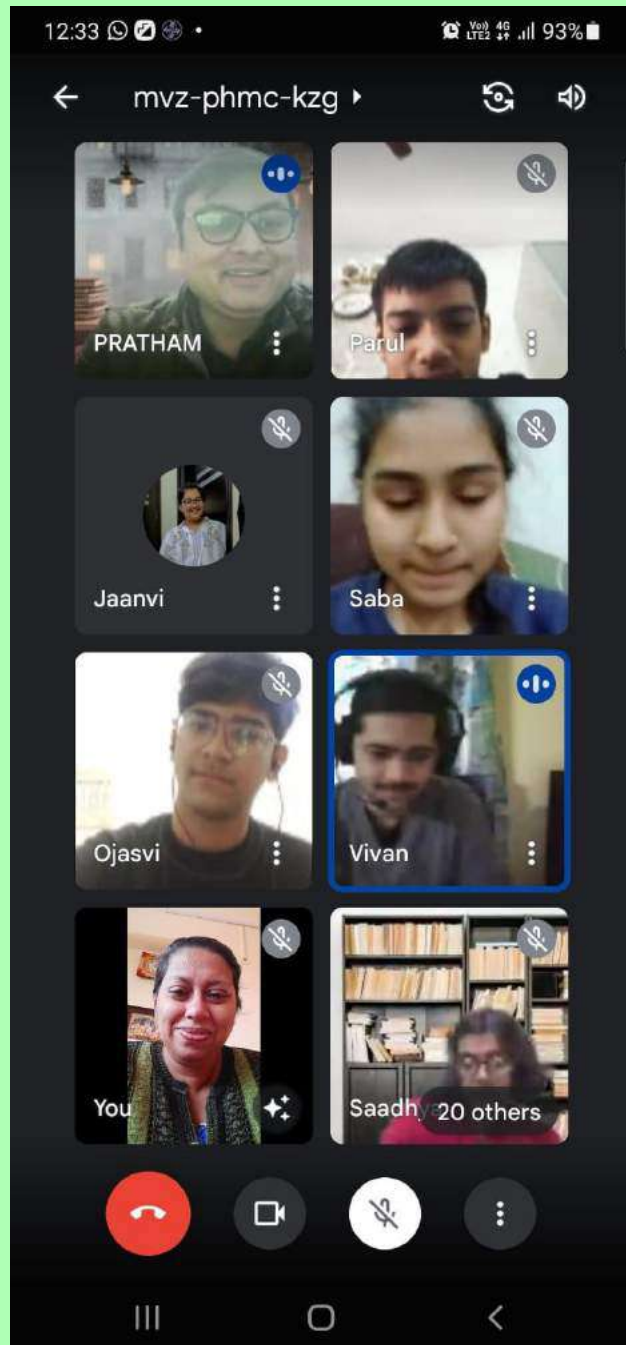


Pronunciation - lasi tyood

Link - **aalsi** (lazy) + **attitude**

Key - **AALSI** person ke **ATTITUDE** ko kehte hai **LASSITUDE**.

Meaning - feeling of lack of interest or energy, weakness and lethargic gesture.



## **SESSION FOR STUDENTS OF CLASS IX-XII**

In a 3 day series, webinars were organized for students of classes 9th-12th, which will help them in college admissions and also later on in life.

### **DAY-2**

### **SESSION- 2**

**TOPIC:** Time and Stress Management, by Eminent PRATHAM expert- Mr Praveen Khanna

**CLASS:** 9<sup>th</sup>- 12<sup>th</sup>

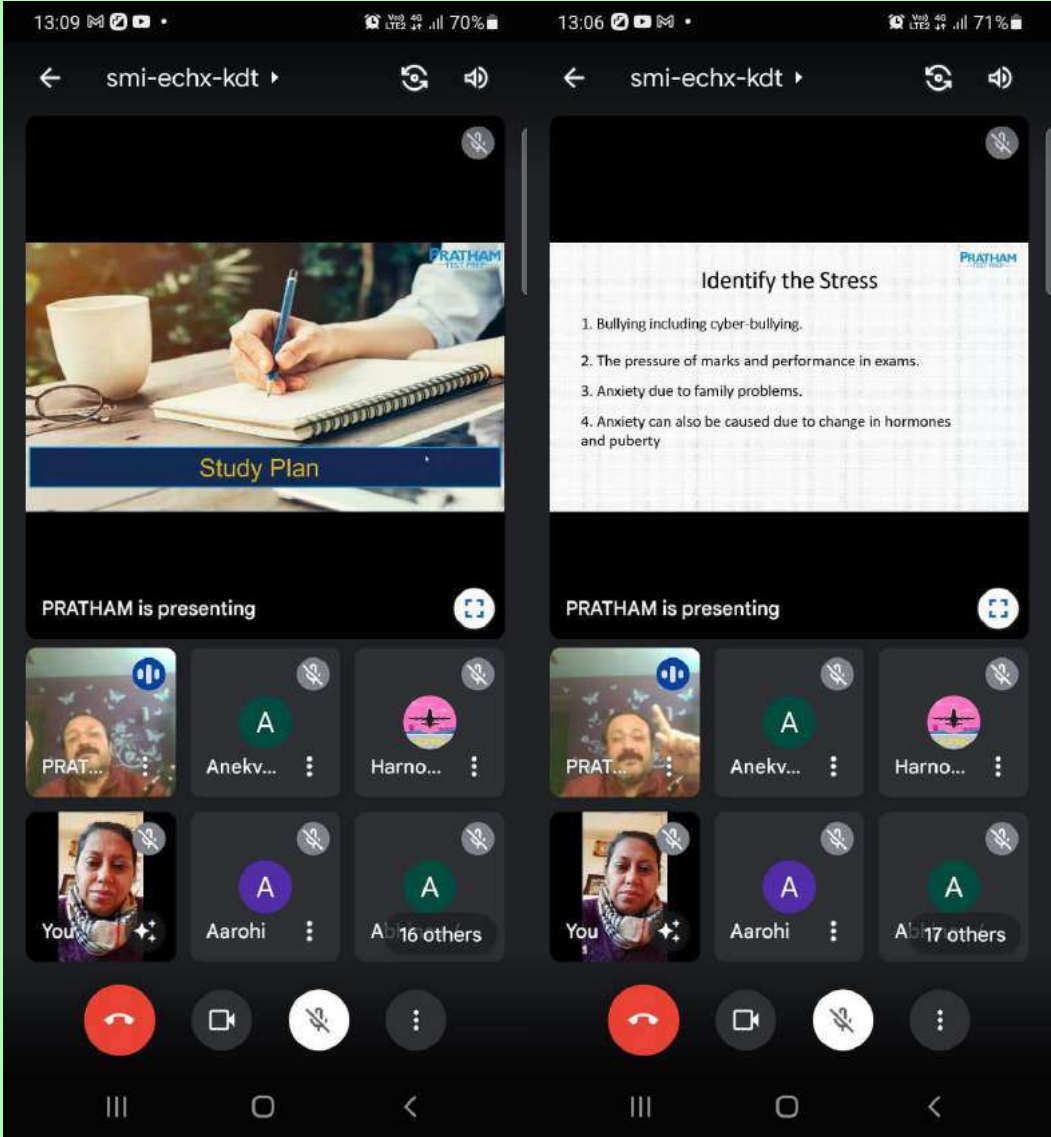
**DATE:** 19.01.2022

**TIME:** 12:15 p.m-1:15 pm

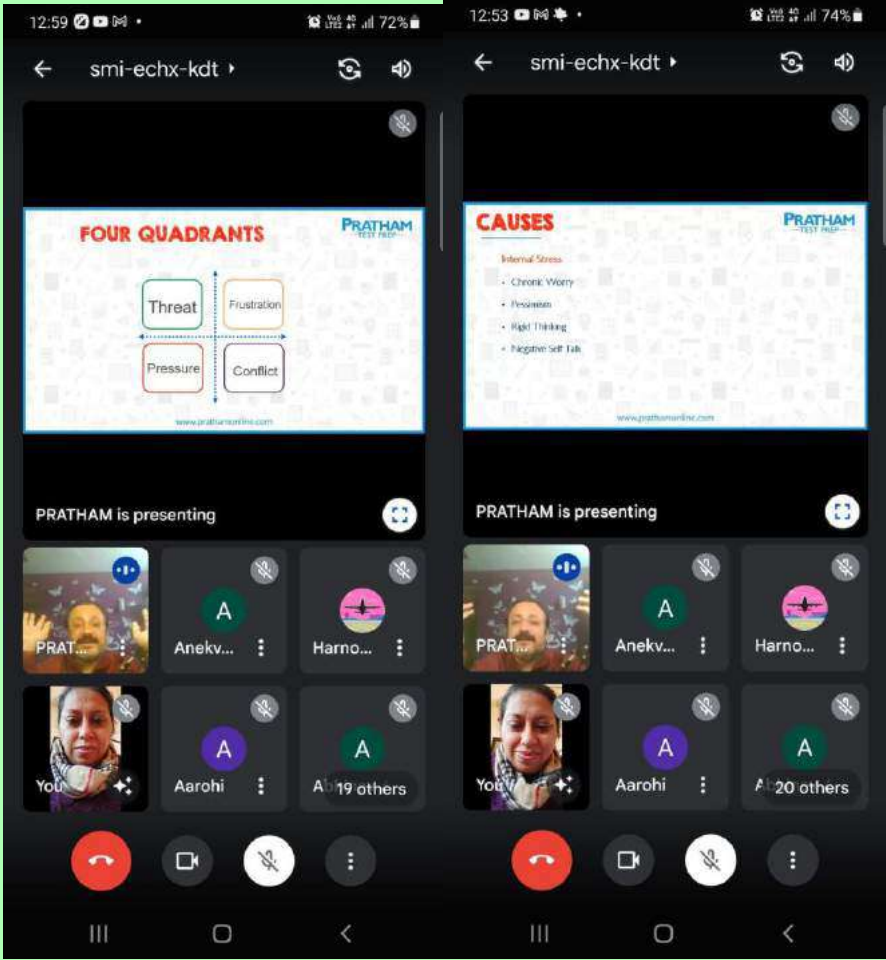
**IMPORTANT POINTS COVERED-**

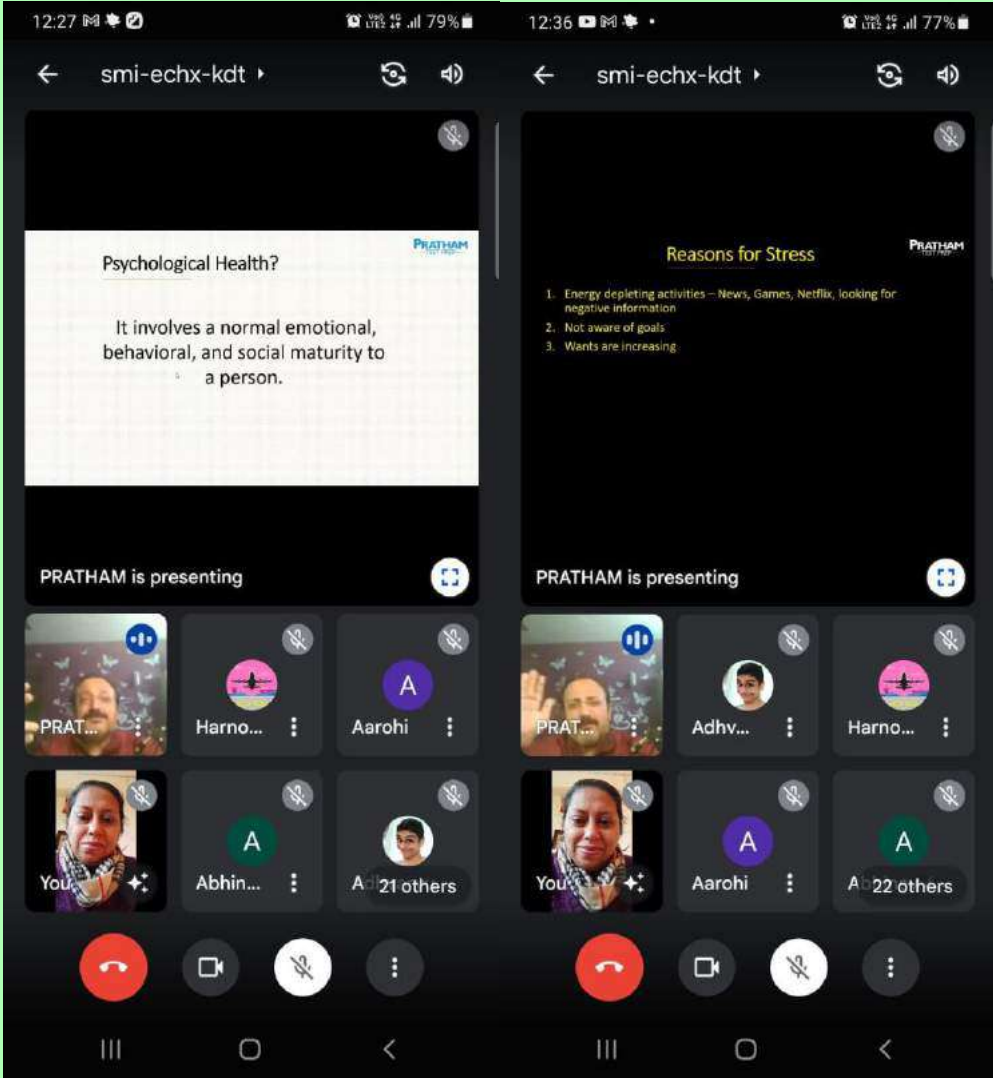
- What is Stress?
- Difference between eustress and distress
- What are the reasons for stress?
- Defining Poor Goals.
- How does an individual make goals?
- Internal and external sources of stress were discussed.
- Effective stress management as well as time management techniques were advocated.
- Effective goal setting for target achievement was also quoted.

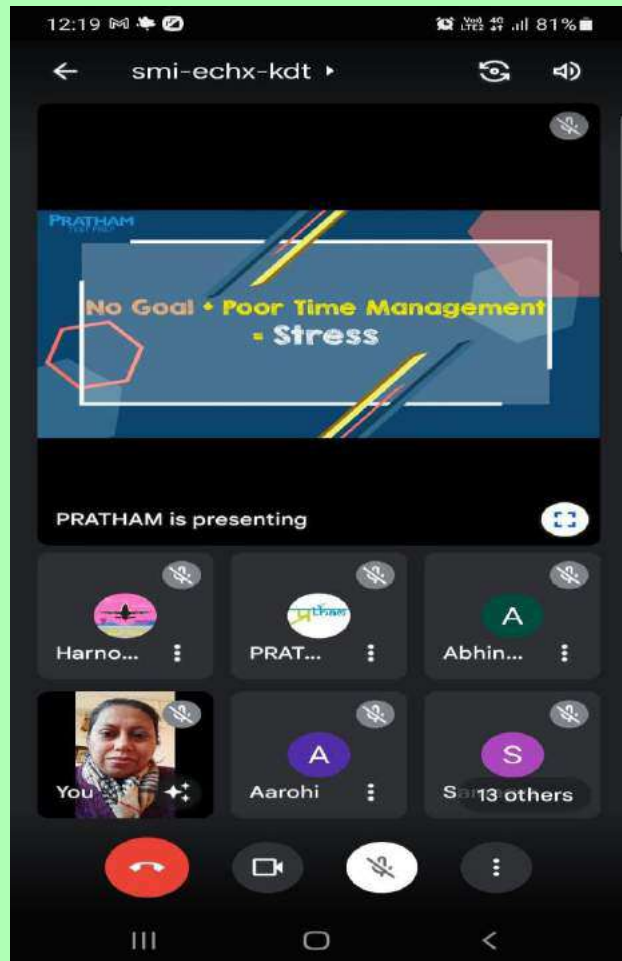
Enclosing the images from the webinar











## **SESSION FOR STUDENTS OF CLASS IX-XII**

In a 3 day series, webinars were organized for students of classes 9th-12th, which will help them in college admissions and also later on in life. On the 3rd day of the 3-day webinar series, the session will focus on helping students appear for interviews and group discussions in the entrance exams for college admissions.

### **DAY-3**

#### **SESSION- 3**

**TOPIC:** GD/PI by eminent PRATHAM expert, Mr Ashish Garg

**CLASS:** 9<sup>th</sup>- 12<sup>th</sup>

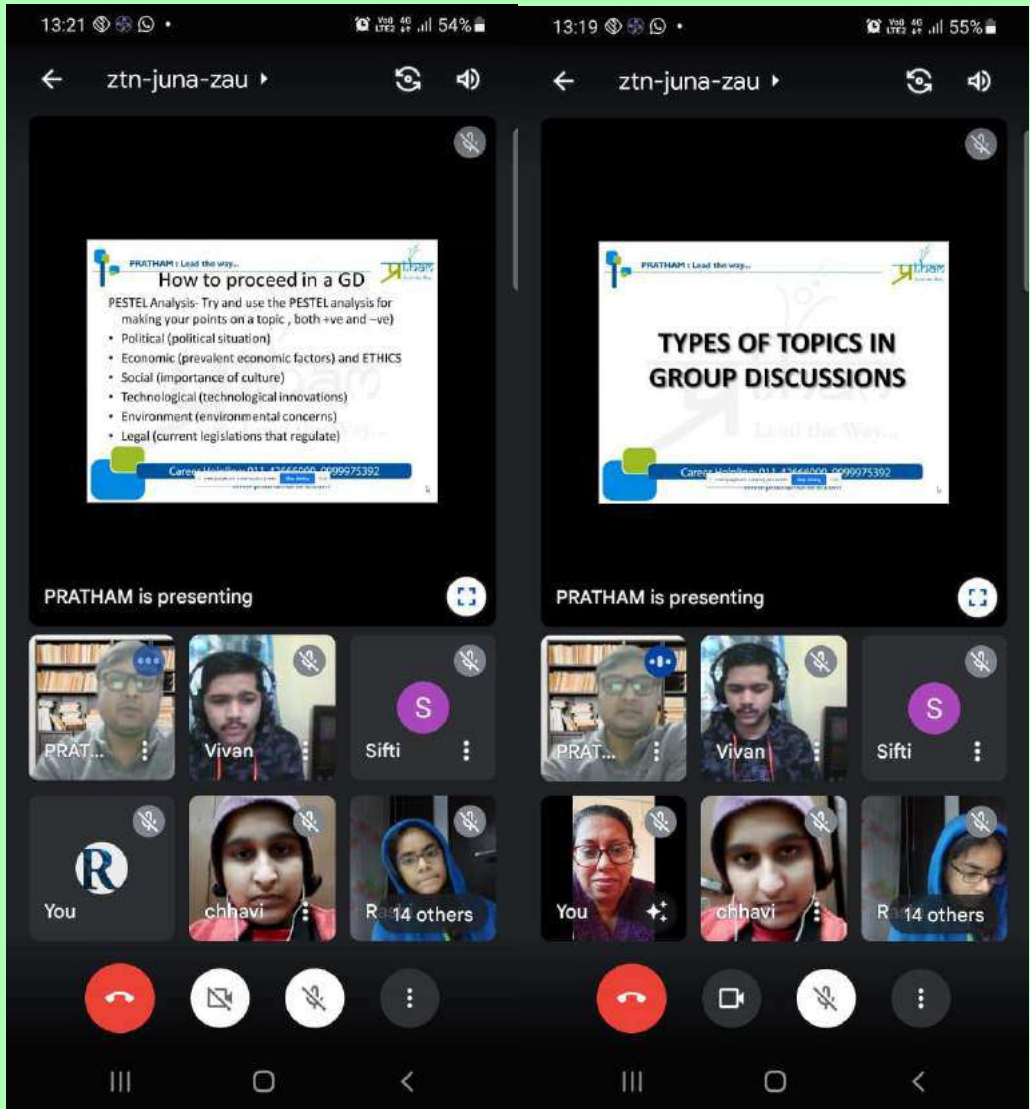
**DATE:** 20.01.2022

**TIME:** 12:15 p.m-1:15 pm

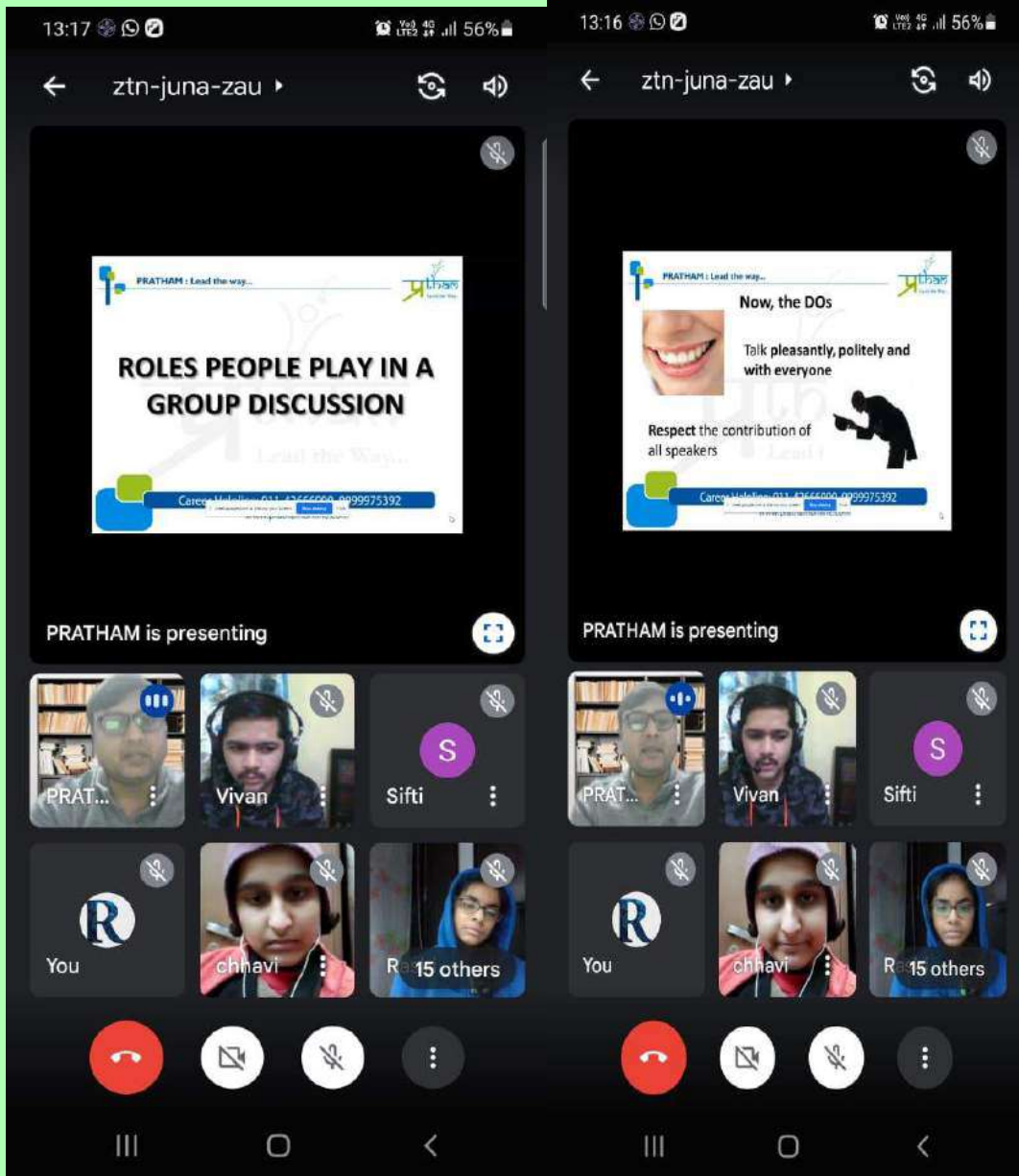
## **IMPORTANT POINTS COVERED-**

- What are interviews and group interviews?
- Where are discussions held in real life?
- What are the problems in communication?
- What is the importance of discipline and what is stage fear?
- Students had a live group discussion and feedback was given to students on their comments and presentations.
- Problems encountered by students in group discussion were also addressed.
- Important topics on Group topics were given to the students' example:
  1. Factual topics .e.g. Covid, New variants, 1st term CBSE Board results
  2. Abstract topics about perception e.g. half glass filled is half glass empty
  3. Pictorial representation: analyse the topic based on what students can see
- Do's and don't of group discussions were advocated students eg
  1. Political aspect
  2. Economic aspect
  3. Social aspect
- Body language
- Roles, one can play in a group discussion.

**Enclosing the images from the webinar**







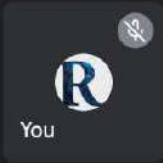
13:17

56%

ztn-juna-zau



PRATHAM is presenting



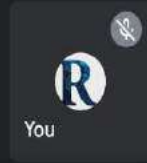
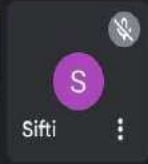
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PRATHAM is presenting



13:13 56%

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PRATHAM is presenting

PRAT... Vivan Sifti

You chhavi R 16 others

Call, Mute, Video Off, More

13:12 57%

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PRATHAM is presenting

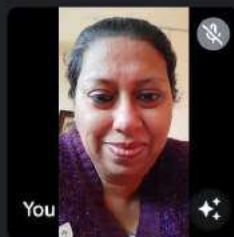
PRAT... Vivan Sifti

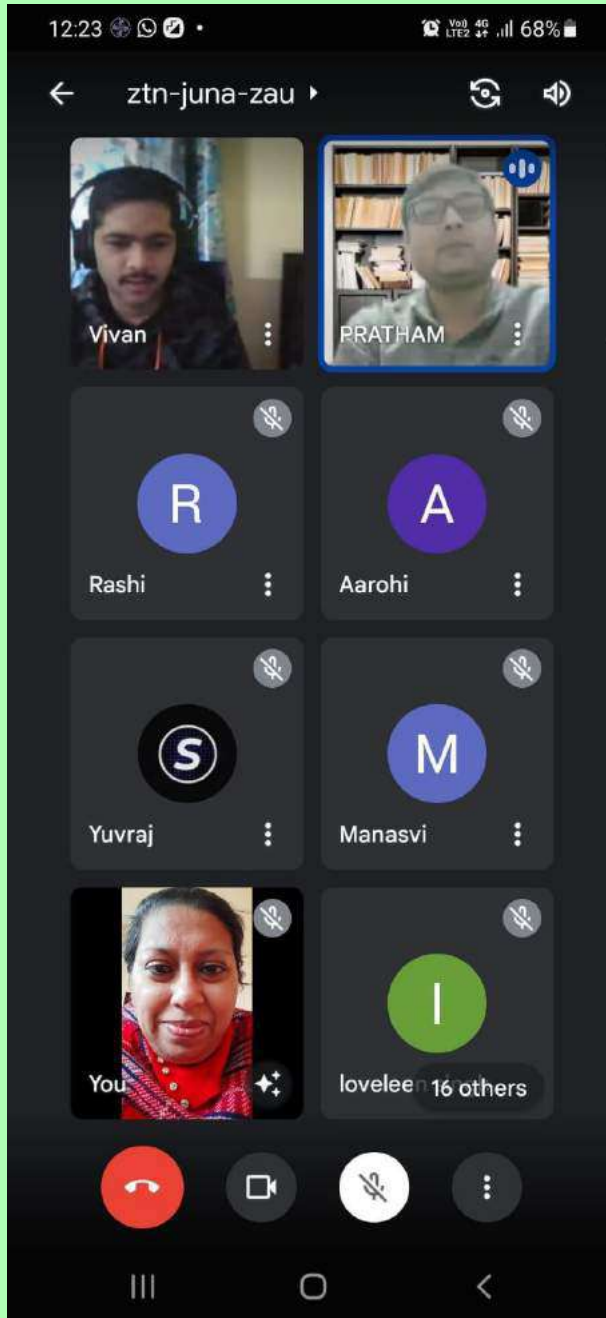
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Call, Mute, Video Off, More



PRATHAM is presenting





### Culinary Webinar organized for the students and Parents of classes 4<sup>th</sup> -12<sup>th</sup>.

The initiative was taken to celebrate Christmas and New Year by encouraging and enhancing cooking as well as basic baking skills.

**TOPIC:** Culinary Webinar for students and parents of 4<sup>th</sup>- 12<sup>th</sup>.

**CLASS:** 4<sup>th</sup> - 12<sup>th</sup>

**DATE:** 21.12.2021

**TIME:** 1800hrs- 1900hrs

Enclosing below the images from the workshop.



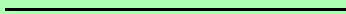
IN ALLIANCE WITH







## **Cheesecake workshop**



### **BISCUIT BASE**

#### **Ingredients:**

- Melted butter – 30 g
- Digestive Biscuit – 100 g

#### **Method:**

- Crush the biscuits and mix with melted butter
- Keep the mixture in the chiller to cool.

### **BATTER**

#### **Ingredients:**

- White chocolate – 50 g
- Cream cheese – 250 g
- Heavy cream 35% fat – 190 g
- Milkmaid – 120 g

#### **Method:**

- Add cream cheese, milkmaid & cream to the mixture grinder. Blend well to emulsify.
- Add the melted white chocolate.
- Bake at 160 degrees Celsius for 25 to 30 mins.

Garnish with fresh strawberries.

## **SESSION FOR PARENTS OF** **STUDENTS OF CLASS VI-IX**

A Guidance Webinar for parents of classes 6th-9th was organized by the School Counsellor, Ms. Ritu Johari, in association with Fortis hospital.

**TOPIC:** Positive behaviour support- reinforcing positive behaviour in students

**CLASS:** 6<sup>th</sup> – 9<sup>th</sup>

**DATE:** 22.01.2022

**TIME:** 11:15 a.m-12:15 pm

**IMPORTANT POINTS COVERED-**

- Rapport building with a child
- Problems that pandemic has created in managing children
- Conformity to instructions
- Effective learning and growing environment
- Being listened to
- Making parents sent a part of child's world
- support children need
- Problems these days: no routine in sleeping, eating and studying
- More directive assistance on young children, but in this change include children in making routine
- Guidance needed from parents: listening, support, prioritizing tasks
- Sense of availability to children and then children can come and speak to parents
- Situations that impede children's growth: constant criticism, highlighting negative points of children, comparison, constant complaining
- Space between parents and children minimized in pandemic

**Promoting safe and wholesome safe, cooperative environment: emotional, psychological etc**

- 1. Identifying problem areas: what and when of the problem and trying to solve it together
2. Determining which variables are associated with the problem: where is the problem?
3. Setting behavioral expectations: value inculcation
4. Modeling good behaviour inconsistency in talking and behaviour
5. Encouragement for good behaviour for bringing intrinsic motivation
6. Establishing helpful routines.
7. Acknowledging efforts, strengths and success in children

8. Validating the feelings of children, open communication with children encouraged

9. Setting realistic standards in children, open conversations with children

10. Creating an environment that is sustainable and holistic for children

Issues raised by parents in parenting were also addressed

### **Enclosing the image from the workshop**



## **PARENTS GUIDANCE SESSION**

Our mental health is of utmost importance, especially during a pandemic. It determines how we think, feel and act.

Good mental health is when we feel positive about ourselves and cope well with the everyday pressures. If you experience issues dealing with everyday problems, it could be a sign of a mental health problem and should be addressed immediately.

The purpose here is to provide a platform where you can reach out for counselling and therapy services take care of your mental health and become the best version of yourself. It is a psychological safe space to express, discuss and explore yourselves and your mental health concerns comfortably based on your requirements.

## **SESSION 1**

A group guidance session for parents of students of classes UKG, 1 and 2 was organized. The details about the webinar are:

**TOPIC:** Managing your child's learning problems and promoting your child's well being

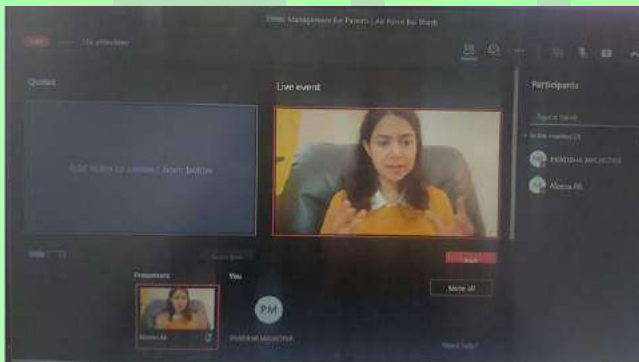
**CLASS:** UKG, 1<sup>ST</sup> AND 2<sup>ND</sup>

**DATE:** 16.11.21 (Tuesday)

**TIME:** 10.30am to 11.30 am

**116 attendees were present in the parent guidance session**

**Enclosing the image from the workshop**



## **SESSION 2**

A group guidance session for parents of students of classes 3, 4 and 5 was organized. The details about the webinar are:

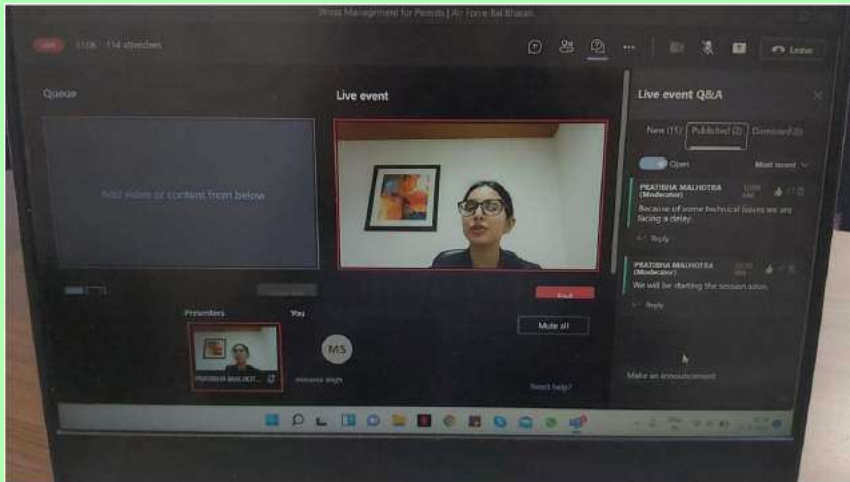
**TOPIC:** Managing parental stress and promoting your child's emotional intelligence

**CLASS:** 3<sup>RD</sup>, 4<sup>TH</sup>, 5<sup>TH</sup>

**DATE:** 17.11.21 ( Wednesday)

**TIME:** 10.00 am to 11.00 am

## Enclosing the image from the workshop



## Feedback:

Thank you for making us a part of such a wonderful & enriching session on Parent & Child Wellbeing 🙌😊  
That would definitely help us to understand their thought process & day to day hurdles in a much better way.  
Thank you once again, Ma'am

1:18 PM

## CELEBRATION OF NATIONAL YOUTH DAY

National Youth Day is also known as Vivekananda Jayanti which is celebrated as the birthday of Swami Vivekananda. The main purpose to celebrate the festival is to increase bonding between the diverse cultures of the country to strengthen the unity of the nation.

To instil various virtues among the student, this day is celebrated.

**TOPIC:** Social Skills Training

**CLASS:** Junior school

**DATE:** 17<sup>th</sup> January 2022- 31<sup>st</sup> Jan 2022

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## **WELL- NESS SESSION FOR STUDENTS OF CLASSES 3-5**

### **WELLNESS SESSION FOR CLASS 3**

Words have the magical power to help, heal and also hurt. Therefore, choosing the right words in the correct tone is an essential part of one's life skill. Hence, to inculcate the essence of choosing and bringing the power of it -A group guidance session for students of class 3 was organized, by the School Counsellor, Ms Ritu Johari.

**TOPIC:** Power of words

**CLASS:** 3<sup>rd</sup>

**DATE:** 22.10.21

**TIME:** 11.30 am – 12:30 p.m

**ONLINE PLATFORM:** Google meet

### **IMPORTANT POINTS COVERED-**

- How do we impress others? Do Our words have the power to hurt and to heal?
- Do all words have same taste?
- Three filter Test
- Care on Social Media
- Power of Positive Self-Talk

### **WELLNESS SESSION FOR CLASS 4**

Bullying is categorized as aggressive behaviour with a motive for intentional harm. To enlighten the children about such activities and its ill effects- A group guidance session for students of class 4 was organized by the School Counsellor, Ms Ritu Johari

**TOPIC:** Bullying

**CLASS:** 4<sup>th</sup>

**DATE:** 9.11.21

**TIME:** 10:00 am – 11:00 a.m

**ONLINE PLATFORM:** Google meet



### **WELLNESS SESSION FOR CLASS 5**

In this heightened era of the internet, it becomes quite necessary to inculcate an effective set of rules that forms a base for their online behaviour. Therefore to help the children understand those rules- An Online Group Guidance Session on Netiquettes, Cyber Safety and Security was organised by the School Counsellor, Ms Ritu Johari.

**TOPIC:** Netiquettes, Cyber Safety and security

**CLASS:** 5<sup>th</sup>

**DATE:** 25.10.21

**TIME:** 11.00 am – 12:00 p.m

**ONLINE PLATFORM:** Google meet

### **IMPORTANT POINTS COVERED**

- The session was extremely informative and beneficial for the students. Children learnt about Cyber Safety norms and why should one avoid sharing any personal information with unknown people online.
- This session also made them realise that they should do more physical work and exercise and spend less time on screen. This would surely help in making them more active, happy and healthy.
- Overall, the Guidance Session proved very useful and relevant during the pandemic time when children are bound to spend a lot of time on laptops and mobile phones, taking online classes and for other online activities.

## **WELL- NESS SESSION FOR STUDENTS OF CLASSES 6-8**

### **WELLNESS SESSION FOR CLASS 6**

A healthy relationship is one of the core reasons for healthy society at large. Hence, to understand the importance of forming healthy relationships -A group guidance session for students of class 6 was organized, by the School Counsellor, Ms Ritu Johari.

**TOPIC:** Forming Healthy Relationships

**CLASS:** 6<sup>th</sup>

**DATE:** 2.11.21

**TIME:** 11.15 am – 12:15 p.m

**ONLINE PLATFORM:** Google meet

### **IMPORTANT POINTS COVERED-**

#### **ABC of Healthy Relationships**

- Different Relationships we have
- Is it important to love oneself?
- What happens when we love someone?
- 4 Key points in Relationship
- Healthy & Unhealthy Relationship

### **WELLNESS SESSION FOR CLASS 7**

To be able to study and effectively utilize skills -A group guidance session for students of class 4 was organized by the School Counsellor, Ms Ritu Johari

**TOPIC:** Studying skills techniques

**CLASS:** 7<sup>th</sup>

**DATE:** 29.10.21

**TIME:** 11:15 am – 12:15 p.m

**ONLINE PLATFORM:** Google meet

### **IMPORTANT POINTS COVERED**

- Why to study?
- How to study?

- Setting Goals
- Identifying Distractions
- Journey from Ordinary to Extraordinary
- Effective Techniques to learn

### **WELLNESS SESSION FOR CLASS 8**

Learning is not enough, to memorise it and retain requires different skillset. Therefore, to be able to enhance one's memory and learn the tricks - An Online Group Guidance Session on Memory Enhancement techniques was organised by the School Counsellor, Ms Ritu Johari.

**TOPIC:** Memory Enhancement techniques

**CLASS:** 8<sup>th</sup>

**DATE:** 28.10.21

**TIME:** 11.15 am – 12:015p.m

**ONLINE PLATFORM:** Google meet

### **IMPORTANT POINTS COVERED**

- Process of Memorization
- Do we forget?
- Can we train our brain?
- Importance of Organization of Information
- Effective techniques to Memorization

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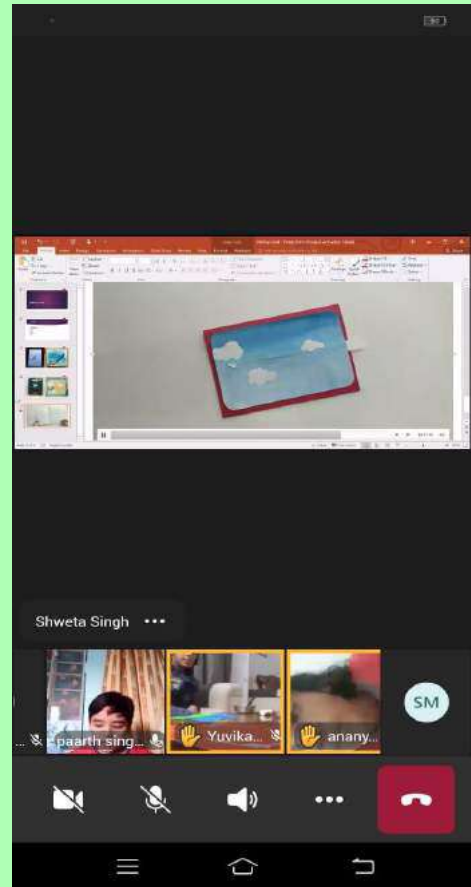
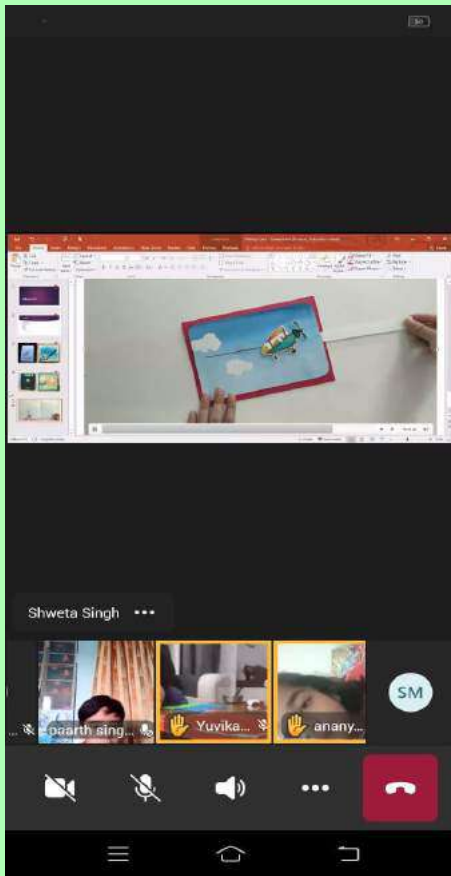
### **SESSION FOR 5<sup>th</sup>**

- 
- A crafts workshop by Kiran Nadar museum was organized for Class 5th students by the School Counsellor, Ms Ritu Johari
- 
- **TOPIC:** Sliding Card
- **CLASS:** 5<sup>th</sup> class
- **DATE:** 16.12.21
- **TIME:** 10:30 am – 11:30 am
- **ONLINE PLATFORM:** Google meet
-



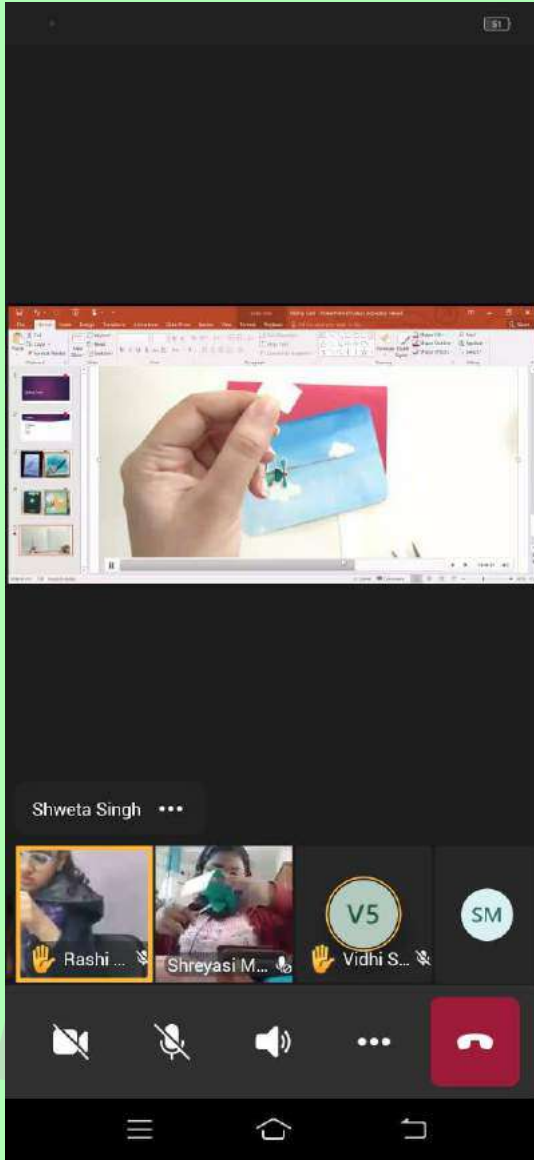
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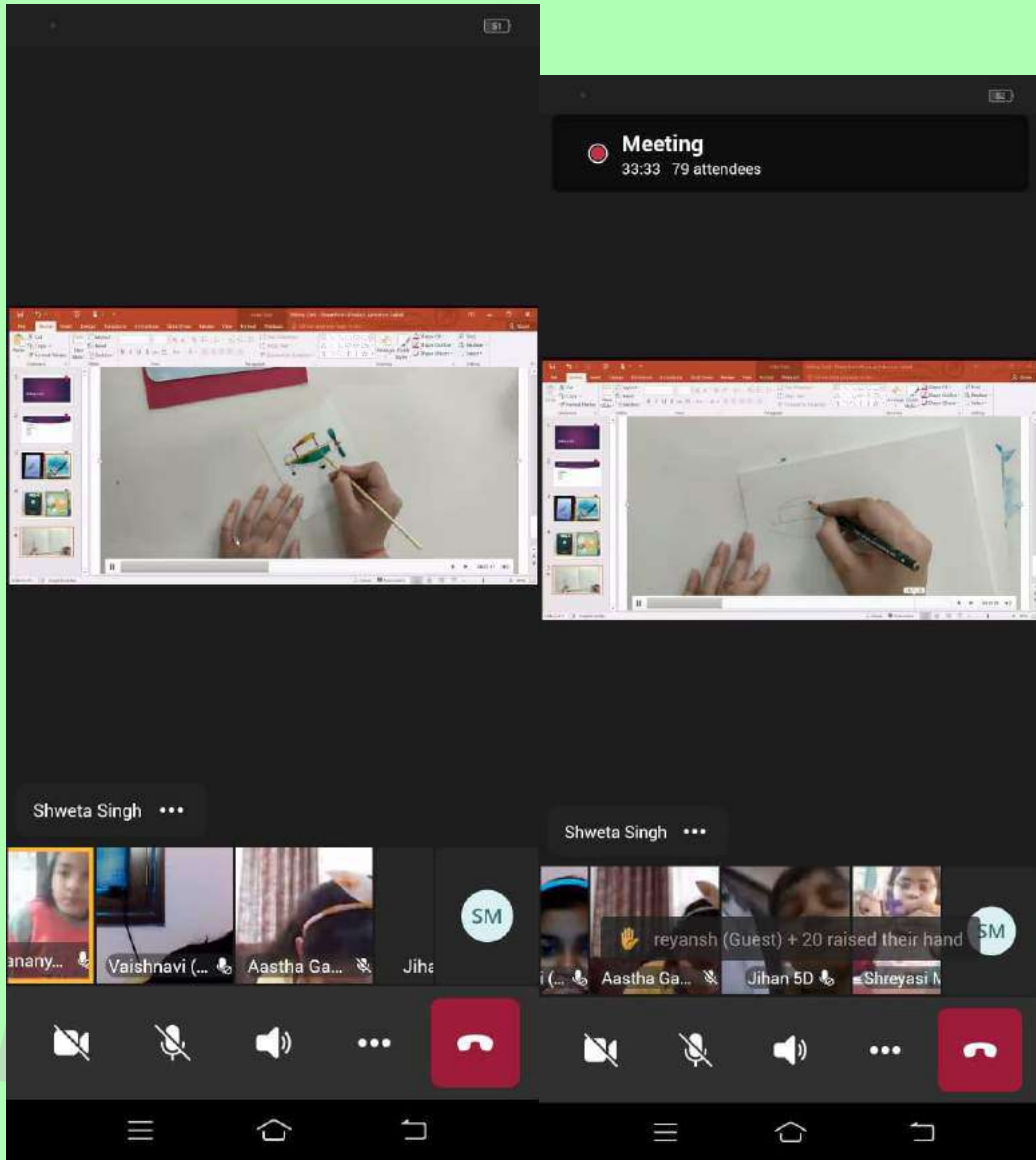
AFBBS



ATBDS







### SESSION FOR KG

A crafts workshop by Kiran Nadar museum was organized for Class KG students by the School Counsellor, Ms Ritu Johari.

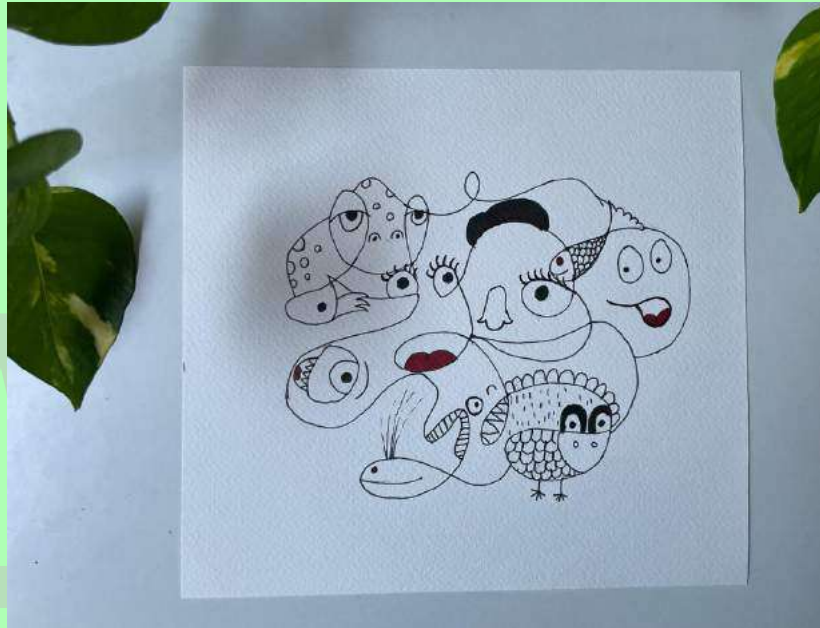
**TOPIC:** Scribble Art

**CLASS:** KG

**DATE:** 15.12.21

**TIME:** 10:30 am – 11:30 am

**ONLINE PLATFORM:** Google meet



## **SESSION FOR 2<sup>nd</sup> CLASS**

A crafts workshop by Kiran Nadar museum was organized for Class 2<sup>ND</sup> students by the School Counsellor, Ms Ritu Johari

**TOPIC:** Doodling Art

**CLASS:** Class 2

**DATE:** 10.12.21

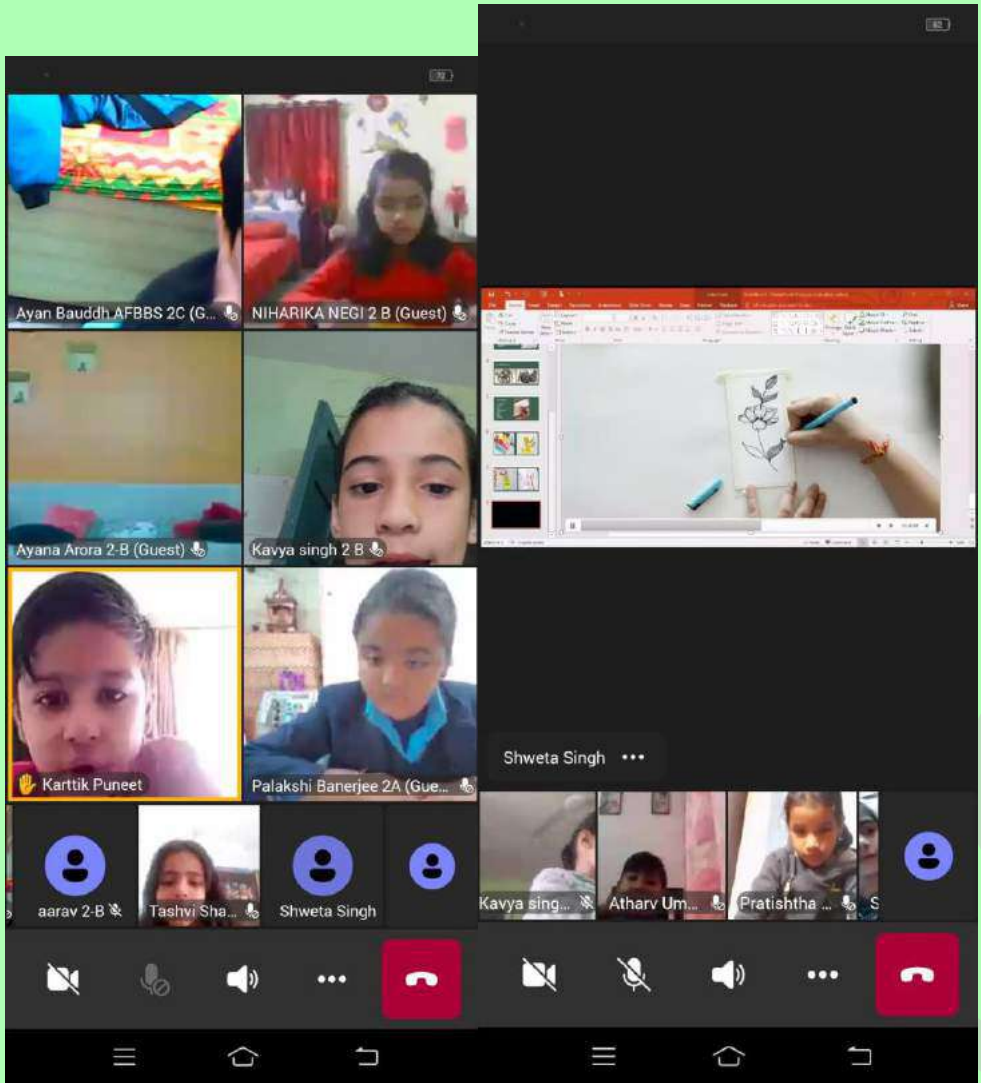
**TIME:** 10:30 am – 11:30 am

**ONLINE PLATFORM:** Google meet

Enclosing the images below

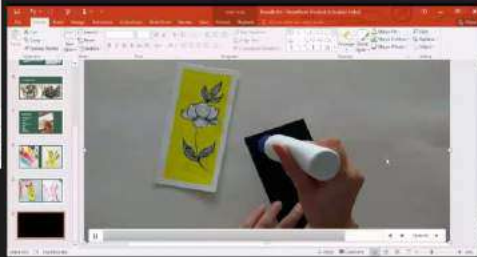
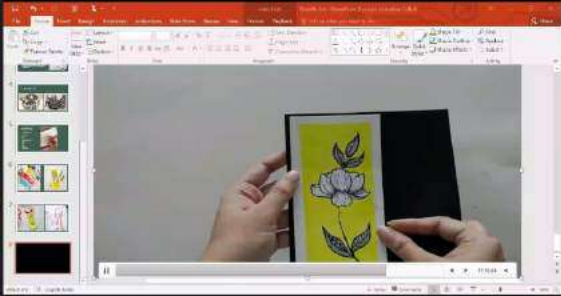


AFBBS



KNMA Workshop | Air For...  
55:49 59 attendees

Guests are waiting to join. View lobby



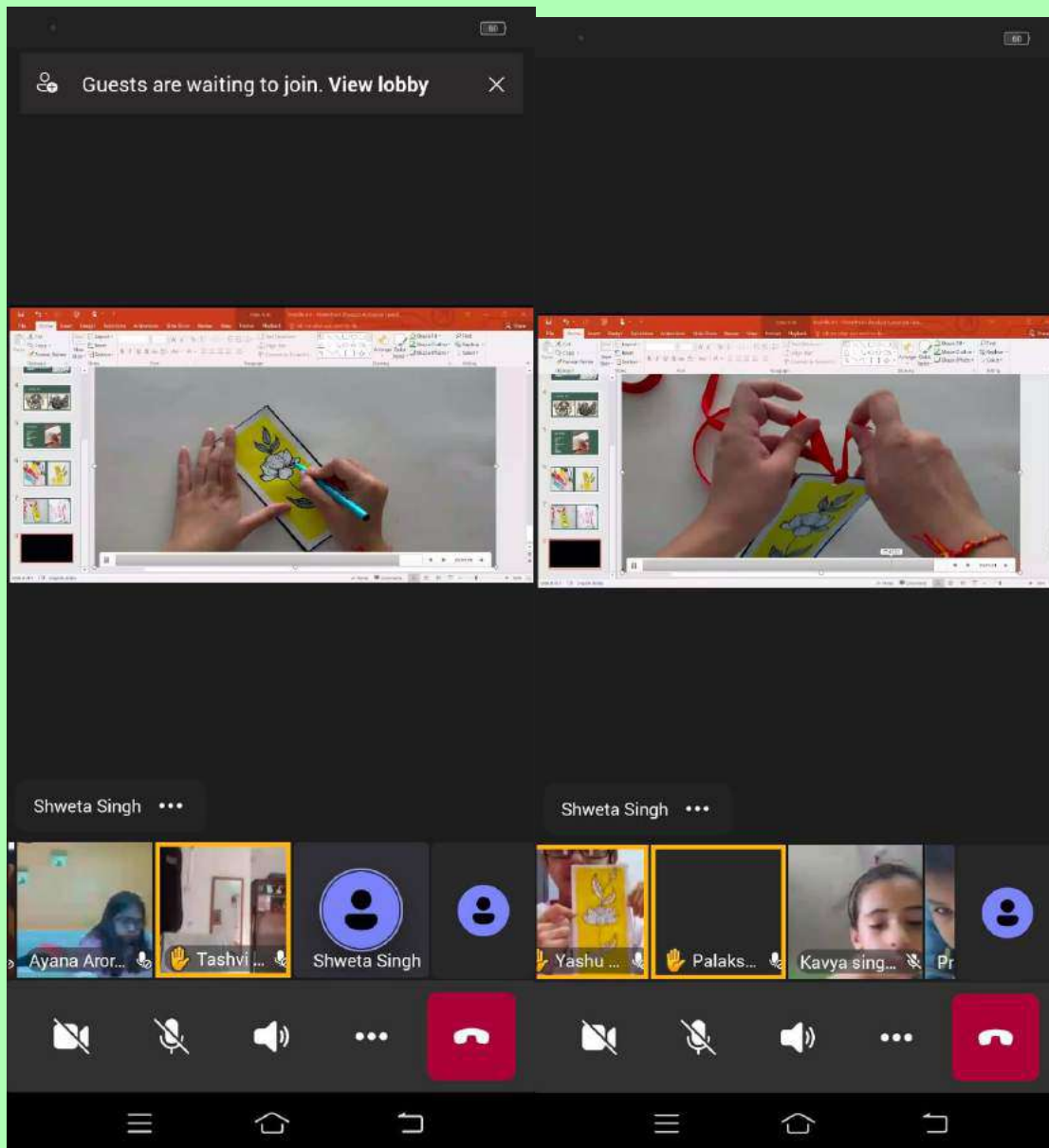
Shweta Singh



Shweta Singh







## Feedback

➤ Forwarded

It was an interesting session. Miraya enjoyed doodling and made a bookmark. Thank you AFBBS for organising these extra sessions, hopefully it would sensitise the children to different art forms.

7:37 AM

➤ Forwarded

Good evening mam It was a great class mam my mom also enjoyed It. Thanks a lot mam.

7:37 AM

## **SESSION FOR CLASS- 1**

A crafts workshop by Kiran Nadar museum was organized for Class 1 students by the School Counsellor, Ms Ritu Johari

**TOPIC:** Doodling Art

**CLASS:** Class 1

**DATE:** 03.12.21

**TIME:** 10:30 am – 11:30 am

**ONLINE PLATFORM:** Google meet

## **SESSION FOR CLASS 3**

A virtual tour of Kiran Nadar museum followed by a crafts webinar was organized for Class 3 students by the School Counsellor, Ms.Ritu Johari .The details of the webinar are given below.

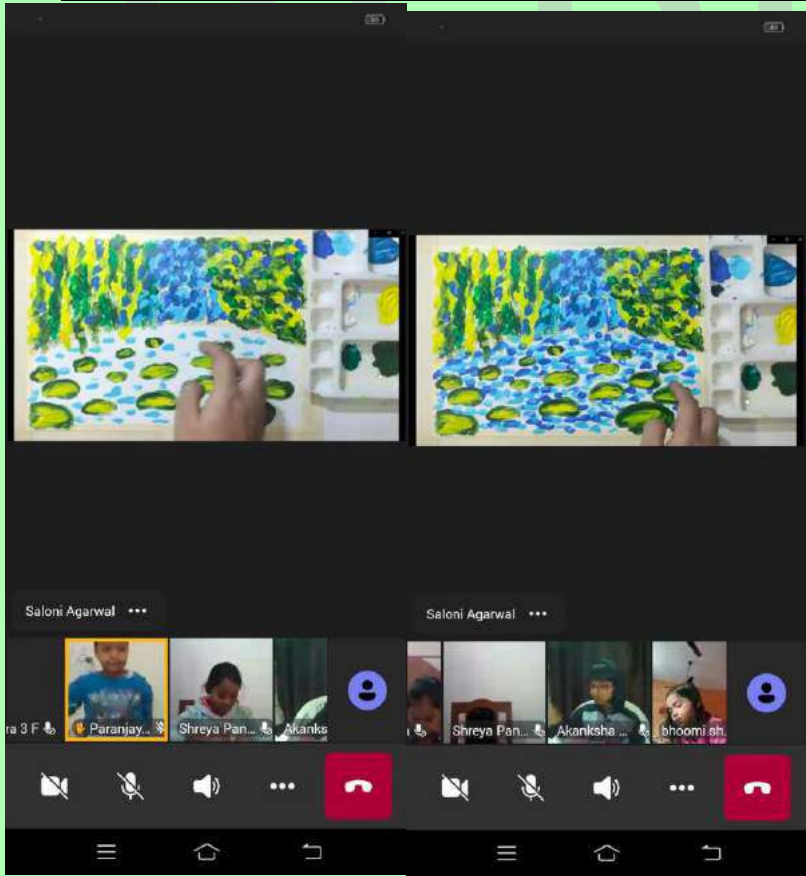
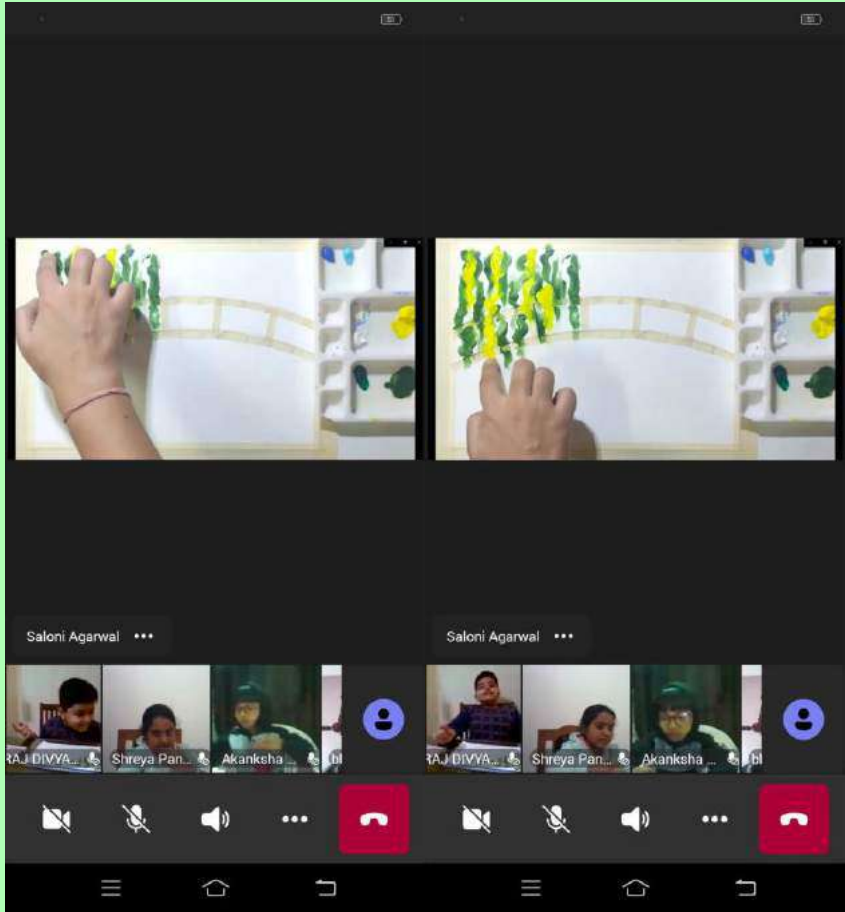
**TOPIC:** Finger Painting

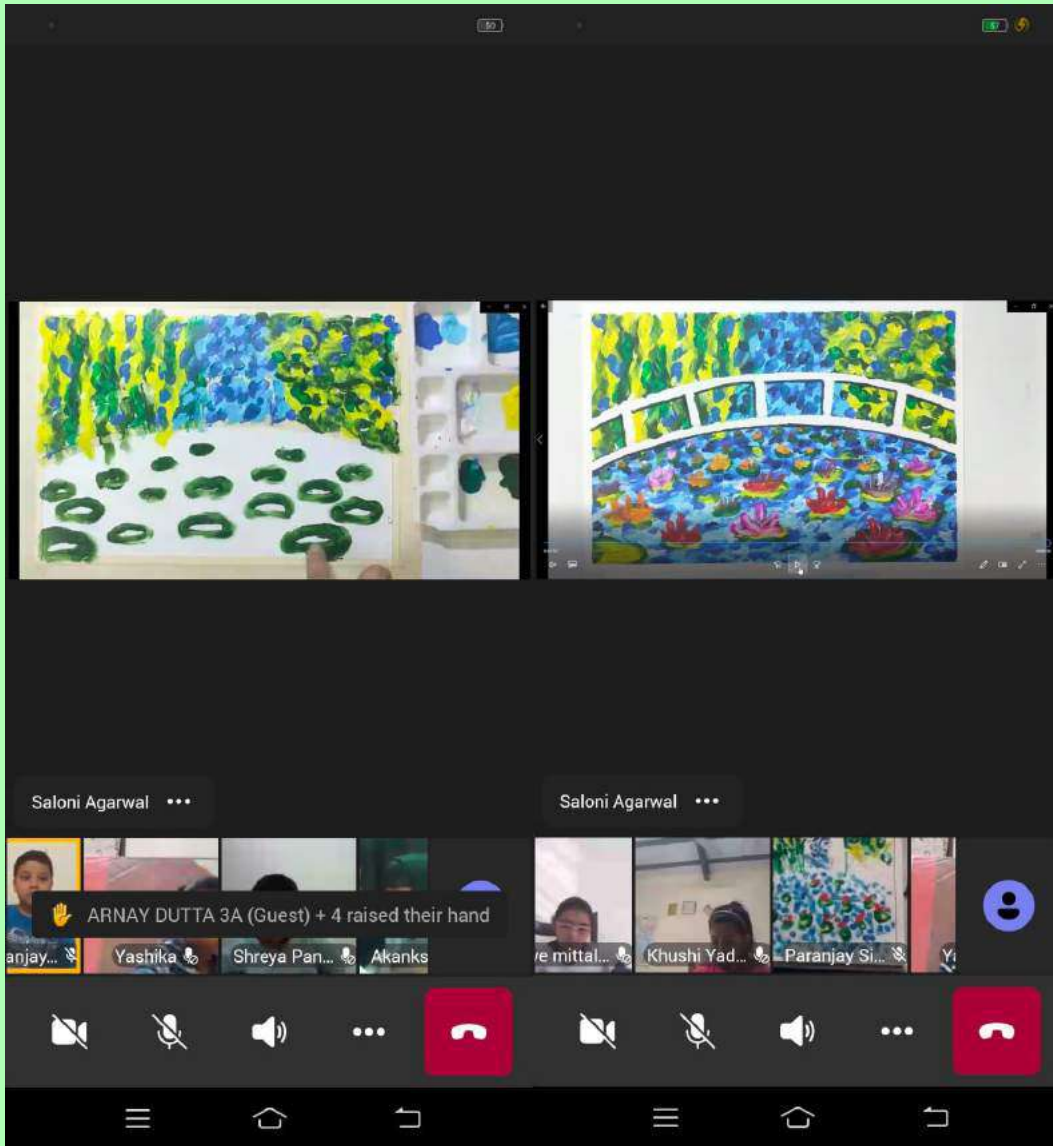
**CLASS:** 3<sup>rd</sup>

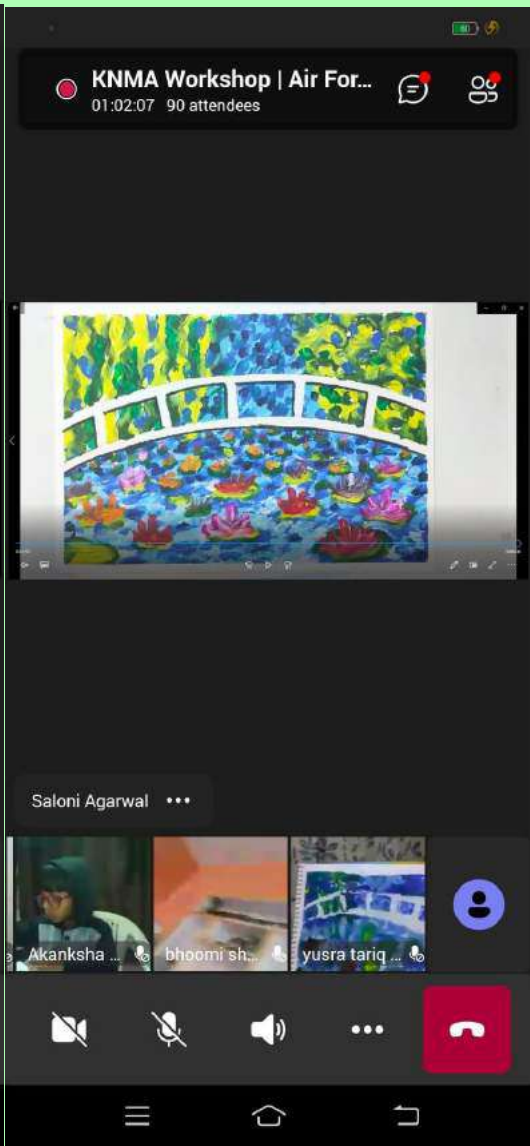
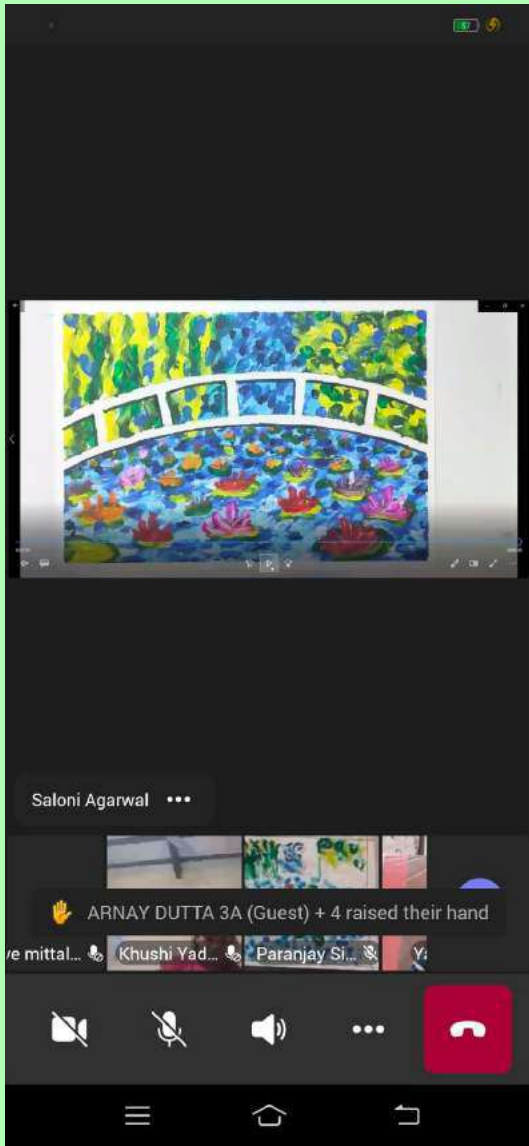
**DATE:** 25.11.21

**TIME:** 10:30 am – 11:30 am

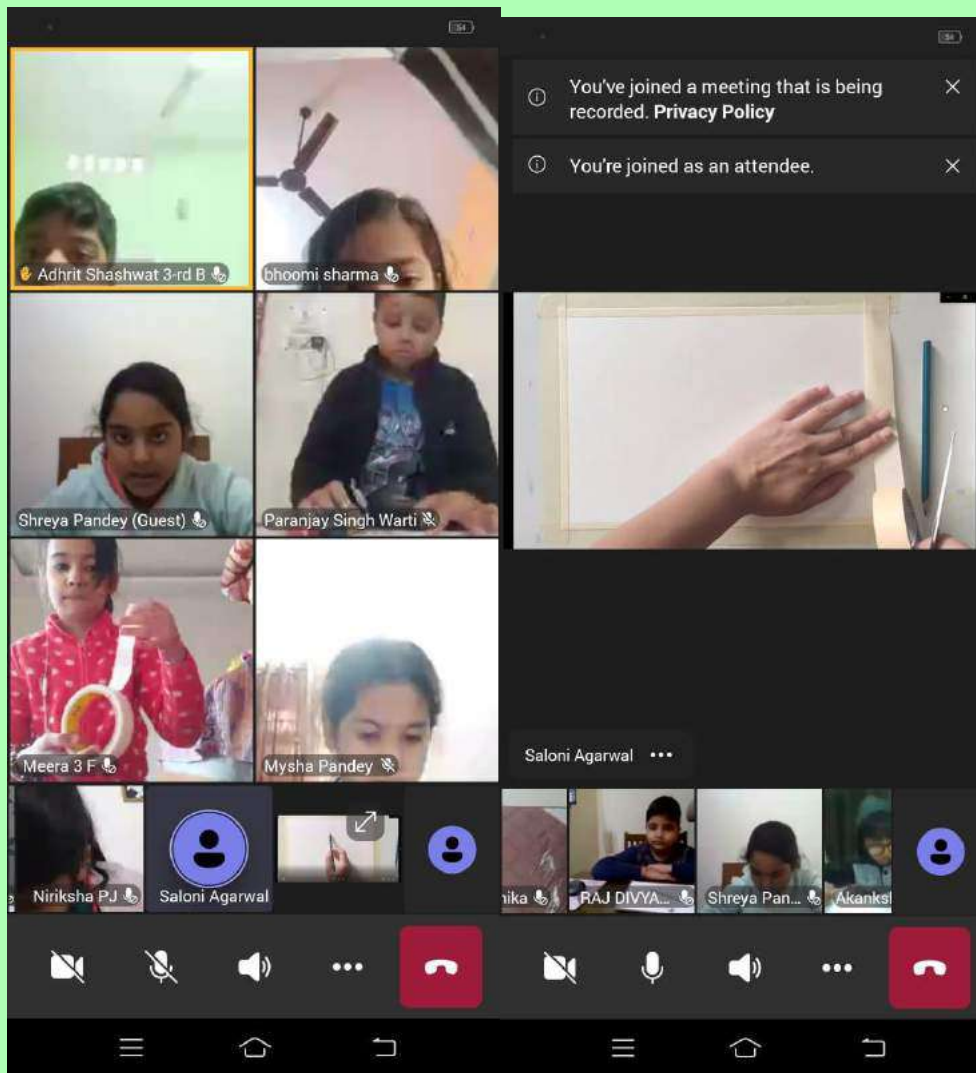
**ONLINE PLATFORM:** Google meet











### PARENT'S FEEDBACK

➤ Forwarded

Good afternoon ma'am  
 Students of class 3 liked yesterday's workshop. Few students have also shared pictures of their finger painting with us.  
 Regards

11:56 AM

➤ Forwarded

Shiv Nadar workshop was really an interesting n rejuvenating activity for the kids. Tanush felt involved and excited with this new enrichment in closed at home online era. Thanks to the school staff for adding it on.

11:56 AM



## SESSION FOR CLASS 4

A virtual tour of Kiran Nadar museum followed by a crafts webinar was organized for Class 4 students by the School Counsellor, Ms. Ritu Johari .The details of the webinar are given below.

**TOPIC:** Doodling Art

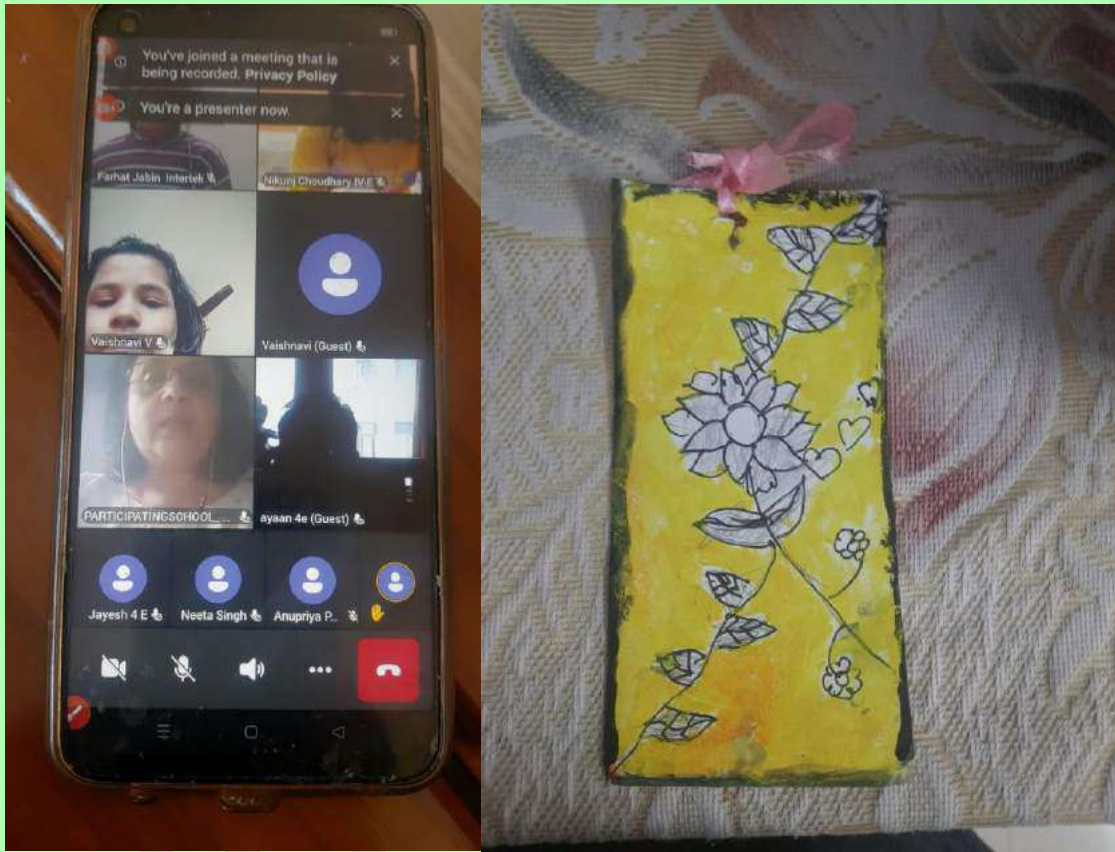
**CLASS:** 4<sup>th</sup>

**DATE:** 27.11.21

**TIME:** 10:30 am – 11:30 am

**ONLINE PLATFORM:** Google meet





**Feedback from the parents**

ATD DS



## **Republic Day Celebrations**

The Republic Day Celebrations were coordinated in the whole school in full letter and spirit by School Counsellor, Ms. Ritu Johari. Videos were circulated among the class teachers of the junior and senior wing.

**Topic: 73<sup>rd</sup> Republic Day**

**Date: 26.01.2022**

**Time: 12:00 Pm- 1:00 Pm**

**Enclosing Images of the program**

*Following programmes were held :-*

- Video sent by principal of our school was presented. It included speech by our honourable President shri Ram Nath Kovind Ji.
- Cultural programme & dance performances by our students was shared with the class virtually followed by-
- concluding speech by our school principal Mrs. Sunita Gupta
- The students of different classes displayed the spirit of patriotism by reciting poems & speeches.
- The programme was concluded by singing the national anthem at 1:00pm.



### **Social Skills Training in Junior school**

Social skills training was conducted in junior school and children were sensitized about republic day. Additionally, there were brainstorming sessions about why we conduct Republic Day. A short talk on value inculcation on nationalism was also shared with the students.

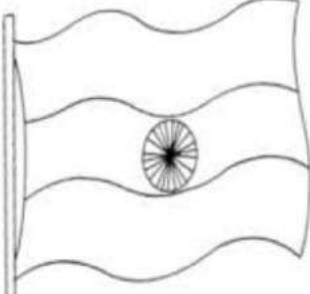
**Topic: Social Skills Training**

**Date: Jan 22**

**Enclosing Images of the program**



Happy Republic Day



26<sup>th</sup> January




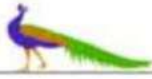
India is my country. I love India, because

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Ms.Ritu Johari

Counsellor

AFBBS

AFBBS