Counselling and Health Services

Carmel offers the following counselling services

- One on One counselling
- Classroom counselling
- Career Counselling

Classroom Counselling activities conducted in 2019-20

In a world dictated by peer pressure and social media compulsions, counselling is imperative to help find a foothold and deal with these pressures early in school life. The school management understands this and provides some of the best counselling services right from Pre - primary to senior school. The school counsellors work hard and go out of their way to support the students emotionally. Regular classroom sessions are part of the timetable and provide the counsellors with insights into the class dynamics. This familiarity makes it easy for the students to seek out help through one-on-one sessions. Some of the classroom activities conducted during the session 2019-20:

Dealing with peers

Peer pressure is the direct influence on people by peers, or the effect on an individual who gets encouraged to follow their peers by changing their attitudes, values or behaviours to conform to those of the influencing group or individual. Various aspects were discussed with students of classes VI, VII and VIII.

Know your Partner/Classmates
In this first class icebreaker activity, students of different classes like VI, VII and VIII creates personal information questions and interview a partner. The students then introduce their partner to the class using the information they found out. It gives them opportunity to know each other better and even make new friends around.

**Story telling**

Beauty is not about having the fairest skin or the prettiest. Its about having the purest heart. Now is the time to see beauty within ourselves.

Focusing on some of the personality factors of an individual, different stories focusing on the above said statement was done in class VI, VII and VIII in class VI, VII and VIII.
Ad Mad Show

“Where creativity meets madness”

The activity aims to provide an opportunity to bring out individual and collective talent of the participant. Enhances team work, creativity, craziness and makes the surrounding refreshing and happy. This was carried out in VI to VIII class.

CAREER COUNSELING (2019-2020)

Career Counseling is a process that focuses on helping one understand one’s own self, as well as work trends, so that one can take an informed decision about career and education. Career Counseling helps manage a diverse range of problems such as low concentration levels to poor time management, trust issues with family to non-agreement between parents and children on which career to choose. Career counseling was done for all students of classes VIII to X.

CLASS VIII

TESTS USED: Career Maturity Inventory and achievement motivation scale.
DESCRIPTION OF THE TESTS:

Career Maturity Inventory

Career maturity inventory has been conceived and conducted to measure the maturity of attitudes and competencies that are critical in realistic career decision making. To assess the maturity of these career behaviours, the CMI provides two types of measures:

1. The Attitude scale - measures the feelings, the subjective reactions and the dispositions that the individual has towards making a career choice and entering the world of work.

2. The competence Test - measures the cognitive variables in choosing an occupation.

Achievement motivation scale

Achievement motivation can be defined as the need for success or the attainment of excellence. Individuals will satisfy their needs through different means and are driven to succeed for varying reasons both internal and external. Motivation is the basic drive for all our actions. This questionnaire is of the self-rating type and can be administered in a group, with 5 points to rate—always, frequently, sometimes, rarely and never.

CLASS IX

TESTS USED:

Dimensional Personality Inventory and G.C Group Test of Intelligence.

DESCRIPTION OF THE TESTS:

Dimensional Personality Inventory - It consists of 60 statements in simple English. It measures six important personality dimensions:

(i) Activity-Passivity
(ii) Enthusiastic-Non-Enthusiastic

(iii) Assertive-Submissive

(iv) Suspicious-Trusting

(v) Depressive-Non-Depressive

(vi) Emotional-Instability-Emotional Stability

Each personality trait is measured by 10 items through three response alternatives—yes, undecided and no. The total time required for administration is 15 minutes.

G.C Group Test of Intelligence

-The test is meant for measuring the intelligence of students studying in class group viii to xi. There are eight sub-tests in the test booklet. Answers are to be marked on the separate answer sheet provided. The time required for administration is 4 minutes per test.

CLASS X

TESTS USED:

David’s Battery of Differential Abilities (DBDA) and The Sixteen Personality Factor Questionnaire (16PF).

DESCRIPTION OF THE TESTS:

David’s Battery of Differential Abilities (DBDA) is a test that measures the abilities and traits of an individual. There are 8 subtests which are as follows—

1. Verbal Ability
2. Numerical Ability
3. Spatial Ability
4. Closure Ability
5. Clerical Ability
6. Reasoning Ability
7. Mechanical Ability
8. Psycho-motor Ability

There is a time limit that has to be followed for each sub-test.

The Sixteen Personality Factor Questionnaire (16PF) is an objectively scorable test devised to give the most complete coverage of personality possible in brief time. The 16 primary personality factors are as follows:

1. Reserved-Participating
2. Concrete thinking-abstract thinking
3. Effected by feeling-Emotionally stable
4. Submissive-Dominant
5. Sober-Enthusiastic
6. Expedient-Conscientious
7. Shy-Bold
8. Tough minded-Tender minded
9. Trusting-Suspicious
10. Practical-Imaginative
11. Forthright-Shrewd
12. Selfassured - Apprehensive
13. Conservative - Experimenting
14. Group oriented – Self sufficient
15. Undisciplined – Following self-image
16. Relaxed - Tense

**FEEDBACK SESSIONS**

Feedback sessions were done for all the students of class xth in the school. The feedback session lasted for 20 minutes per student. The main aim of the feedback session was to educate the students about the streams, interests, aptitudes and attitudes. The feedback session consisted of:

1. one-on-one interaction with the student.
2. Discussion about parental occupation, interests, likes and dislikes.
3. Discussion about the aptitude and the personality test results.
4. Streams and careers to be taken up by the students according to their aptitude, attitudes and interest.

**Student Participation in various Model United Nations (2019-2020)**

1. RISC Model United Nations.
4. SD Model United Nations.
April – A talk was organised by Dr. Prabhajeet from Healing Hospital on the topic Childhood Obesity for classes VI-VIII in auditorium on April 16, 2019. She explained in detail about dietary recommendations for growing children. She also talked about some basic exercises to be done by children regularly. At the end a short quiz was conducted by the Doctor.

MAY - On the occasion of National Dengue Day the students of classes VI-XII took a pledge to keep their surroundings clean and green.
**JULY** - Class I was given a talk about hygiene, they were told about right to wash hands and its importance. Maintaining personal, oral and eating habits were also discussed.

**AUG** - A dental camp was organised for LKG to class X. On August 20-21, 2019 Dr. Sandeep Arora and Dr. Shalini Arora with their team of 10 Dental Doctors checked the students. Basic hygiene rules of Dental cleaning were explained to students with the help of short stories and display chart. Appreciation Certificate were also given to the girls having perfect teeth.
Another activity was conducted for classes VI-X was about the importance of a good posture. The students were informed about the right way to sit, stand and walk in a proper manner.

October- A workshop was organized for classes VI-VIII on the topic Menstrual cycles on 3rd oct 2019. Mrs Isha of P&G company came for the talk. A video was shown to the students informing them about the complete detail of cycles. The students those who were hesitant to discuss the topic were answer their queries through the video.
**November**- A Three-day Medical camp was organized in the month of Oct for the students of the classes 1st to 10th. A team of Doctor’s along with Nurses and technicians of Paras Bliss Hospital Panchkula came for the camp. Students were thoroughly checked including their height, weight, Skin Respiratory system.

![Images of students participating in the medical camp.](image-url)

**December**- A talk was organized for the students of class 5th & 6th on the topic Menstrual hygiene. Dr Prabhjeet of Healing Hospital sec 34 Chd came for the talk. She explained the proper methods to keep our selves clean and hygienic during the cycles. She also guided the girls to have proper meals and rest during the period.