

## **GROUP GUIDANCE SESSIONS FOR STUDENTS OF ST. THOMAS SCHOOL, LONI**

**"What mental health needs is more sunlight, more candor, and more unashamed conversations."**

In collaboration between St. Thomas School and the Department of Psychology, School of Social Sciences, CHRIST (Deemed to be University), Delhi NCR Campus for the "Kshemam Kishora - Group Counselling Initiative", group counselling sessions specifically designed for the emotional and mental well-being of adolescents in classes 6 to 8 was scheduled on April 09, April 18 and April 23 at St. Thomas School, Loni. Through this initiative, trainee counsellors from CHRIST University offered mental health awareness sessions on topics such as Body Image, Internet and Media Addiction, Self-Esteem, Multicultural Acceptance, Puberty Awareness, Anger Management, Assertiveness Training and Stepping into Higher Education. This partnership underscores a shared commitment to nurturing the holistic development of students, enhancing their ability to navigate the complexities of adolescence with resilience and confidence.