

BUILDING SELF AND BONDS

EVENT: Counselling Session on Positive Self-Image and Healthy Relationships

DATE: 31 July 2025

CONDUCTED FOR: Class 5

A meaningful **counselling interaction** was held with the students of **Class 5** to help them understand the importance of building a **positive self-image** and maintaining **healthy interpersonal relationships**. These essential **life skills** play a vital role in a child's **personality development** and overall well-being.

Through age-appropriate discussions and interactive examples, students were sensitised to the value of **self-confidence**, **mutual respect**, **empathy**, and **effective communication**. They were encouraged to appreciate their unique qualities and treat others with kindness and understanding.

The session aimed to foster **emotional intelligence**, self-awareness, and stronger peer connections, laying the foundation for more resilient, confident, and socially responsible individuals.

