

DISCOVER, REFLECT, GROW

EVENT: Counselling Session

DATE: 6 April 2026

CONDUCTED FOR: 8A

A game-based counselling workshop on Self-Awareness was conducted for the students of Class 8A, marking a meaningful and engaging start to the session. The workshop provided students with an opportunity to explore their strengths, values, and emotions, fostering a deeper understanding of themselves. Through interactive activities and games, students reflected on their personal traits, identified areas for growth, and gained insight into how their emotions influence their behaviour. The session also encouraged self-confidence and self-acceptance in a supportive environment. Students participated with great enthusiasm, and the feedback was highly positive, with many sharing that they discovered new perspectives about themselves.

