

Report on Workshop: Capacity Building Programme by CBSE for School Counsellors

To liberate and upgrade the practices of counselling within Delhi Schools, CBSE organized a one-day workshop at Vasant Valley School, Vasant Kunj on Monday, August 12, 2024 between 8 am to 5 pm. The workshop welcomed all the Wellness Teachers and School Counsellors for the learning of upgraded practices.

The workshop began with an icebreaker from **Mrs Geeta Malhotra** engaging all the participants within a circle and nudging everyone to physically move around the room to initiate conversation through verbal and non-verbal activities. Followed by which was a series of *panels* sequenced in order of setting the topic relevance and importance to providing equipped tools to enable all the counsellors to deal with counselling practices and emergency outreach to the students when required. The *Panellist* involved

- **Mr. Jitendra Nagpal** (Chairperson, Child Health Committee & Member of New Education Policy (NEP) – 2015 & Committee Member at CBSE National Adolescent Summit)
- **Mrs. Neelam Srivastava** (Committee Member at CBSE National Adolescent Summit)
- **Mrs Geeta Malhotra** (Committee Member at CBSE National Adolescent Summit)
- **Mrs. Aprajita Dixit** (Clinical Psychologist, Committee Member at CBSE National Adolescent Summit)

and at times students from the school highlighting importance to students' perspective the needed change in practices and bridge the gap in understandings of services provided and needed. The key highlights of the programme were:

- (a) Creating a network of counsellors for mutual practices at shared forum
- (b) Bringing in updates for the possible census for the graveness of counselling requirement and approach required at the time
- (c) Bridging the gap in understandings for student and counsellors
- (d) Cardiovascular Pulmonary Resuscitation Training by *Indian Spinal Injuries Centre*
- (e) Case Discussion and intervention practices highlighting Prevention and Management in Different case scenarios
- (f) Emphasis on important counselling skills practices at school

The key learnings from the from the workshop were:

1. Accommodation of the new National Education Policy 2020 into School Counselling Practices
2. Building-up important counselling skills and practices of ethical guidance at schools
3. Wholistic approach in building school wellbeing considering a psychosocial model for schools
4. Practices in enhancing the psychosocial wellbeing of children adolescents and families

Attended by: Ms. Jaya Jowel, Counsellor

Glimpse of the Workshop

