

## **STUDENT WELLBEING**

The four years of Senior School are perhaps some of the most important ones in a student's life. Counselling services are meant to support students as they grow up, make decisions about their future and navigate the confusing choices of adolescence. Working hand in hand with teachers and parents, the counsellor can be at any given day a guide, a touch stone, a sounding board, a ranting post, a safe space, and/or a witness to the hopes, pains, dreams, strengths, frustrations, achievements and joys of their days at Sanskriti. Along with one-on-one sessions, life skills like decision making, problem solving, healthy relationships, mindsets for growth, understanding the self, body neutrality, POCSO and cyber-safety, exam and study skills among others are taught directly in class and large group sessions.