



MBS INTERNATIONAL SCHOOL

WORKSHOP FOR TEACHERS

SESSION 2017-18

**TOPIC: 'COUNSELLING & ITS IMPORTANCE –
CREATING MENTAL HEALTH AWARENESS'**

DATE: APRIL 15, 2017

ATTENDED BY: PRE-PRIMARY TO XII

VENUE: SCHOOL AUDITORIUM

RESOURCE PERSON: Ms. SHRUTI

An enlightening workshop was held on the topic 'Counselling and its Importance' on April 15, 2017 in the school auditorium for the teachers. The aim of the workshop was to create awareness about mental health and the positive implications of counselling.

The session was conducted by Ms. Shruti Sridhar, who took this opportunity to create a better understanding of the process of counselling, the role of a counsellor in schools, symptoms for referral to a counsellor and the importance of expression in counselling.

A discussion was held to answer the queries of teachers. The workshop was concluded by suggesting positive techniques to work with students reflecting behavioural issues.

