* Introduction to counselling and the role of counsellor.
* Self-awareness - strengths and weakness.

Activity- WHO AM I?

* Workshop on Personality Development.

Need theory- basic need, security, love and affection, self-esteem, self-actualization.

* Examination stress- how to cope with exam stress?
* Anger management.
* Handling peer pressure.
* RELATIONSHIP

Parents child relationship

* Effect of social sites on students
* Assertiveness training
* How to improve concentration?
* Memory- How to enhance our memory?
* Positive Attitude
* Substance Abuse
* Time management
* PMR TRAINING
* PSYCHOMATRIC TEST APPLIED ON 11TH AND 12TH STUDENTS

1. NEO-FFI
2. INTEREST TEST

* Mental health.
* Discussed some motivational stories.

**-Sapna Gupta (Educational counsellor)**