

## **Report on Counselling for Adolescent Health at GDC Theog**

Adolescent health is a crucial area of focus in today's world, as this period is characterized by rapid physical, emotional, and psychological development. Addressing these changes in a healthy and productive manner requires proper guidance and support. Recognizing the importance of adolescent health, Ms. Rita Thakur, a civil counsellor at Nayi Disha Kendra {NDK} Government Degree College (GDC), Theog, has been actively engaged in providing counselling services aimed at promoting the well-being of adolescents.

The main objectives of the counselling program at GDC Theog were:

1. **Promoting Mental Health Awareness:** Adolescence is often accompanied by emotional stress, and mental health issues such as anxiety, depression, and peer pressure are common. The counselling sessions focus on early identification and intervention for such concerns.
2. **Developing Coping Mechanisms:** Adolescents are taught how to handle academic stress, social relationships, and family issues effectively. Coping mechanisms like time management, self-regulation, and stress relief techniques are key components of the counselling.
3. **Enhancing Communication Skills:** One of the primary goals of the counselling sessions is to improve interpersonal communication, helping adolescents articulate their feelings, concerns, and goals effectively.
4. **Educating About Physical Health and Wellness:** Adolescents are given knowledge about maintaining physical health through proper nutrition, exercise, and hygiene practices. Special focus is given to sexual and reproductive health education.
5. **Addressing Risk Behaviors:** Many adolescents are vulnerable to substance abuse, unsafe sexual practices, and other risky behaviors. The counselling aims to mitigate such risks by providing preventive education and building awareness.

Key Highlights of the Program:

1. **Personalized Counselling Sessions:** Ms. Thakur conducted one-on-one sessions with students, creating a safe space for them to express their concerns. These individualized interactions help identify specific issues, be it academic stress, peer pressure, or family conflicts.
2. **Group Workshops:** To reach a broader audience, Ms. Thakur also organized group workshops on various topics such as self-esteem, career.

Since its inception, the adolescent health counselling program has made significant strides in improving the mental and physical well-being of students at GDC Theog. Ms. Thakur's approach has led to increased awareness about the importance of adolescent health, reduced cases of high-risk behaviour among students, and improved academic performance due to better stress management techniques. The counselling services provided by Ms. Rita Thakur at GDC Theog have been instrumental in addressing the various challenges adolescents face. By creating a supportive and nurturing environment, she has enabled students to navigate the complexities of adolescence with greater resilience and self-confidence. Moving forward, the program aims to expand its reach and incorporate more advanced techniques to ensure that all adolescents receive the care and guidance they need for their holistic development.

