

## **Counseling Session for Teenager**

On 10<sup>th</sup> April 2017, Monday, GIS. Kablana organized a teenage guidance & counseling programme for students at school.

Counselling session was addressed by **Asst. Prof. Basant K. Dabral (Ganga Institute of Education)**. He stated that **'Teenage is the stormy period of life that affects their subconscious and conscious mind'** and **'how it affects their study and current daily life'**. He also stressed on how each teacher plays his/her role in their life. It can be understood by his statement, **"A teacher is a friend, philosopher & guide"** and made them realize the importance of teacher in their life.

Teenage is full of excitement, aggressiveness, self-pride, ego, importance; hormonal and psychological change in personality comes at this stage. Mr. Dabral cleared the minds of students on- **"What are the main obstacles in the development of students' progress & how to cope up with all negative attractions?"**

It was very interesting when he cleared pseudo-thoughts of students about opposite sex attraction, infatuation, emotional inclination and so called teenage-love.

Teenagers asked questions without hesitation about their problems and got satisfactory answer. They understood-**'How to maintain balance between psycho-physical forces of body-mind-emotion& how to move on the direction of self development.'** After stormy questions-answers session, he ended with this message- **'learn self-love and self development first.'** Concluded with this statement- **"True love always raises you towards higher dimensions of life"**