

Report – Group Counselling Session

‘Values and Ethics’

“Values are like seeds; when nurtured with care, they grow into strong roots that support a meaningful life.” – Anonymous

A group counselling session on “Values and Ethics” was conducted for the students of Class VI on Monday, 23 December 2024. The session aimed to deepen students’ understanding of values, their role in shaping behaviour and their importance in building positive relationships.

Values that students relate to such as honesty, kindness, respect, responsibility, fairness, empathy, and compassion were elaborated upon. Through examples and anecdotes, students were encouraged to reflect on the formation of values in which the influence of family, cultural background, education, and personal experiences play a crucial role.

The session concluded on a thoughtful note, with students reflecting on how values influence their daily decisions and interactions. They shared heartfelt insights about the importance of integrity, kindness, and responsibility and fairness in shaping not only their character but also the classroom culture. The enthusiasm and engagement displayed by the students throughout the session underscored its effectiveness in fostering a deeper appreciation for values and ethics towards personal and social growth and overall well-being.

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