

Empowering Children: Group Counselling sessions at Kai. Sau. Shakuntalabai Anandrao Shitole High School, Pimpri, Pune

From January 2025 to March 2025 a series of 8 to 10 group counselling sessions were conducted for a total 160 students of Classes 6th, 7th, 8th, and 9th of Kai. Sau. Shakuntalabai Anandrao Shitole School. These sessions were facilitated by trainee counsellors from PGCCCP under the guidance of Assistant Professor and Counsellor Himani Raichur of Psychology Department of Fergusson College.



The four classes were divided into two groups, with a minimum of two facilitators assigned to each group and sessions were conducted once a week. The primary aim of these sessions was to provide a safe and supportive space for students, where they can express their life stories, challenges and struggles and reflect to increase their self awareness.

The sessions were designed to be interactive and engaging, incorporating games and activities that encourage empathy, self-awareness and interpersonal skills. The initial sessions focused on building rapport, establishing group norms and encouraging students to reflect on their individual strengths and areas for improvement. Every group actively contributed in setting group norms, agreeing on guidelines such as refraining from bullying or teasing, not back-answering, treating everyone equally, respecting each other's privacy, etc.



As the sessions progressed, content was tailored to meet the specific challenges of each group. However, several core themes were addressed across all groups, including the development of communication skills, self-awareness, emotional awareness and active listening. Additional topics discussed included fostering group unity, enhancing self-concept, and introducing relaxation techniques. These aspects were covered using storytelling, art-based activities, games and other experiential methods to ensure high levels of engagement from students.



At the end of the program, students shared that the sessions helped them learn more about themselves and their classmates, recognize their own emotions and understand both their strengths and areas for growth. Many expressed feeling refreshed after the sessions and appreciated the opportunity to share their thoughts without any fear. The students also expressed wanting more sessions in the future and feeling grateful for the space provided every week.

