



**The BGES School (ICSE)**  
**12B Heysham Road**  
**Kolkata 700020**

**Counselling Services for Students w.e.f 01 Apr 15**

Mrs Sarika Todi our school counsellor has expressed her inability to continue the counselling sessions. Thereafter the School has tied up with Ummeed Counselling & Consulting Services, Counseling Psychologist, HR Trainer & Educational Consultant, Web: www.salonypriya.com, Email salony@salonypriya.com, Mobile: +919830164500, 9830512343. 156 A&B Rashbehari Avenue, near Priya Movie theatre, Kolkata-700028, Mobile:983058900 /9830221800. Web: www.umeedindia.net Mail: info@umeedindia.net, to provide counselling for our students/ Teachers' and Parents.

Ummeed Counselling & Consulting Services has nominated Mrs. Anju Chirimar as the permanent counsellor for the school. She will be visiting on all Mondays and Thursdays starting 13<sup>th</sup> April from 0840h to 1430h. She will be available for Students Teachers and Parents in First Floor Language Room.

**Category of Referrals :-**

1. Students referred by school /teachers.
2. Students wanting to go for counselling on their own.
3. Parents wanting to meet the Counsellor.

**Procedure for counselling will be as the following:-**

1. A Referral Form available with the Class teachers will have to be filled and Mailed to Deputy Headmistress Email ID mridu202002@gmail.com. Students may ask for it as required. The teachers may mail it to the students, the format shall remain Excel file to be attached and sent to Deputy Headmistress.
2. The Referral forms can be filled and sent to Deputy Headmistress as required and at any point of time.
3. The Deputy Headmistress will allot Time/Date for meeting the Counsellor and inform the Class Teachers.
4. The Class Teacher will inform the student and on the schedule date will meet the counsellor on being called through a peon.
5. Student required to meet the counsellor and absent on the schedule date Class Teachers will intimate the Deputy Headmistress 0840h.
6. Students wanting to meet the Counsellor directly may seek time from her directly, in such cases Referral Form will be filled by the Counsellor and sent to Deputy Headmistress subsequently.
7. No anonymous counselling shall be allowed in the school.

If the Counsellor requires the student/Parents to come again, Deputy Headmistress will allot the Date/Time for the visit and inform the students/Parents in advance.

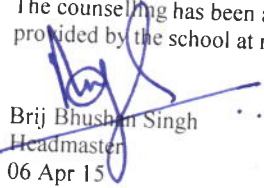
Counselling is a talking 'therapy' which aims to help people manage their difficulties and transform personal problems into their own personal growth. Counselling can help to address a broad range of individual and social problems.

Counselling is not confined to helping people cope with difficulties. It can also enable you to:

- Establish and maintain more fulfilling relationships
- Develop confidence and learn how to assert your own needs
- Discover and bring out your creativity & self-expression
- Find paths to self-discovery
- Renew a sense of purpose in your life
- Feel happier within yourself and more contented with life

By exploring past and present circumstances, you can open up to new possibilities and take control of your lifestyle. Find yourself and be yourself!

The counselling has been arranged for students, teachers, parents with the above aim please come forward and take the advantage of such facility provided by the school at no extra cost.

  
Brij Bhushan Singh  
Headmaster  
06 Apr 15