



FEEL-N-HEAL

Confidential, Professional and Accessible
Guidance & Counselling Services for KVIANS

Kendriya Vidyalaya Sangathan
Zonal institute of Education and Training, Gwalior (MP)

What is 'Feel-n-Heal'

Feel-n-Heal is a guidance and counselling service desk established by ZIET, Gwalior to help the students and teachers of KVS to discover and develop their educational, vocational, and psychological potentialities and thereby to achieve an optimal level of personal happiness and social usefulness through individual/ group discussion, seminars, workshops, lecture sessions etc.

The students, his/er parents, and teachers of KVs working under feeder regions can avail the guidance and counselling services by sending an e-mail to **Feel-n-Heal** and participate in the various programme crafted according to issues concerned. Initially, the services of **Feel-n-Heal** are limited to the feeder regions (Agra, Bhopal, Jabalpur, Lucknow, and Varanasi) of ZIET, Gwalior.

The services of **Feel-n-Heal** desk functioning under the certified DCGC (NCERT) degree holder and ISTM, New Delhi trained persons working at ZIET, Gwalior. Mr. T. P. Sharma (Training Associate-Geog.) headed the desk with Mrs. T Umamaheshwari (Training Associate-Eng.) and supporting staff under the guidance of Director, ZIET,Gwalior

Why 'Feel-n-Heal'

Guidance and counselling are important for children, and schools have a huge role in bringing out the best in children. Good conduct is coveted, but sometimes young minds need guidance to polish their personality. Through counselling, children are advised on how to manage and deal with emotional conflict and personal problems.

India has one of the world's highest suicide rates among children belonging to the 15-29 age group. The main reasons include peer pressure, fear of failing in exam, depression, unemployment, and likewise.

In the current scenario of the COVID 19 pandemic which is making the situation more complex for students, teachers, and parents due to school closure, limits the outdoor activities, and online teaching by inexperienced/untrained persons, creating lots of confusion and ambiguity.

So Feeling the emotions of young minds and giving appropriate healing touch to them is the demand for this high time.

Concerns of 'Feel-n-Heal'

Common Issues of students, parents and teachers:

- Academic performance
- Career/ Vocational Choice
- Stress
- Anxiety
- Depression
- Relationships
- Alcohol/Drugs
- Family Concerns
- Adolescent issues
- Self-Esteem
- Motivation
- Psychological issues (COVID 19)

Note: **'Feel-n-Heal'** Counseling Services does not provide long-term intensive counseling and psychotherapy.

How 'Feel-n-Heal'

This time **Feel-n-Heal** desk works online only. Person who want assistance to cope up with his/er individual academic, career, socio-personal, and psychological problems, can register through e-mail only. The desk officials plan and serve a counselling programme as suited to you.

Service includes:

- **Workshops and presentations to individuals and groups.**
- **Consultation with faculty and staff.**
- **Group counseling opportunities.**
- **Peer counsellor development**
- **Parental counselling**
- **Confidential personal counseling.**
- **Referral services**

Feel-n-Heal provides basic health/ lifestyle improvement services, access to information and resources, advocacy for educational/ career choice, and prevention focused programming so that students can successfully pursue their academic, personal, and professional endeavors.

Confidentiality Policy

All counselling records are kept strictly confidential and are not part of School/ organizational records.

Information is shared only with a person's written permission.

Exceptions to confidentiality are rare and include when a person poses a threat to his/her own safety or the safety of someone else or when it is ordered by the court.

Contact Information

Address:

Feel-n-Heal

Guidance and Counselling Service desk

Zonal Institute of Education and Training

PB No. 08, Near Vivekanand Needam, Gwalior (MP)



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[@feelnheal.you](https://www.instagram.com/feelnheal.you)