



SANGHAMITRA SCHOOL

(Affiliated to CBSE AFF No. 96/3630038)

2-32, Nizampet Road, Hyder Nagar, Kukatpally

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Cir/2017-18/July

Classes: LKG to X

Date: 03/07/2017

Dear Parent,

Today's children are growing up in a rapidly changing social, cultural and educational environment where they are dealing with the new age of information and entertainment. Lifestyles and value systems of children are shaped by the digital media. Children need proper support and guidance for dealing with the pressures of this complex modern living. In the absence of the required help, children become aimless, hopeless, rebellious, aggressive, anti-social and indulge in all types of high - risk behaviours.

Children spend most of their formative years in the school and therefore the task of bringing them up as mentally healthy individuals falls summarily upon the school. To help students understand and overcome social or behavioural problems.

School has appointed a counselor Ms.SUDHA VENKATESH, Qualified Psychotherapist.



Ms Sudha Venkatesh is a experienced Counselor, certified in Applied Buddhist Psychology and Neuro Linguistic Programme from U.K. She also works as a Counselor in Sanghamitra School. She helps children between the age group of 10 to 17, overcome their issues such as Exam Anxiety and Stressful situations by using Mindfulness techniques. She has conducted Mandala workshops for children. She brings Emotional Balance with the children by using Art therapy.

Parents and children may meet her between 10 a.m. and 2 p.m. on any of the following days—Monday, Tuesday and Wednesday by taking prior appointment through children's school diary.

D.Nageswara Rao - Principal