

Quick Heal Foundation holds interactive session with students

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Pune: Quick Heal Foundation, on Wednesday conducted an interactive session at Dr Vasant Dada Patil High School in Pune which was attended by Umesh Mali, Education Officer of the Pune Municipal Corporation (PMC) and Kailash Katkar, MD and CEO of Quick Heal Technologies Limited.

In the session, students from Stds VIII, IX and X shared their experiences on how they have benefited from these counselling sessions of 'Shaalangan', conducted by Quick Heal Foundation in association with the Pankh Foundation. These counselling sessions are in the form of one-on-one interactions with students on topics such as adolescents' behavioural problems, family problems, addiction and difficulty in studies, sex education, HIV and AIDS awareness, child and sexual abuse education.

SHAALANGAN COUNSELLING SESSIONS

While sharing his experience, a student from Std X said, "With the help of Shaalangan, I have learned skills that have helped me in becoming a responsible individual towards my family and society. It has also helped me to be focused on my studies."

Another student from Std IX s, "I used to live in a state of depression during the chaos and financial problems in my family. The counselling sessions not only helped me in coming out of my psychological rejection but also gave me guidance, with which I was able to change the situation at home. It has also helped me in focusing on my studies."

The objective behind engaging students from this age group is primarily to address teenage issues one faces during this age because of the psychological, physiological, and emotional progression and to maintain emotional balance and focus of education.

Some children also come from underprivileged family backgrounds and therefore, usually the parents are also not aware of the importance of discussing such crucial subjects with children.

These sessions have been helping students to continue to focus on their studies and stay away from indulging in unnecessary distractions in this phase.