**Guidance and Counselling Sessions**

* Career Guidance – Classes conducted by our Ex students in Army ,Navy and Air Force, Hotel Management Journalism.
* Personality and stress management conducted by Mrs. Aiswarya Menon, Ex student- Mind Management Counseling Centre, Palakkad
* Talk by Aparna Narayanan – Presently working in Family Court
* <https://kv1palakkad.kvlearno.com/index.php/knowledge-zone> - Career Counselling Platform
* <https://spn15.wordpress.com/career-guidance-corner/> - Career Guidance Corner