



Counselling

Ghufraan A. W. Khan Sarguroh

Exec. Director – Olive National School, Pune

Co-Founder – Maahi Educational Consultancy, Pune

Member – International Forum For Education, Turkey

Research Consultant – MS Education Academy, Hyderabad

Process



CONFIDENTIAL

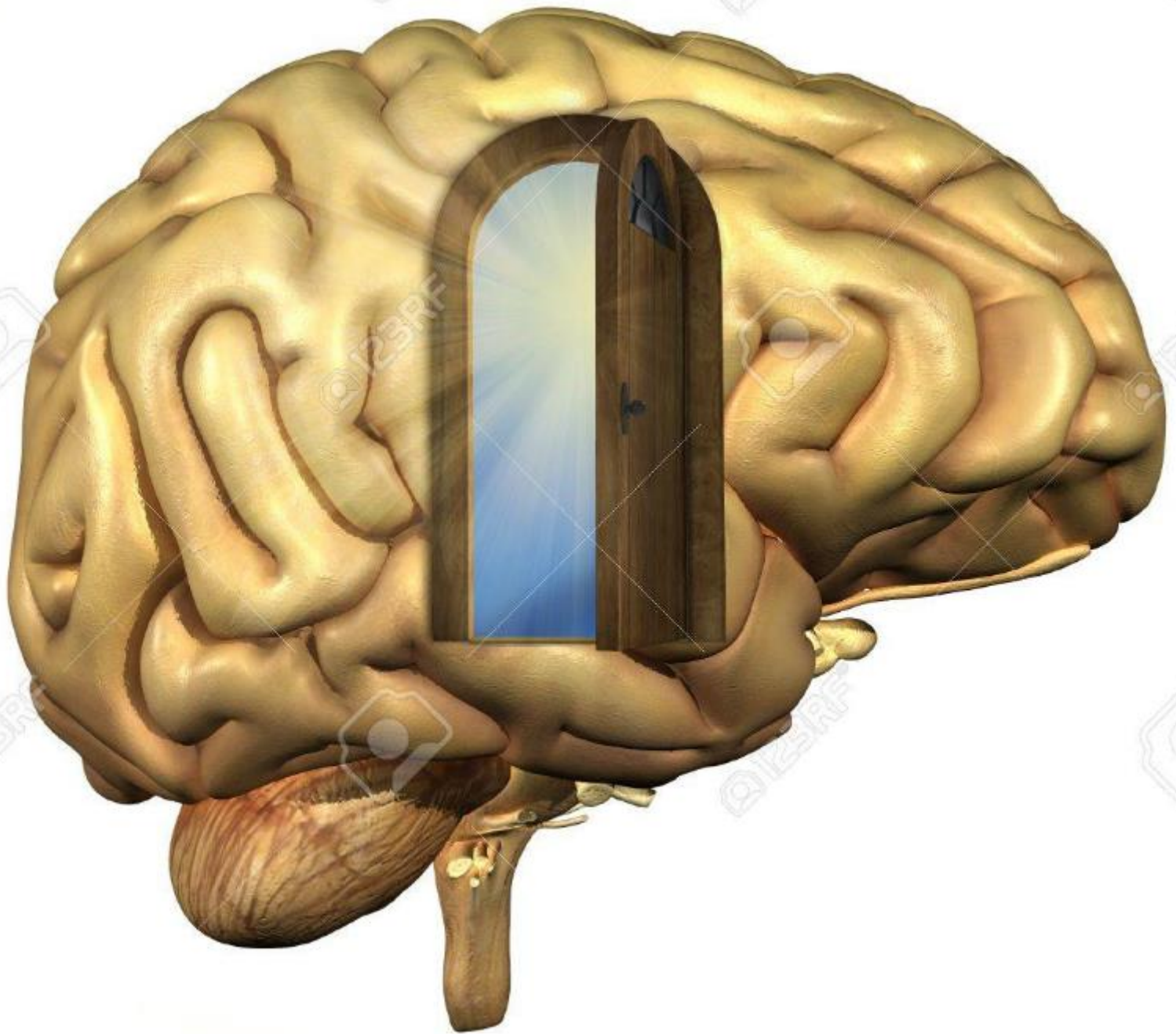


CITY
slang

jinjō

HUMOUR







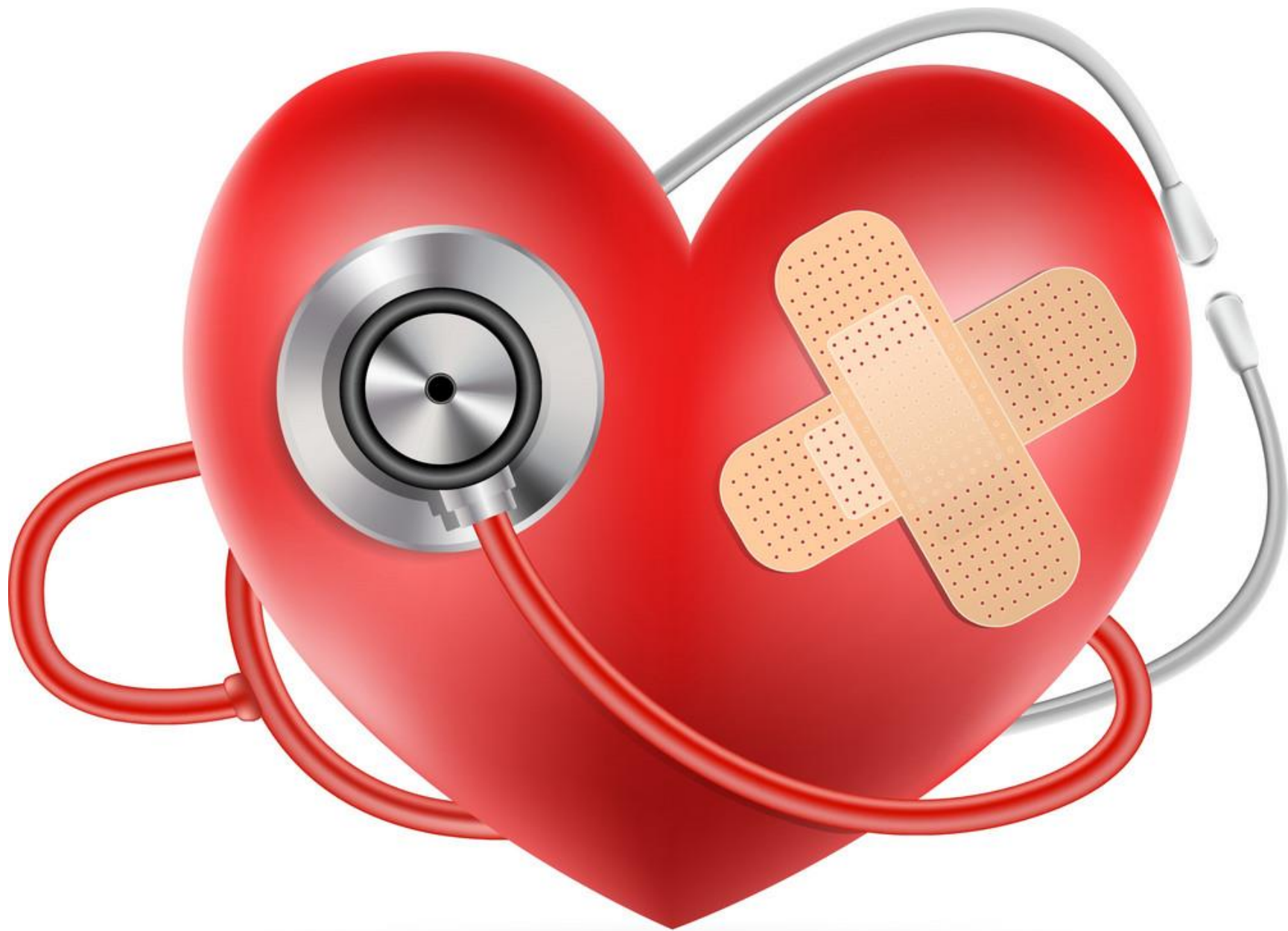


LISTEN!

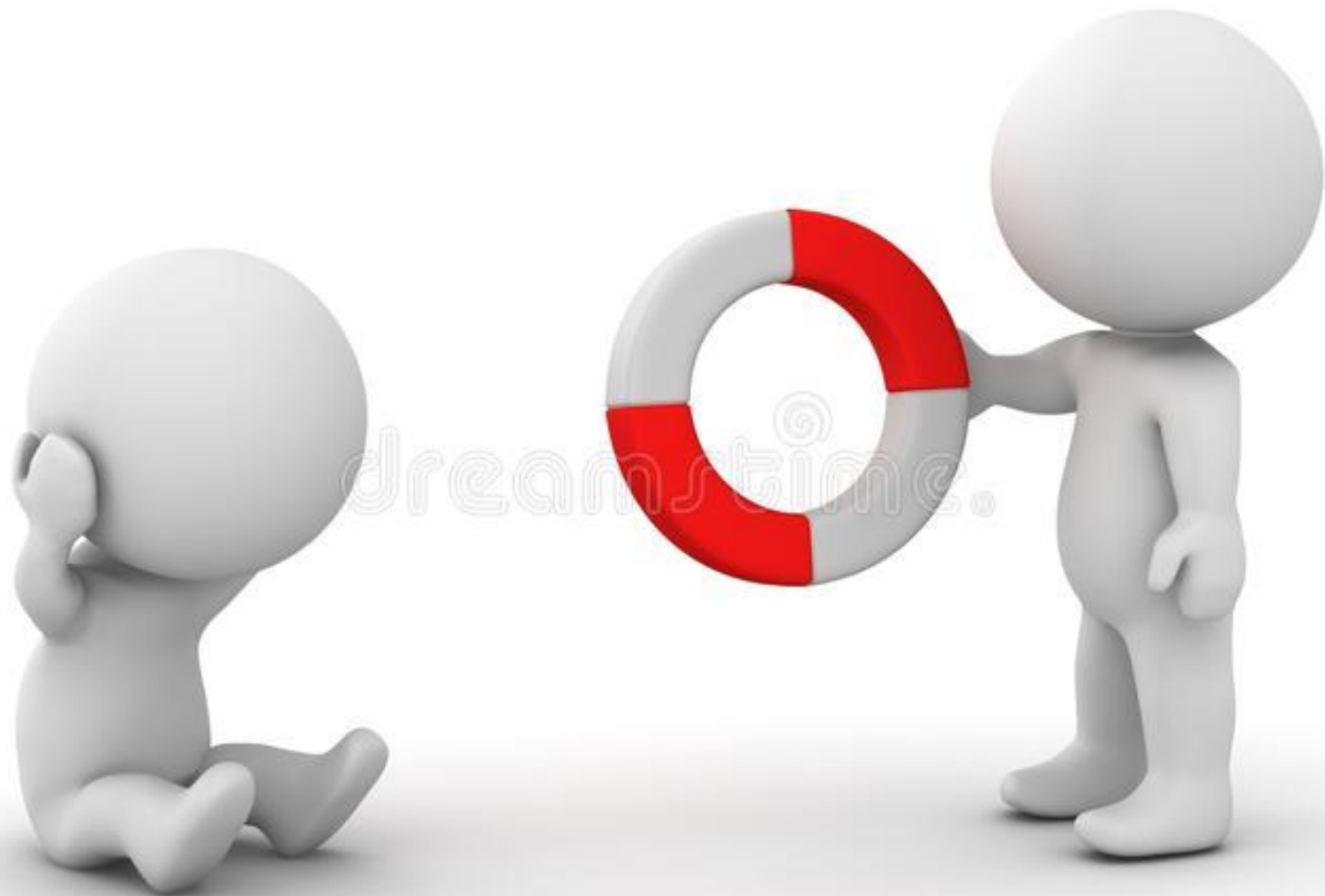


Self Introspection









SOLUTIONS



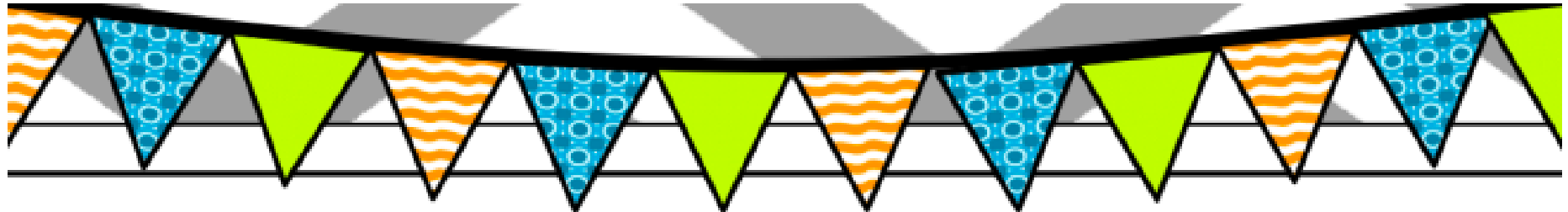
Positive Reinforcements





NODDING

PITCH



paraphrase

Physical Gestures

Distilled

Generic

SARCASM

Twiddling of Ears

Symbolic

Writing

FEEDBACK

*repeat
repeat

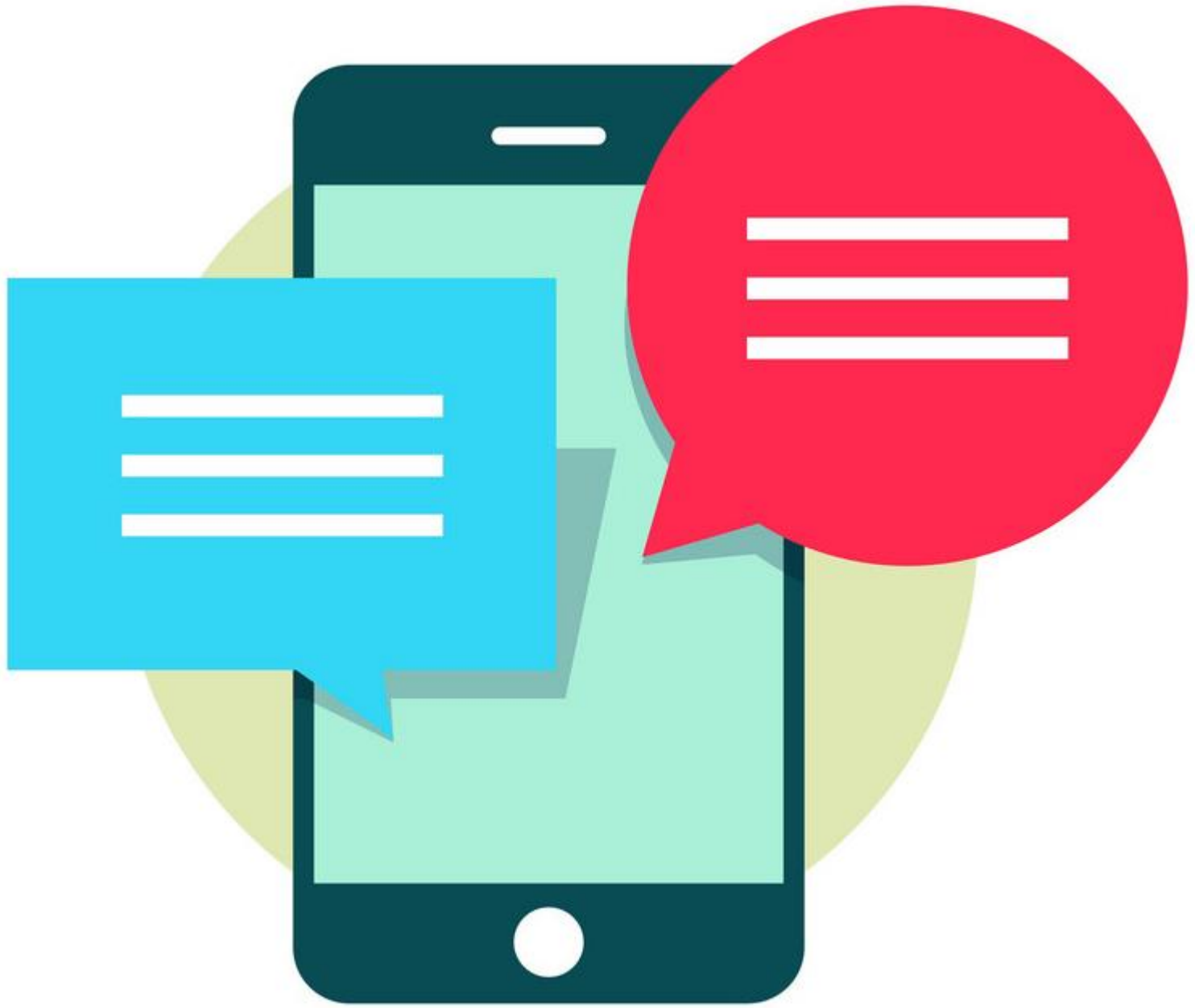
P
E
A
L
I
N
G

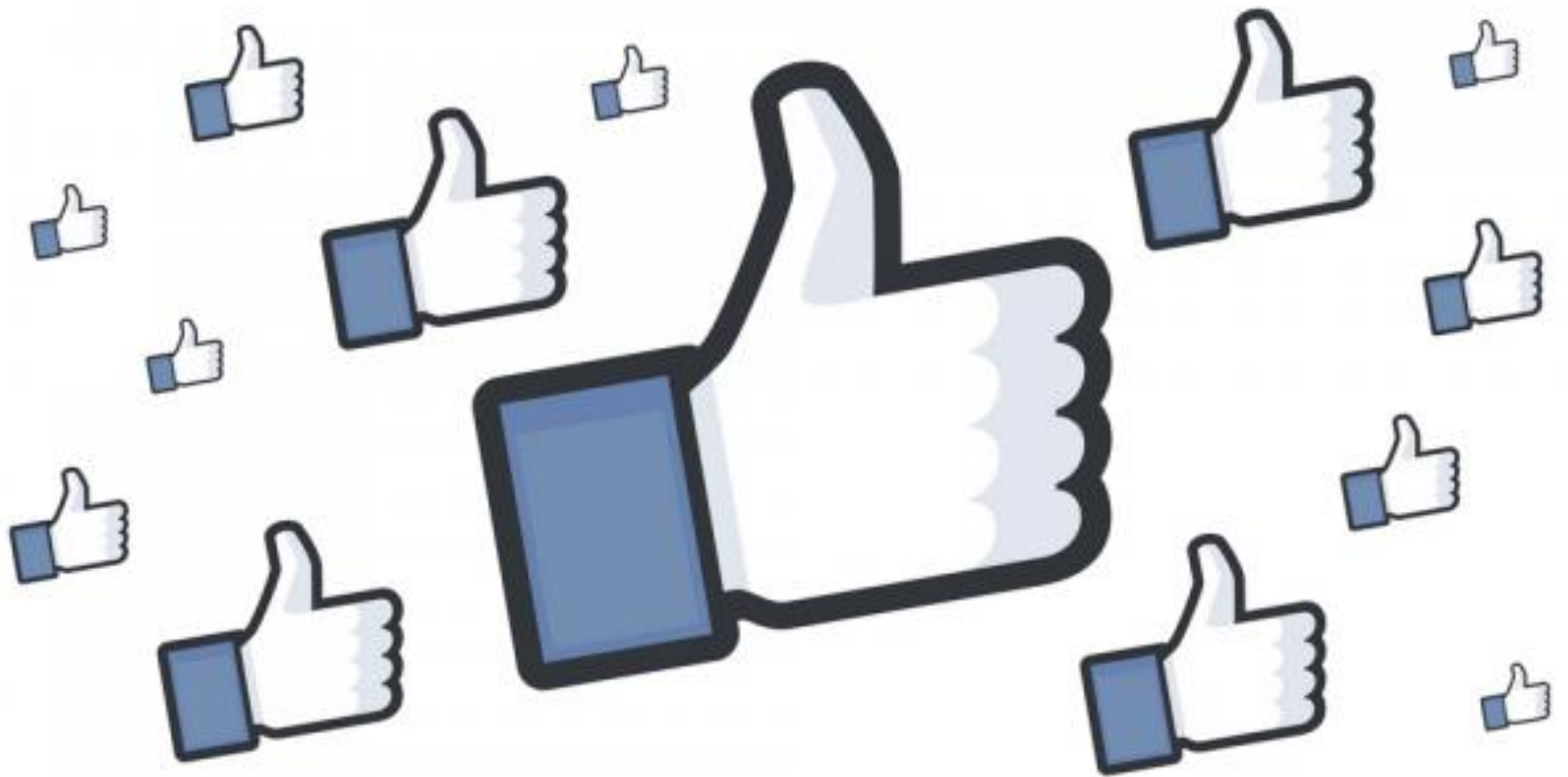


H
E
A
L
I
N
G



**SOCIAL
MEDIA**







*Attitude
Whatsapp
Status*





Friend



Follow



Share

Video

Chat



**Time is a
Gift from Allah**



وَقَدْ قَرَّبْنَا كَثِيرًا مِّنْ ذَلِكَ الْآيَاتِ وَإِن كُنْتُمْ فِي شَكٍّ مِّنْهَا
فَاجْعَلُوا فِيهَا آذَانًا وَأَبْصَارًا وَأَنْفًا كَمَا أَبْصَرْتُمْ
لَا تَزْكُمُوا الْأَرْضَ إِذْ سَأَلْتُمْ بِهَا الْحَيَاتِ إِذْ هُنَّ حُسْبِي
فَقَالُوا إِنَّا لَنَعْلَمُكِ مَا تَحْكُمِينَ ﴿١٧﴾ فَجَاءتِ الْغَوَامُ
بِأَنْفُسِهِنَّ حَتَّى حَضَرْنَهُنَّ حُسْبِيَاهُنَّ مِن دُونِ ﴿١٨﴾ وَجَاءتِ
السَّمَاءُ وَالْأَرْضُ وَمَا بَيْنَهُمَا أَنجِدِينَ ﴿١٩﴾ لَوْلَا أَنَّا لَمَلَأْنَا
لَا إِلَهَ إِلَّا هُوَ الْعَزِيزُ الرَّحِيمُ ﴿٢٠﴾ لَوْلَا أَنَّا لَمَلَأْنَا
عَلَى الْبَطْنِ قُبُرًا مَعْدِنَةً إِذَا هُوَ رَاحِقٌ لِّسَلْمِ الْوَيْلِ لِمَن لَّمْ يَلْمِ
وَلَمْ يَكُن فِي السَّمَوَاتِ وَالْأَرْضِ وَمَن بَيْنَهُمَا مُشْرِكًا
مَنْ يَدْعُوهُ وَلَا يَسْتَجِيبُ لَهُمْ ﴿٢١﴾ يُسْتَجُونَ الْإِلَهَ لَوْلَا أَنَّا
لَأَبْقَيْنَهُمْ ﴿٢٢﴾ أَمْ آتَاهُمُ الْهُدَىٰ مِنَ الْأَرْضِ مِمَّنْ يَسْتَعِيبُونَ
لَوْلَا أَنَّا لَجَعَلْنَا لَهَاجِهِمْ جَسَدًا حَتَّى لَمَّ الْوَيْلُ مِنَ السَّمَاءِ
مِمَّا يَدْعُونَ ﴿٢٣﴾ لَا يَسْتَعِيبُونَ مِمَّا بَدَّلُوا آيَاتِنَا وَلَوْ كَانُوا
أَعْيُنًا أَوْ يَدَايَ أَوْ أَعْيانًا قَلَّ مَا لَأُزَيِّرَنَّكُمُ هَذَا الْكَوْنُ
وَيُزَيِّرَنَّكُمْ بِأَعْيُنِنَا وَلَا تَحِطُونَ ﴿٢٤﴾ أَمْ كُنْتُمْ تَقْرَبُونَ
وَأَنْتُمْ تَعْبُدُونَ إِلَّا لِلَّهِ تَعَالَىٰ ۚ فَسُبْحَانَ اللَّهِ عَمَّا يُشْرِكُونَ ﴿٢٥﴾

أَمْ كُنْتُمْ تَقْرَبُونَ ﴿٢٦﴾ وَقَالُوا هَذَا إِلهٌ غَرِبٌ أَن يَدْعُوا
بِحُرُوفِهِمْ وَمَا يَدْعُونَ إِلَّا بِلِسَانِ الْفِرْعَوْنِ وَسِحْرِهِ
وَمَا يُغْنِي عَنْهُمْ وَهُمْ فِيهَا يَسْتَكْبِرُونَ ﴿٢٧﴾ وَجَاءتِ
السَّمَاءُ وَالْأَرْضُ وَمَا بَيْنَهُمَا أَنجِدِينَ ﴿٢٨﴾ لَوْلَا أَنَّا
لَمَلَأْنَا السَّمَاءَ سِحْرًا كَمَا تَصِفُ الْمُؤْمِنُونَ ﴿٢٩﴾ أَمْ كُنْتُمْ
تَقْرَبُونَ ﴿٣٠﴾ وَجَعَلْنَا السَّمَاءَ سَقْفًا مَّرْمُومًا ﴿٣١﴾ وَأَمْ كُنْتُمْ
تَقْرَبُونَ ﴿٣٢﴾ وَأَمْ كُنْتُمْ تَقْرَبُونَ ﴿٣٣﴾ وَأَمْ كُنْتُمْ تَقْرَبُونَ ﴿٣٤﴾



PRODUCTIVITY



The burden of staring at a smartphone

Effective weight on the spine as forward tilt increases

| | | | | |
|------------|-------------|-------------|-------------|-------------|
| 0° 12lb | 15° 27lb | 30° 40lb | 45° 49lb | 60° 60lb |
|------------|-------------|-------------|-------------|-------------|



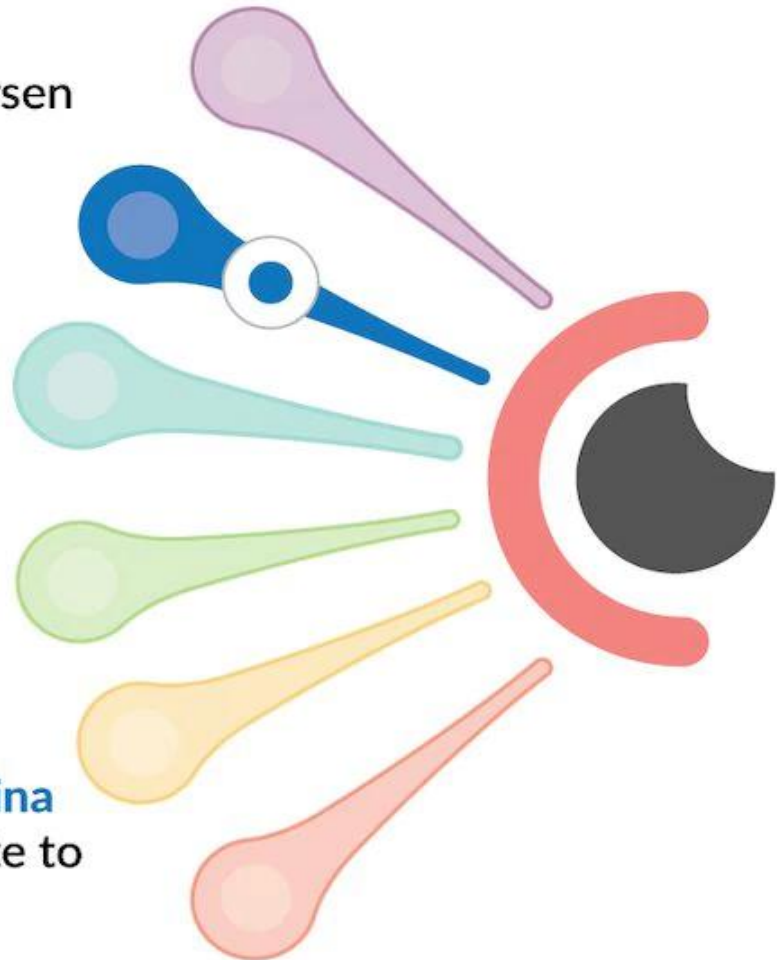


CELLPHONE RADIATION

BLUE LIGHT

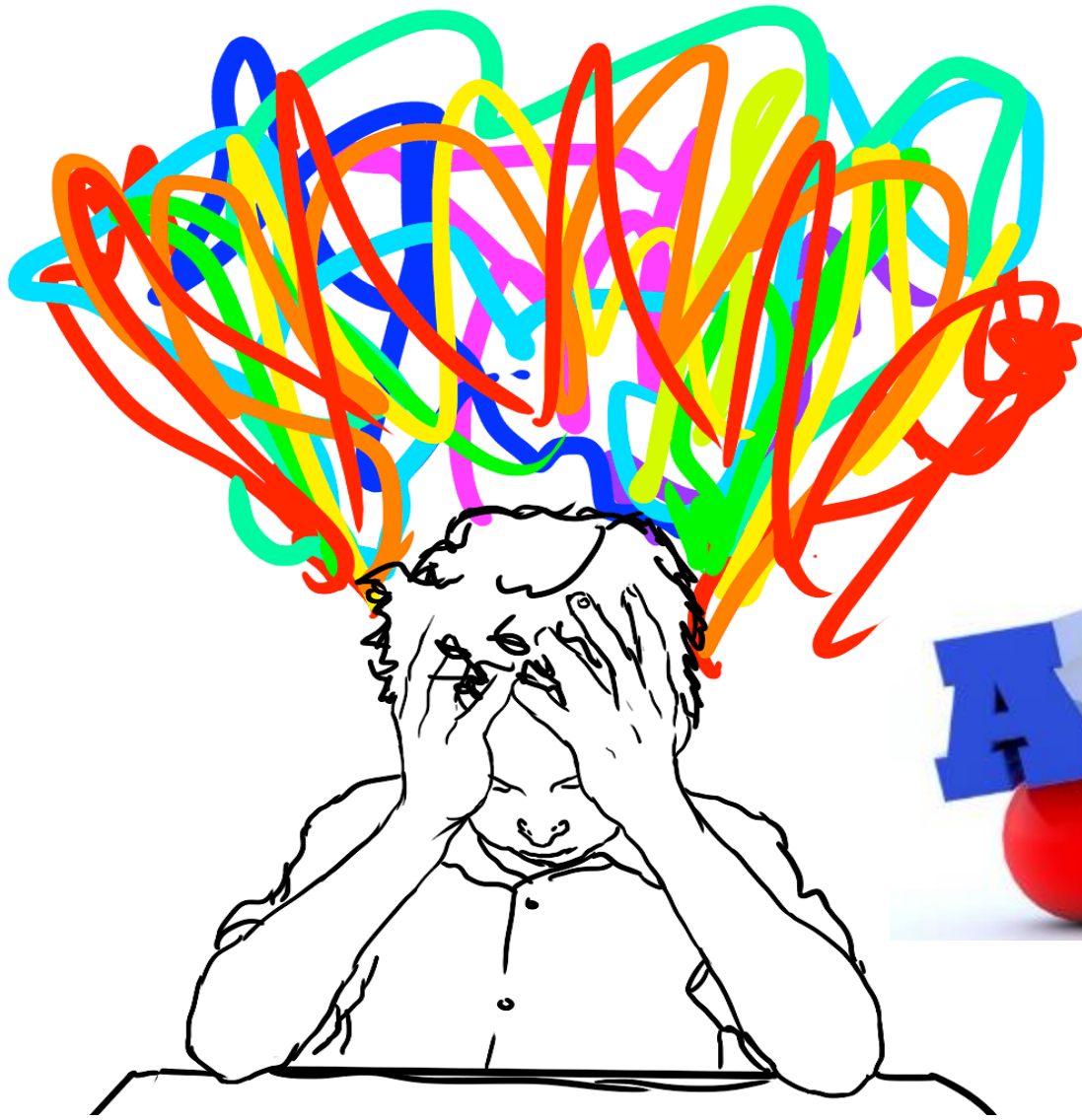
and its effect on your health

- Induce **headaches or migraine** attacks and worsen pain or other symptoms
- Lead to **eye fatigue** and pain, both indicators of computer vision syndrome
- Suppress melatonin production, which can lead to **disruption of sleep**
- Cause **damage to the retina** of your eye and contribute to other eye disorders





PHANTOM VIBRATION SYNDROME
AS A RESULT OF THE
HYPERCONNECTIVITY CULTURE

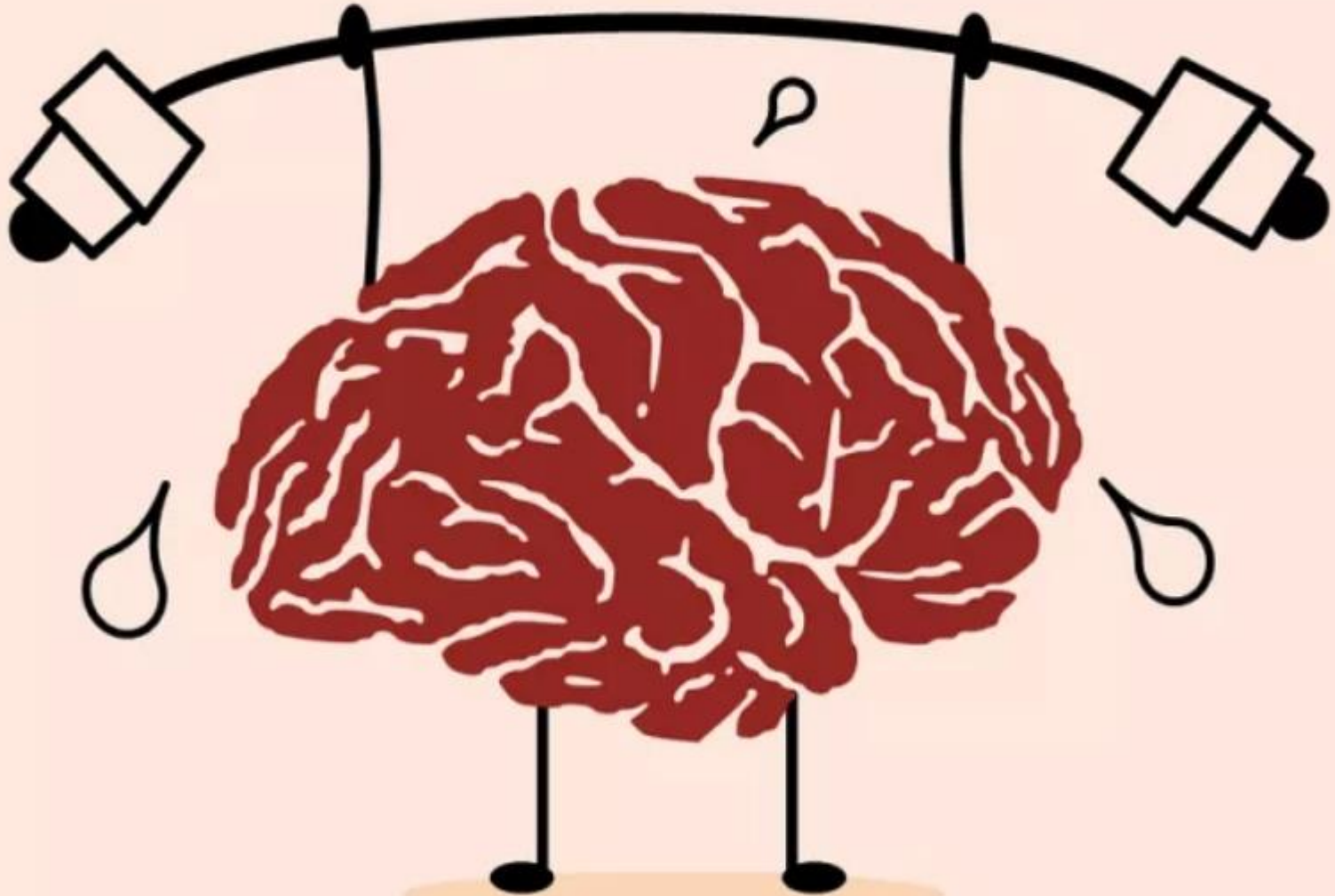


F  **OCUS**

FOCUS



MEMORIZE!



DULL



SMART



Zombies



Puberty



INSTANT ✓ ✓ ✓ ✓ ✓
GRATIFICATION

YOU NEED THIS. RIGHT NOW. ←

HOW IS PORN ADDICTIVE?

You hear about “pornography addiction” all the time, but people never tell you what makes it so addictive, or why it even matters. You rarely hear the fact that viewing pornography messes with your brain in the same way drugs do.

WHETHER YOU'RE TAKING DRUGS OR VIEWING PORNOGRAPHY, THE ADDICTION PROCESS IS THE SAME:

CHEMICALS

You over-expose the brain with pleasure chemicals like **dopamine**, **serotonin**, **oxytocin**, and **epinephrine**.

FRONTAL LOBES:

The area of your brain responsible for making decisions and logically thinking through situations and scenarios is the part of your brain most affected by addiction.

REWIRING

Your brain rewires itself to accommodate the extra chemicals.

DEPENDENCY

You build up a **tolerance** and a **dependency** to the chemicals. You go from “**wanting**” the pleasure chemicals in order to feel good, to “**needing**” them.





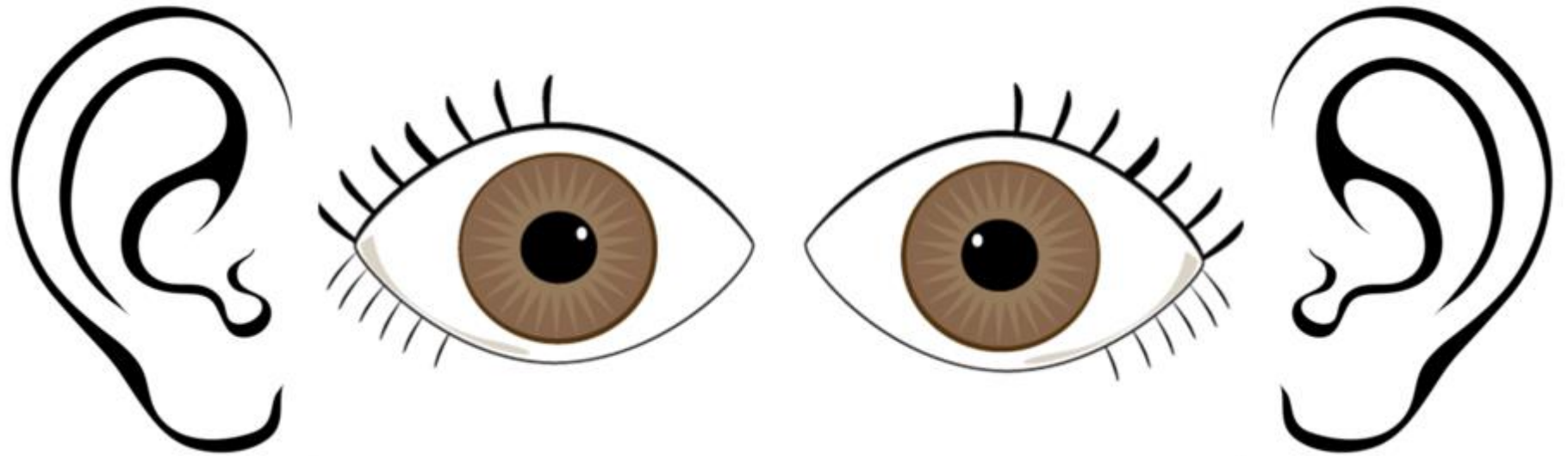
fantasy

fantasy



Daydream





EYES & EARS

ARE GIFTS OF ALLAH



**fighting
temptation**



INDULGE







Lethargic



2/3

Intellect

THE SOUL
IS GUTTED



ONE
LAST
TIME



Habits

change into

character.





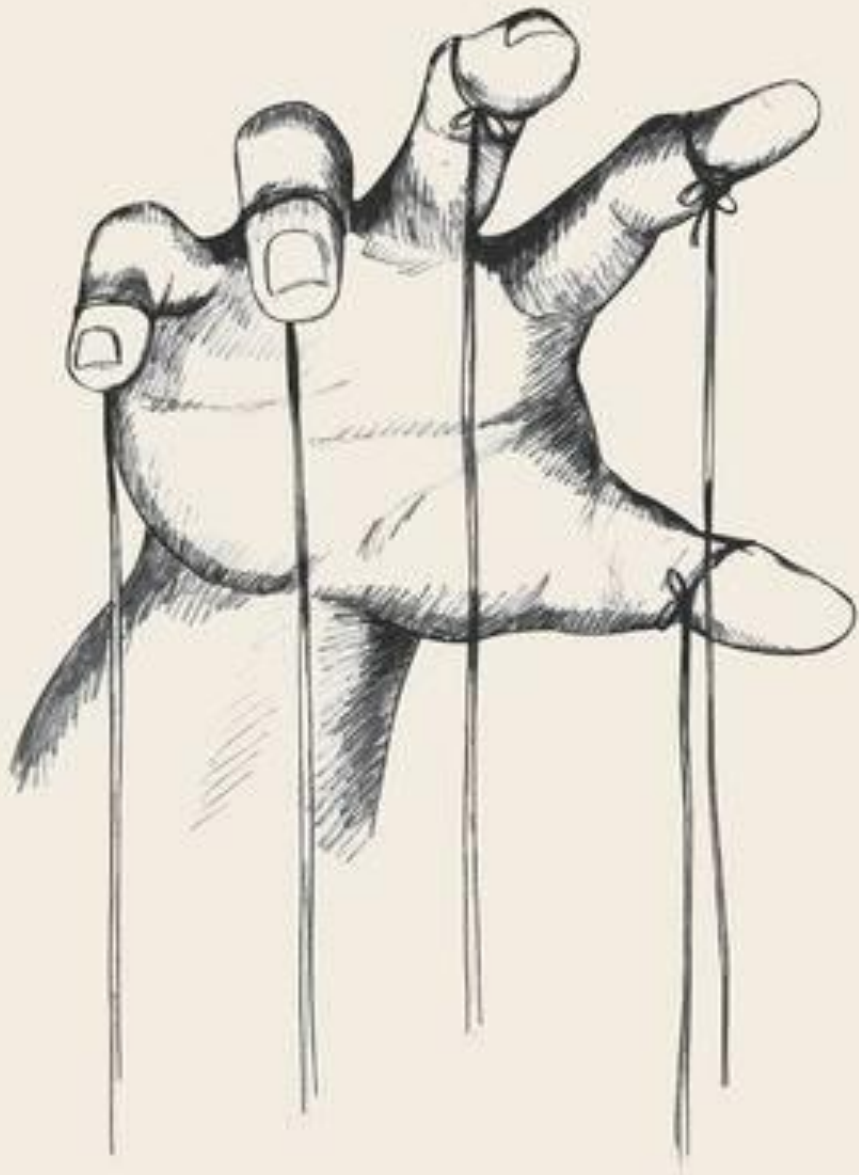


SiN TRICKS



MODERN SLAVERY





Cell Phone
is

Hell Phone

khutuwatus shaitan

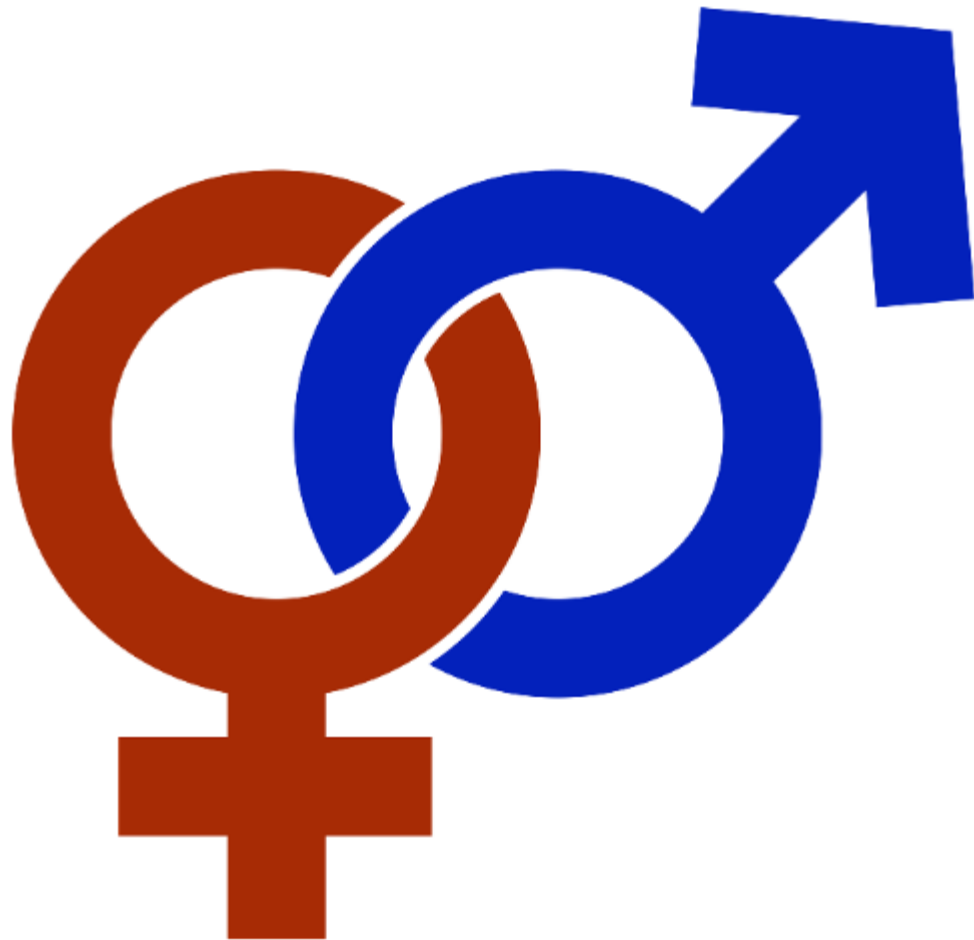


ADOLESCENTS



FLIRTING

F·R·I·E·N·D·S



Shaitan is the Third







Jilted



SUICIDE





LIFE
AFTER
DEATH

Love
at
first *Sight*

GLANCE

SMILE

CHAT

FRIENDSHIP

DESTRUCTION



PERFECT
SEcrecy

H A Y A

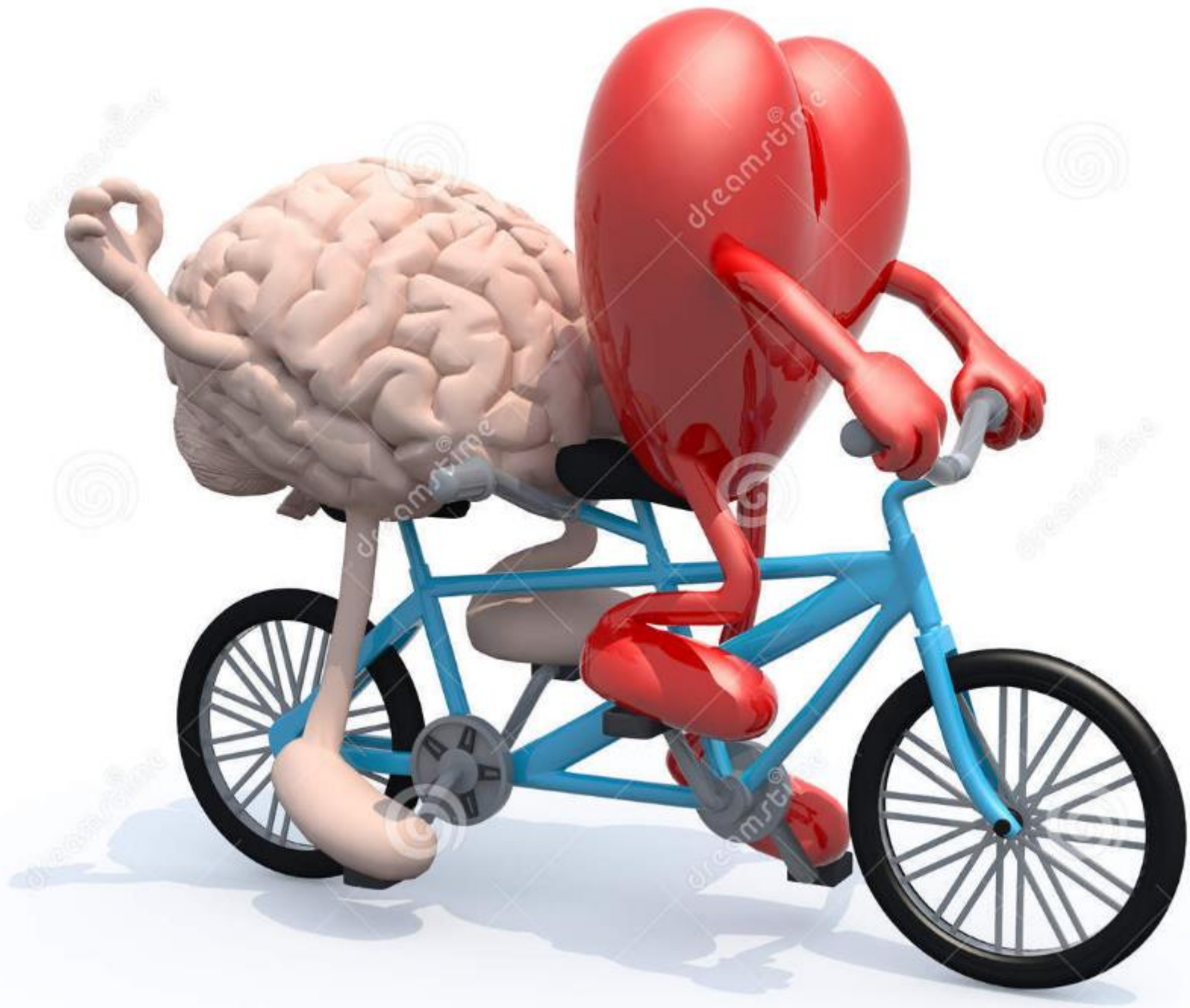
I M A N

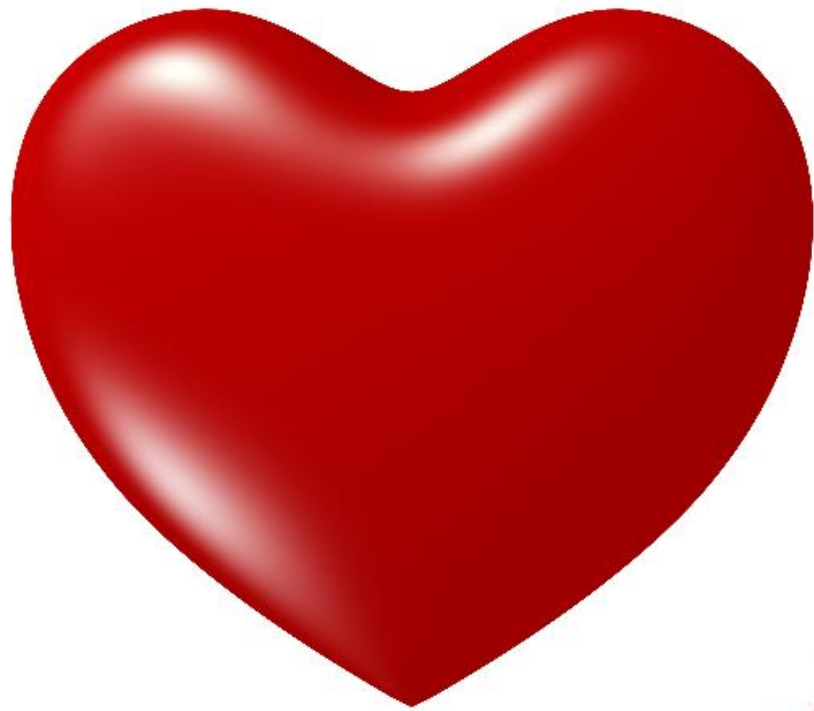
T A Q W A

T E H Z E E B



follow
your
heart

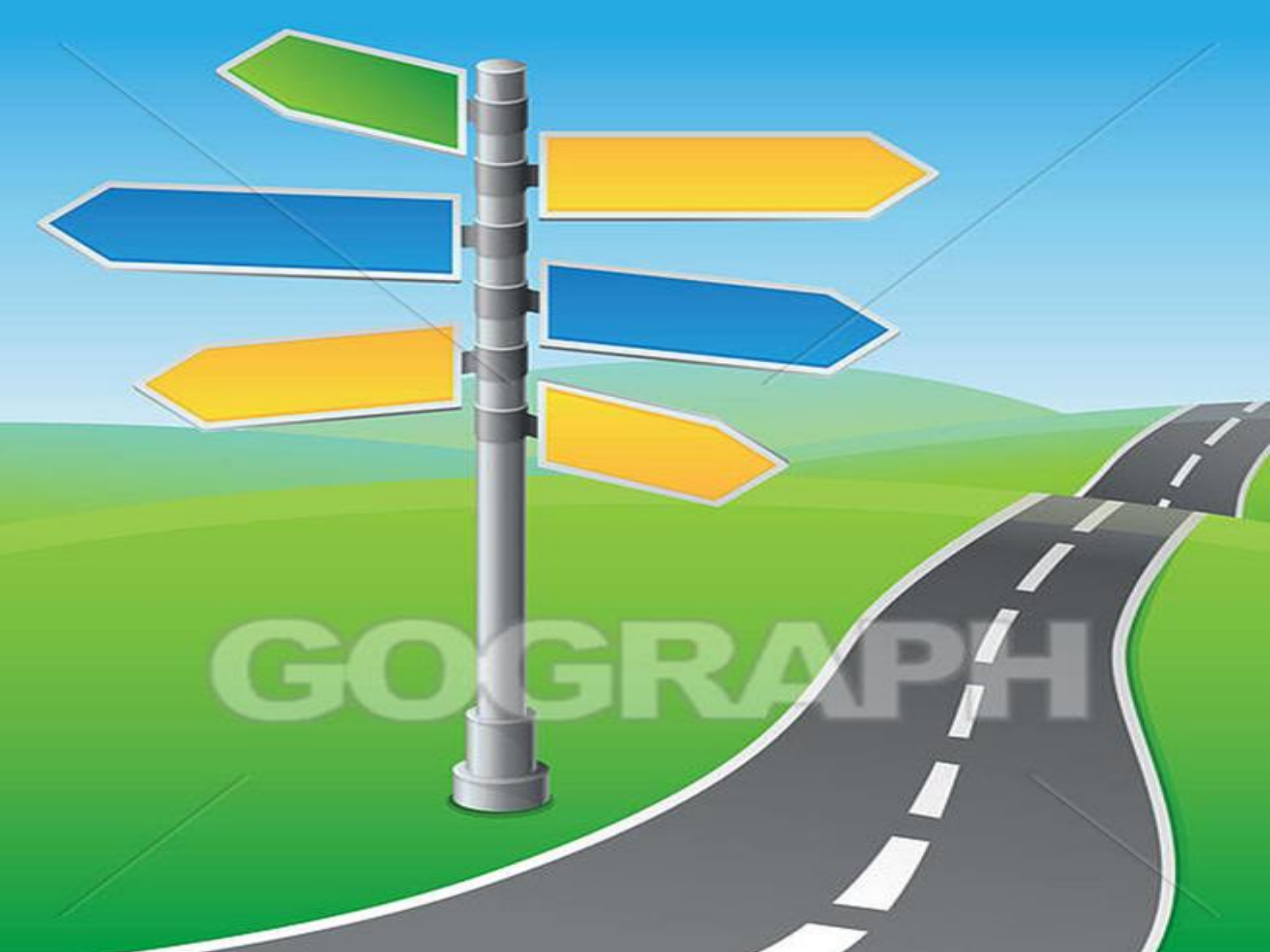




Inf  *tuation*

TRUE

romance







CHALLENGE +
COURAGE
OPPORTUNITY

A 3D graphic featuring the words 'CHALLENGE', 'COURAGE', and 'OPPORTUNITY' stacked vertically. 'CHALLENGE' is in blue, 'COURAGE' is in red, and 'OPPORTUNITY' is in green. A black plus sign is positioned to the right of 'CHALLENGE'. The text is set against a white background with a subtle grid pattern. The letters are thick and have a slight shadow, giving them a three-dimensional appearance. The entire graphic is tilted at an angle.

Thought

Desire

Wish

Intention

Action

WILLPOWER

Storyblock

POWER OF CONTINENCE









Colourbox











impurity





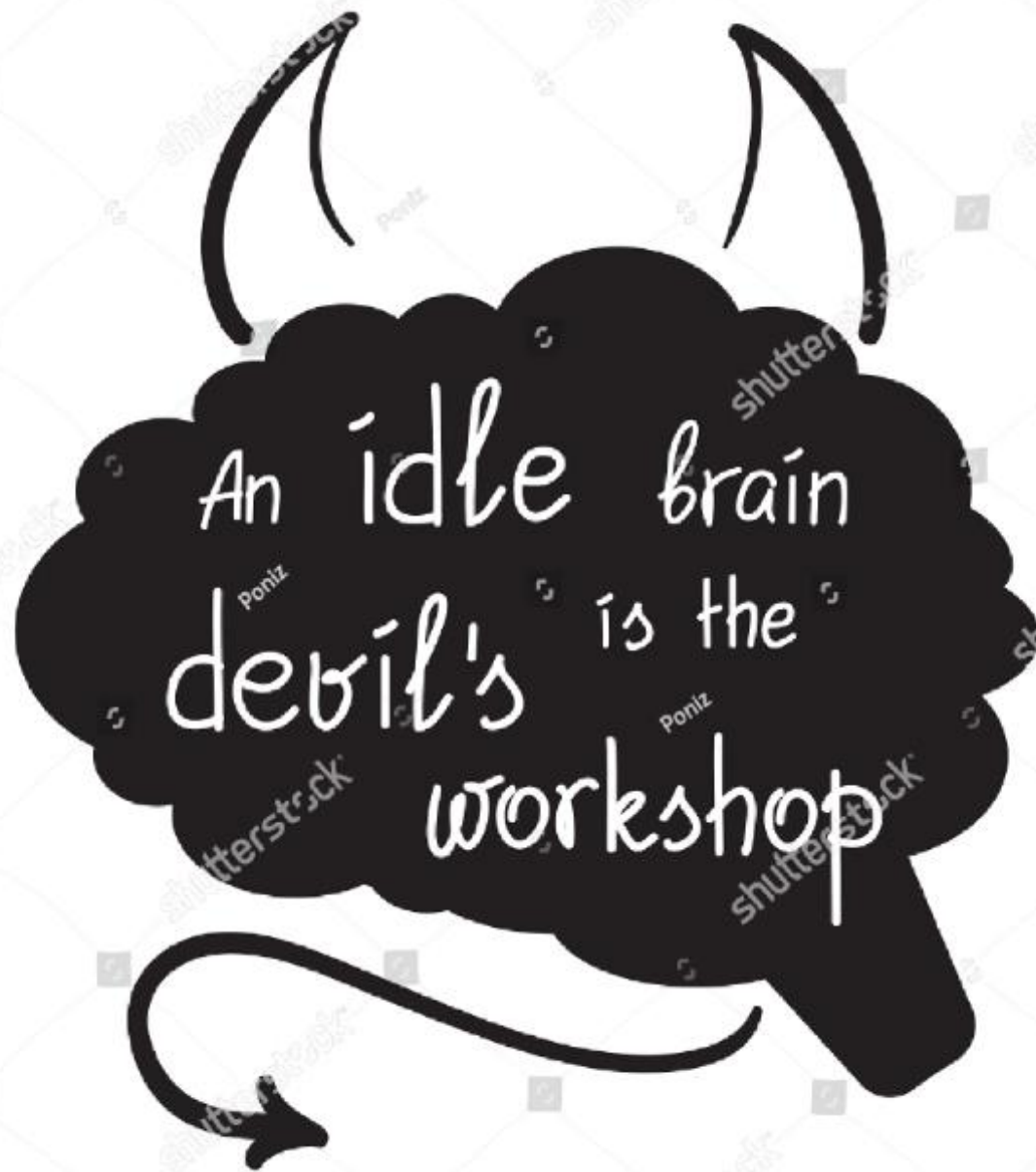




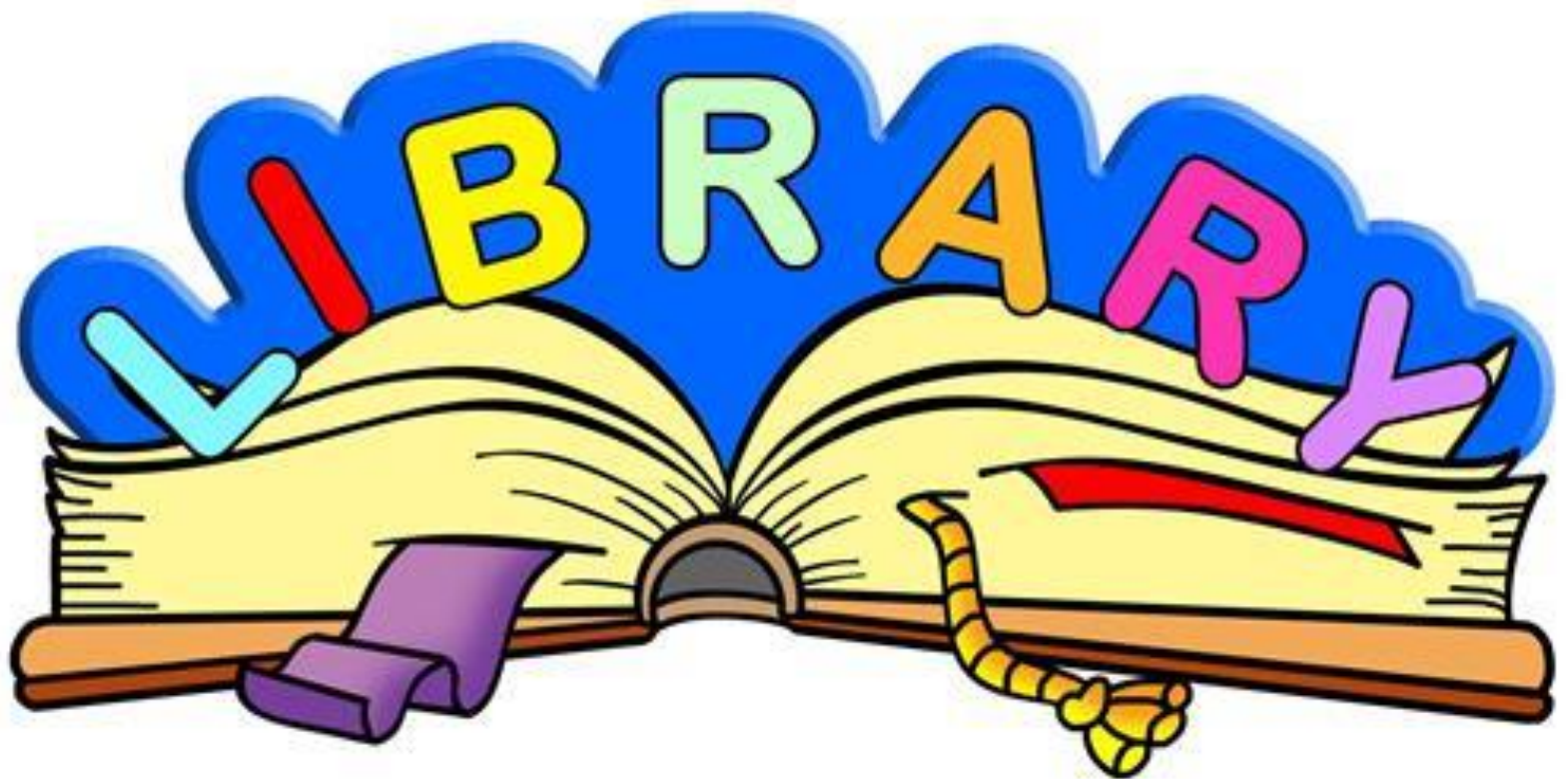








An idle brain
is the
devil's workshop











CHANGE
it UP!

Think i'm hot?
Well so is **HELL!**

LOWER YOUR GAZE!!!





JUDGEMENT

DAY

SIN



QUALITY



Repentance



CRK

RAIN

SIN





**GOOD
FRIENDS**

VS

**BAD
FRIENDS**



CHANGE

SAME

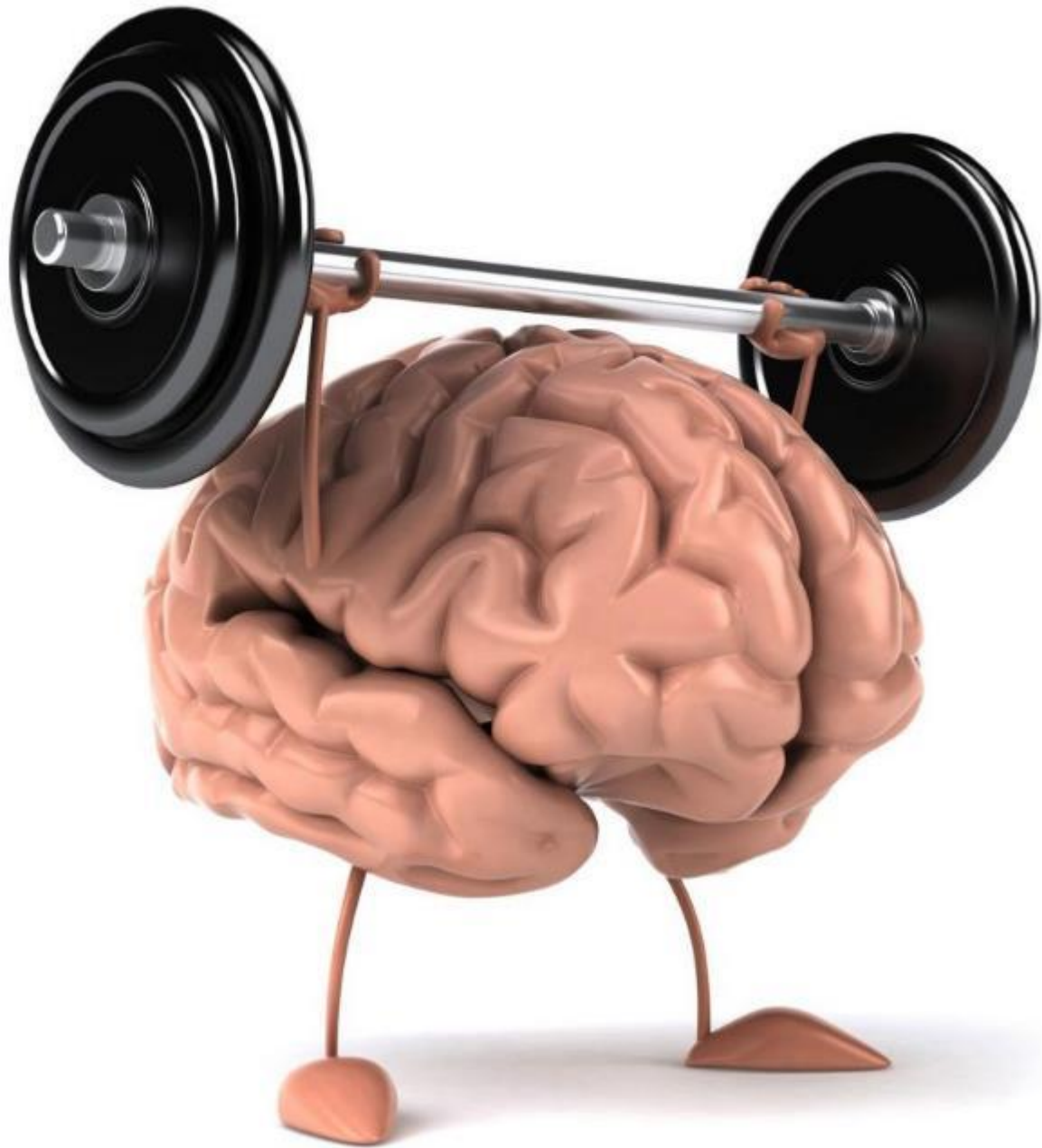






Backbone of Steel

MAS *associated with a man* **CU** *1 a:MALE b:having qualities appropriate to or usually associated with a man* **LINE**





Stereotype

Matunga

Mohd. Ali Road







mohammed ali road

community
change





NO LOITERING

M**OVIES**

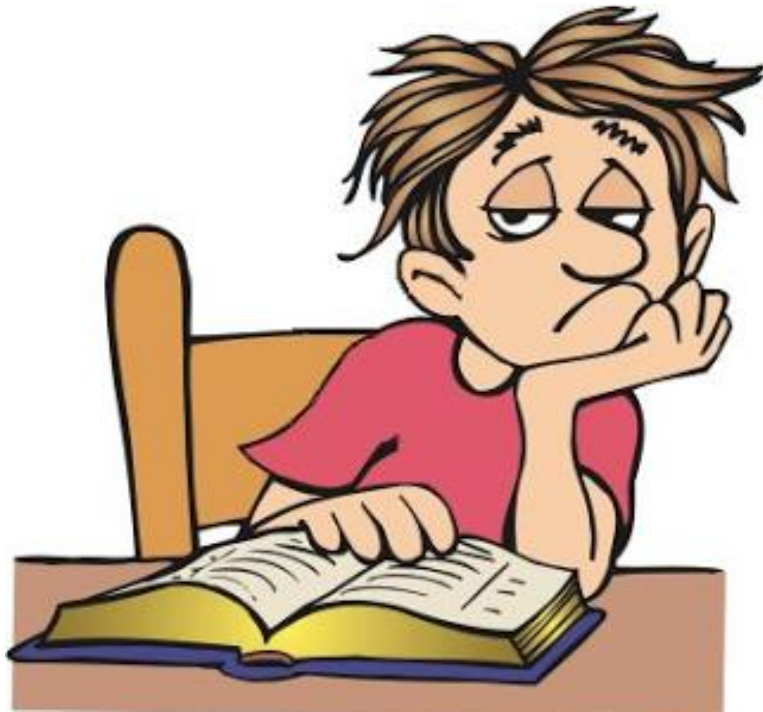
NETFLIX

 **YouTube**





GAMING



Doodling

IN CLASS

Procrastination





STOP
WASTING TIME

An Ideal Student



AN IDEAL STUDENT

AN IDEAL
STUDENT



POSITIVE AFFIRMATION

SCHEDULE







EXCUSES

SELF
discipline

i'm
deter
minded
mine

CONSISTENCY

IS





HARD
WORKING



WELL
ORGANIZED

WELL
GROOMED



MOTIVATION

A magnifying glass with a black handle and a white frame is positioned over the word 'MOTIVATION'. The word is written in a bold, orange, sans-serif font. The magnifying glass's lens is centered over the word, making it appear larger and more prominent. The background is white with a faint, repeating watermark of the word 'featurepics' and a small icon.



Time is PRECIOUS
Choose HOW YOU USE it



TRIAL



WROOOM!

Adrenaline
RUSH™



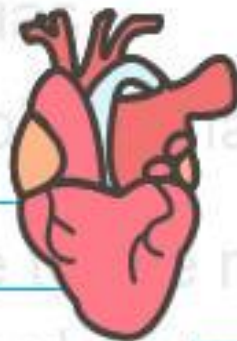
Substance Abuse



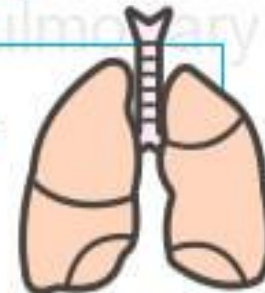
Conditions That Can Come from Drug or Alcohol Addiction

Mental Health Disorders

Cardiovascular Disease



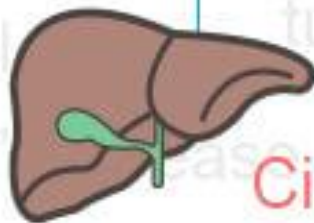
Lung Hemorrhages



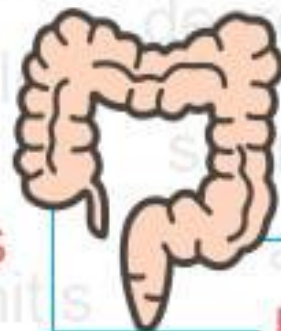
Cancer



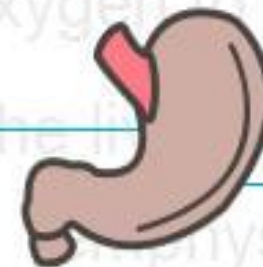
Infectious Diseases



Decreased Cognitive Function



Cirrhosis



Internal Bleeding & Ulcers

Smoking[®]



Healthy Lungs



- **Normal Resolution of Inflammation**

Tobacco Smoker's Lungs



- **Failure to Resolve Inflammation**
- **Chronic Inflammation**





Oral Cancer
awareness

THE GOOD & **THE BAD**

of Peer Pressure



FORBIDDEN FRUITS



BOO TRY IT OUT!

CURIOSITY

KILLS



 **DOPAMINE**

The image shows the word "DOPAMINE" in a bold, orange, sans-serif font. The letter "O" is replaced by a pink chemical structure of a benzene ring with a propyl chain at the top, a methyl group at the bottom-left, and another methyl group at the bottom-right.

Get a HIGH

The text "Get a HIGH" is rendered in a 3D, brown, textured font that resembles chocolate or a similar material. The letters are thick and have a slightly irregular, bubbly surface.



I WANT
MORE!

WILLPOWER



loading...

Force Field Analysis

Driving Forces

Restraining Forces





TRENDSETTER

VS

FOLLOWERS

Keep Styling!









Feminism

Liberalism

Role Model Replacement

inspire!

ANECDOTES

Musab in Umair

Zaid ibn Thabit

Usama ibn Zaid

Thalabah ibn Abd Ar-Rahman

Muhammad ibn Qasim

Aasiya

Mariyam

Khadija

Aisha

Hafsa

Fatima

Asma

Khawla

Ruqaiyah

Sumaiyah

Kulsum

Rumaisa

Barceerah

Atiqa





Values in
Action



• Friendship •

• Compassion •

• Kindness •

• Respect •

• Acceptance •

Bullying

SHOW
OFF



**I'm
popular**





just for fun



PURPOSE

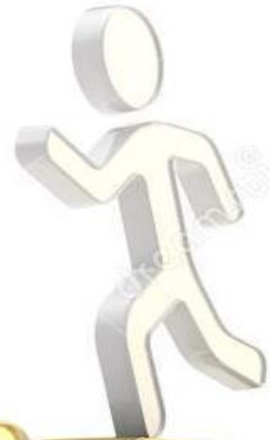
A 3D rendered green arrow pointing diagonally upwards and to the right. The arrow is thick and has a slight shadow, giving it a three-dimensional appearance. It is positioned above the word 'SUCCESS', with its tail starting at the beginning of the word and its tip pointing towards the top right corner of the image.

SUCCESS





FAME



POWER

CONSUMERISM

SUCCESS

NAMRUD
QARUN
FIRAUN



IBRAHIM
MUSA

SILAL
KHABBAB
SUNHAIB AR RUMI
ABDULLAH IBN MASOOD



S

U

C

C

E

S

S

Ashraful

Makhlugat

Khaliifah



GOAL



#GivingBack



SUCCESS



A watercolor-style brushstroke background with a color gradient from yellow at the top to deep red at the bottom. The text 'ACTIVATE' is written in a white, bold, uppercase, sans-serif font with a slightly distressed or hand-painted appearance. Below it, the word 'Purpose' is written in a white, lowercase, cursive script font. A small black horizontal line is positioned between the two words.

ACTIVATE
Purpose





GHAZI



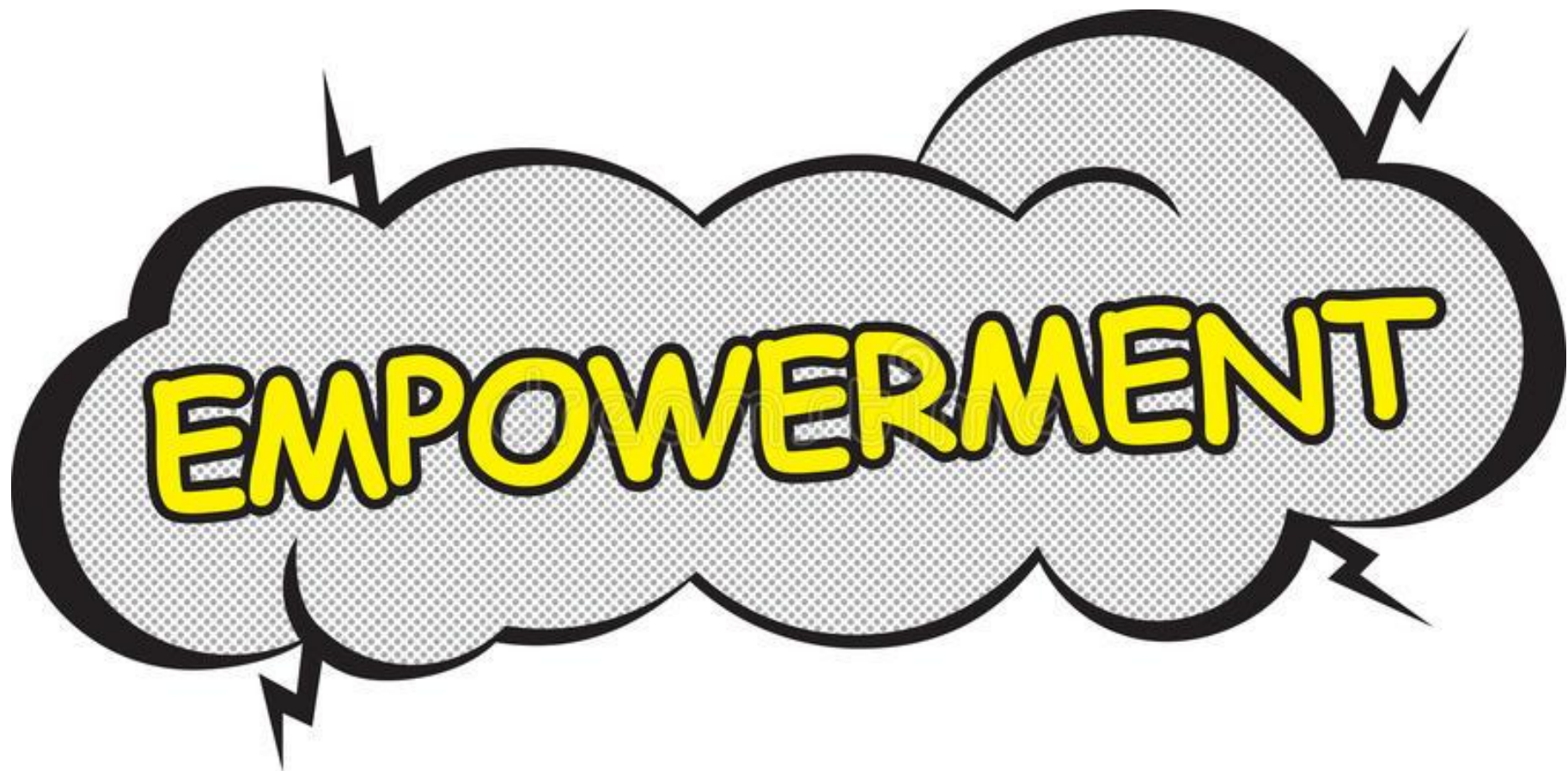
social evils



Inventive







EMPOWERMENT

SELF

believe



EMERGING LEADERS

Building a brighter tomorrow



PROMISE

your Path to Success!

Born for Greater Things



جَزَاكَ اللهُ خَيْرًا

Email: ghufraansarguroh@gmail.com

Contact No.: +91 7039326423 / 9930129251