Good evening dear students. As you all know that we all are going through a very critical situation amidst this Covid19 pandemic. Hence, taking offline class has become a distant dream now a days. But, our learning should not come to an end right. Hence, we have decided to learn something through online mode. So, from today onwards your classes will be held on regular basis with the help of college app as well as social media platforms. Do prepare yourself according to that for the upcoming days. Thanks in anticipation.

Today, we will learn about ‘‘What is Guidance?’’

We all have heard the term guidance in our day to day life. In simple term, guidance is he act or process of guiding. It is the process through which an individual is helped to guide himself. As a process, guidance is continuous which stands for creating a spirit of self dependence in the individual and help him to bring changes within himself. Literally, the term guidance means ‘to direct’, ‘to point out’, ‘to show the path’. Guidance is a process of rendering any kind of help, assistance or advice to any individual by other individual to solve certain major problems such as personal, vocational and so on. In the guidance process, the individual is helped to understand his various relevant circumstances under which he has to curve out a path for himself and thus formulate the goal of his life.

The term Guidance has been defined in a number of ways by experts:

* Ruth Strang: ‘‘Guidance is a process of helping every individual through his own effort to discover and develop his potentialities for his personal happiness and social usefulness.’’
* Skinner defined guidance as : ‘‘Guidance is a process of helping young persons learn to adjust to self, to others and to circumstances.’’
* According to Husband: ‘‘ Guidance may be defined as assisting individual to prepare for his future life, to fit for his place in society.’’
* James defined Guidance as : ‘‘ Guidance involves personal help given by someone. It is designed to assist a person in deciding where he wants to go, what he wants to do or how he can best accomplish his purpose, it assist him to solve problems that arise in his life.’’

From above discussion, it can be said that guidance is a process of providing help or assistance to any individual by the other for solving different problems, adjust properly in the society and prepare for future life. In the context of lifelong learning, it refers to a plethora of activities that enables an individual to identify his potentialities, interests and competencies so that he would be able to take right decisions in different aspects of life. It also implies a process of generating confidence in the individual and thereby helping him in selection of appropriate course of action for adjustment in different walks of life and develop a balanced personality.