

**Course Name - Bachelor of Physical Education**

**Year - IInd (Part-1)**

**Paper Name - Psychology with Special Reference to Physical Education**

**Topic Name - Guidance and its Importance**

**Topic No. - Sec - C (11)**

**Paper No. - IInd**

**Lecture No. - 16**

**Lecture Title**

**Guidance and its Importance**

**Summary**

Guidance is a concept as well as a process. Guidance is based upon the principles of holistic development of individual, recognition of individual differences and dignity and acceptance of individual needs. Guidance is needed wherever there are problems. Guidance helps in optimum development of individual, solving different problem of the individual, Academic growth and development, Vocational maturity, vocational choices and vocational adjustments, Social personal adjustment. Better family life, for conservation and proper utilization of human resources, and national development.