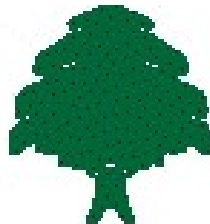


**POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS**  
**SECTOR-11, CHANDIGARH**



COURAGE TO KNOW

**Counseling Cell - Saarthi**  
**Supportive and Affable Ride Towards Hope & Inner peace**  
**(Session: 2021-22)**

**Aims and Objectives**

1. To ensure adequate mental health and well-being of students.
2. Enable overall positive personality development with a strong senses of self-esteem and confidence in overall all domains of life.

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*Netra*

*Maushal*  
Principal

Post. Graduate Govt. College for Girls  
Sector 11, Chandigarh

## Launch of Counseling Cell - Saarthi

Under the able guidance and support of our dynamic Principal Madam Prof. Dr. Anita Kaushal, the Department of Psychology proudly announced the launch of its Counseling Cell - Saarthi - Supportive and Affable Ride Towards Hope & Inner-peace on **23<sup>rd</sup> August, 2021**.

The word Saarthi means 'one with a chariot or charioteer' is an epithet of Lord Krishna in the Mahabharata, the Hindu epic. Just like a charioteer who drives his horses onwards, this initiative 'Saarthi' as a counseling cell of PGGCG-11 will ensure to help students to get rid of feelings of distress, isolation and helplessness during these harsh times and assist them by providing emotional and mental support in the form of productive counseling sessions. 50 participants attended the event.

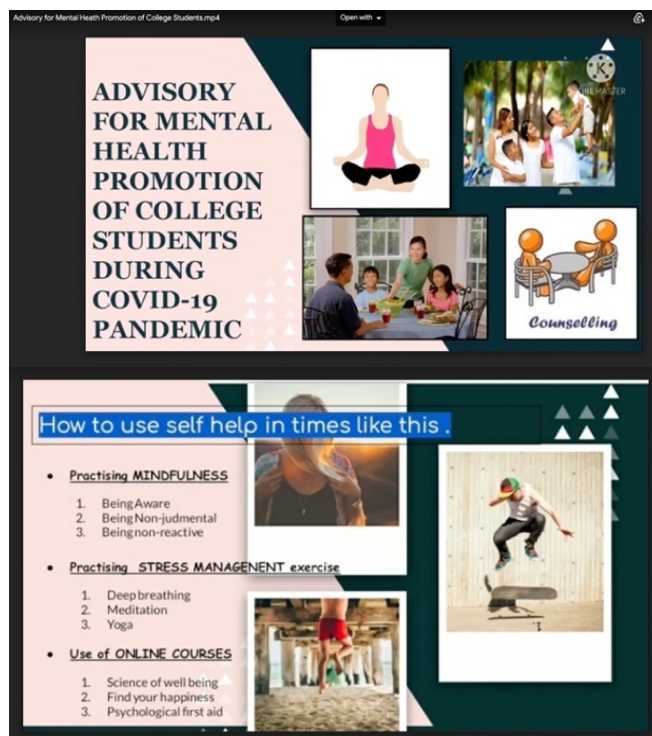


**Counseling Cell - Saarthi- Supportive and Affable Ride Towards Hope & Inner-peace**

## Advisory for The Psychosocial Support & Mental Health Promotion

Under the able guidance and continuous support of our esteemed Principal Madam Prof. (Dr.) Anita Kaushal, the Department of Psychology along with the students has always been doing some activity for the well-being of students. With Saarthi, our students are carrying forward this tradition and have made a beautiful compilation of video messages following the Advisory for The Psychosocial Support & Mental Health Promotion for College Students by Ministry of Education, Govt. of India. 60 participants attended the event on **26<sup>th</sup> August, 2021**. The attached link is for the video which carries meaningful messages for the well-being of students.

[https://drive.google.com/file/d/1PDlA1A1jykrXkr3WyOWE\\_lZ-ALfDWTPN/view?usp=sharing](https://drive.google.com/file/d/1PDlA1A1jykrXkr3WyOWE_lZ-ALfDWTPN/view?usp=sharing)



## Advisory for Mental Health Promotion

## Webinar on World Suicide Prevention Day

On the occasion of World Suicide Prevention Day, the Counseling Cell of the Psychology Department, 'Saarthi' organized an online webinar entitled "Life Above Zero- Wellbeing is a Mindset" on **10<sup>th</sup> September , 2021**. The Speaker of the talk was Dr. Shilpa Suri, a renowned Life Skill Trainer and Positive Psychology Practitioner. She enlightened on the theme "Creating Hope through Action" and guided about suicidal tendencies, risk factors involved in suicide and coping strategies to deal with them. She elucidated the fact that wellbeing is a consequence of our actions that we take every day.

The webinar at the end was concluded with students' questions and queries. 100 Students benefited with this talk as it reflected towards the larger meaning of life .



Online Webinar on World Suicide Prevention Day



## Career Talk

The Department of Psychology in association with Defence Institute of Psychological Research, DRDO, Ministry of Defence, Government of India organized an online expert talk on the topic “Contribution of Military Psychology to the Armed Forces and Society” & “Career opportunity for the students in the field of Military” by Dr. Gurpreet Kaur, Scientists ‘F’, DIPR, DRDO on **20<sup>th</sup> September, 2021**.

Dr. Gurpreet Kaur shared different tests conducted by military and defence and discussed career opportunities and its scope. 150 Students gained a lot from this expert lecture. She highlighted how military and psychology are related and its role for the upliftment and empowerment of society. The talk encouraged the students to be highly motivated courageous, brave and persistent with their life goals. This special talk was also a part of “Azadi ka Amrit Mahotsav” activities.



### Career Talk - Contribution of Military Psychology

## **Poster and Debate Competition on Mental Health Day**

On world Mental Health Day, poster and debate competition were organized under Saarthion the themes related to Mental Health to spread the awareness about Mental Health among students on **9<sup>th</sup> October, 2021**. 100 Undergraduate and post graduate students actively participated in this event. The judges for debate were Prof. Dr. Renu Somal and Dr. Ambuj Sharma, posters were judged by Dr Guneeta Chadha and Dr. Parmeshwaran. The event was successful in creating mass awareness. Prizes were given to the winners in respective competitions.



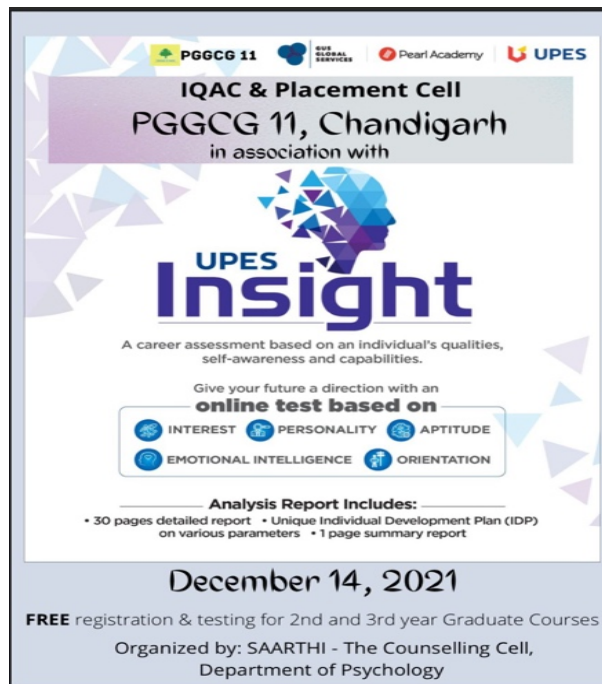
**Poster and Debate Competition**



**Prize distribution**

## Career Assessment Test

A Career Assessment Test as part of Students Betterment Initiative was conducted in association with UPES Dehradun & Pearl Academy on **14<sup>th</sup> December, 2021**. 305 students took the test, and got a 31-page detailed report of the test to help them make right choices in opting for a career based on their capabilities like Personality, Emotional Intelligence etc. Such kind of tools help students explore their inner qualities, equip with latest knowledge and prepare them to not only to enter but to adapt themselves to the world of work. They gained a lot from this activity and look forward to have more of such activities.



The brochure is for the 'UPES Insight' career assessment test. At the top, it lists the logos of PGGCG 11, IQAC, Pearl Academy, and UPES. Below these, it states 'IQAC & Placement Cell PGGCG 11, Chandigarh in association with'. The central graphic features a stylized head profile composed of colorful triangles, with the text 'UPES Insight' in large, bold letters. Below this, it describes the test as 'A career assessment based on an individual's qualities, self-awareness and capabilities.' and encourages students to 'Give your future a direction with an online test based on'. A box lists the five areas of assessment: INTEREST, PERSONALITY, APTITUDE, EMOTIONAL INTELLIGENCE, and ORIENTATION. The 'Analysis Report Includes:' section lists: '30 pages detailed report', 'Unique Individual Development Plan (IDP) on various parameters', and '1 page summary report'. The date 'December 14, 2021' is prominently displayed. At the bottom, it mentions 'FREE registration & testing for 2nd and 3rd year Graduate Courses' and is 'Organized by: SAARTHI - The Counselling Cell, Department of Psychology'.

PGGCG 11 IQAC Pearl Academy UPES

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**PGGCG 11, Chandigarh**  
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- 30 pages detailed report
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**December 14, 2021**

**FREE** registration & testing for 2nd and 3rd year Graduate Courses

Organized by: SAARTHI - The Counselling Cell,  
Department of Psychology

## Brochure - Career Assessment Test



## Personality Development Workshop

A workshop on Personality Development and Mind Programming was organized on **25<sup>th</sup> May, 2022**. The facilitator Ms. Pranita Sharma is a professional meditation trainer, who shared her expertise with the 82 student participants. Further, she asked students to write some good and bad habits of themselves and those of their friends. The activity was done to highlight the importance of how our mind works and what sort of attitude one should have in life. Another activity to highlight the importance of non-verbal communication was also demonstrated.

At last, the workshop concluded with a 5-minute guided meditation which helped in improving self-esteem and serotonin levels of the person. A vote of thanks to Ms. Pranita was given by students and the amazing workshop came to an end.



**Students attending workshop on personality development and mind programming**

## **Outcome**

Saarthi is an initiative to help students get rid of feelings of distress, helplessness, anxiety and assist them by providing emotional and mental support in the form of substituting positive thoughts to the negative thoughts with productive exercises explained during counseling sessions.