

Post Graduate Government College for Girls Sector-11, Chandigarh

PG Department of Psychology

Counselling Cell

2017 – 2018



Aims & Objectives:

- **To provide guidance and counselling assistance to students**
- **To help student know themselves better in terms of their interests, abilities, aptitudes and opportunities**

The following Activities were held for the Session 2017-18

- Shikha Sarna, Counsellor at the college displayed notices for the new session students on all notice boards around the college with theme - COME HERE AND SHARE!
- An announcement was made in all the three hostels as well as in their orientation program regarding the availability of counselor and counseling services in college campus. An interactive session was held with an aim to create awareness regarding 'The Need of Counselling.
- Conducted an inspirational lecture on 'Building a Positive Attitude and Commitment' in Hostel No. 2 on 4th September 2017 and Hostel No.3 on 5th September 2017.
- Interest and Aptitude test was administered and results were individually discussed with the respective students of BA I, II and III. Also, Relaxation therapy was practiced with the students after their counselling sessions got over so that they can inculcate a better and positive approach to life.
- A motivational lecture on 'Time and Stress Management for Effective Functioning and Examination anxiety' was conducted in Hostel No. 2 on 11th November 2017 and Hostel No. 1 and 3 on 16th November 2017. The lecture was held to help students to focus on their thinking ability and the method of exam preparation. The strategies to adopt before and during the exam for better concentration and relaxation were explained and few techniques like focusing, thought stopping and visualization were also recommended to improve one's performance

- An informative lecture was organized on the topic ‘Goal Setting Behaviour’ on 18th November 2017 in College Auditorium by Ms. Sharmita Bhinder, co- founder of NGO Empower. In this session, students were taught about goal setting that is the development of an action plan designed to motivate and guide a person or group toward a goal.
- An interactive session on the topic ‘Adjustment Problems’ was conducted in Hostel No. 3 on 19th January 2018 and Hostel No. 2 on 20th January 2018. Students were enlightened about Emotional regulation, Emotional Adjustment and Relationship issues. Effective coping strategies for healthy relationships was discussed as well.

Data on number of students benefited from the counselling sessions:

Group Counselling session	15
Individual Counselling Session	255
Follow up session	190
Settled Cases	120
Presentations:	
• PPT	9
• Interactive session / Class talks	25
Aptitude test	30
Interest scale	45

