

Post Graduate Government College for Girls Sector-11, Chandigarh

PG Department of Psychology

Counselling Cell

2018 – 2019



Aims & Objectives:

- **To provide guidance and counselling assistance to students**
- **To facilitate behavioral change and enable psychological development in students**

The following Activities were held for the Session 2018-19

- Shikha Sarna, Counsellor at the college displayed notices for the new session students in the college on all notice boards 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 on the topic 'Adjustment problems' was organized for hostel students to overcome feeling of homesickness. For the same, personal counseling sessions were being conducted as per the need of the student.
- Interest and Aptitude test was administered and results were individually discussed with the respective students of BA I, II and III.
- A motivational talk was organized for students to assist them with the importance of regularity in classes and time management skills. Also, before the commencement of Panjab University Examination, they were helped to deal with Exam Anxiety and study issues like failure to retrieve information in exams, so memory enhancement exercises in terms of Mnemonics were explained to them.
- Behavior Pattern and Stress test were undertaken for hostel students and a workshop on Stress management was conducted as well. Personal Counseling sessions were being conducted as per the need of students.
- A presentation on 'Confidence Enhancement and how to handle Interpersonal Relationships' was held to enable students to face difficult situations with ease and help them to hone their communication and life skills.

- During tutorial classes, discussion was held with students regarding their liking, disliking, habits, concerns etc.

Key findings were:

1. Students have indulged themselves over social media like Facebook, long conversations over phone etc
 2. Mutual adjustment has become the common concern for all
 3. Few students also raised their concern on effective study management
- Conducted 4 testing stations comprising of Depression inventory, Anxiety scale and Happiness questionnaire. Workstations generated a lot of excitement and added enthusiasm and zeal to the ongoing Psychology Fest Celebrations at college campus.
 - Data on number of students benefited from the counselling sessions:

Group Counseling Session	13
Individual Counseling Session	205
Follow up sessions	120
Settled Cases	70
StressScale	180
Behavior Pattern Test	180
Aptitude Test	55
Interest Scale	55

MISSION

- The mission of 'SAARTHI' counseling cell is to facilitate students into a long term self directed, realistic, and responsible decision maker as well as nurture unswerving attitudes and behaviors that will help them to achieve their future goals.



