

**Post Graduate Government College for Girls Sector-11, Chandigarh**

**PG Department of Psychology**

**Counselling Cell**

**2019 – 2020**



**Aims & Objectives:**

- **To provide guidance and counselling assistance to students.**
- **To create awareness about issues and problems related to mental health of students.**

### **The following Activities were held for the Session 2019-20**

- In the Orientation program of the BA I in the college, students were introduced about the counselling cell of the college. During departmental orientation, new students were apprised about counselling services being given by the faculty of department of Psychology. An interactive session on the topic “**Counseling Awareness**” was also organized for the students in the Seminar Room. Students were enlightened about the role of counseling in today’s world.
- The faculty and MA Counselling students addressed students in classes regarding what counseling actually is, and what it is not, as there are some myths and misconceptions regarding the topic. Secondly, it stressed on the need for counseling, considering today’s stressful times. The talk discussed the development stages which entails that counseling helps to make better adjustment in life and it is a need felt at every developmental stage of life.
- A motivational lecture on **Examination anxiety** was conducted in the hostels. The lecture was held to help the students to cover the myths and misconception regarding the topic and also discussed the various physical and emotional symptoms that take place right before a particular exam. It also focused on the thinking ability and the methods of exam preparation. The strategies to adopt before and during the exam for better concentration and relaxation. Some techniques like focusing, thought stopping and visualization were also recommended to improve one’s performance.
- As and when students approached the faculty, both career and personal issues were addressed timely keeping in mind that their privacy should not be invaded and ethics are maintained

- An Interactive Session on the topic “**Adjustment Problems**” was conducted in the hostels. Students were enlightened about the Emotional regulation and Adjustment, Relationship issues: to discuss amongst students how to deal with relationships and coping strategies for effective and healthy relationships, Social and Ethical Issues: to make students understand about the importance of basic ethics and how they act as a catalyst in their overall development, Need for Achievement: to make students aware about the means and the ways to achieve and comply to success.
- Data on number of students benefited from the counselling sessions:

Group Counseling Session	18
Individual Counseling Session	205
Follow up sessions	175
Settled Cases	98
Presentation & talks in classes	43
Aptitude Test	13
Procrastination scale	73
Study skills	77
Self-Efficacy Scale	67

### ***SAARTHI's Conviction***

- All students are individuals that learn at their own rate of knots
- All students can learn to be pliant in the face of challenges.
- All students can become dynamic members of Counseling Cell.
- All students can accomplish academic, career, and social/emotional success when given appropriate and timely support and interventions.

