

Post Graduate Government College for Girls Sector-11 Chandigarh

PG Department of Psychology

Counselling Cell

2020-21



Aims & Objectives:

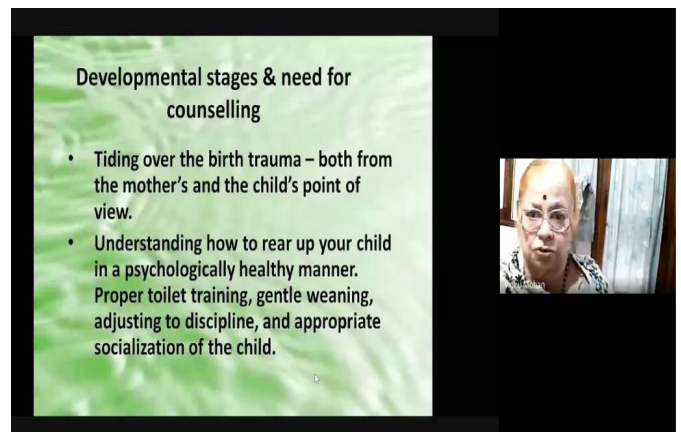
- **To provide guidance and counselling assistance to students**
- **To enable overall positive personality development and growth in overall all domains of life.**

INDEX:

Sr. No.	Activity	Date
1	Two-day expert online talk on Counselling by Prof. Vidhu Mohan, Former HOD, PU, CHD	7 th & 9 th September 2020
2	"Psychological Viewpoint on Corona Virus" – A video on COVID-19	26 th August 2021
3	Counselling Workshop by Ms. Harshvardan Chahal	6 th & 7 th November 2020
4	Online Talk by Prof. S.N. Ghosh, Himachal Pradesh University, Shimla on the topic <i>Understanding and Managing Stress</i>	9 th February 2021
5	Online Talk on <i>Psychological Distress and Interpersonal Relationships during Post Covid-19.</i>	10 th February 2021

Two-day expert talk on Counselling by Prof. Dr. Vidhu Mohan

Dr. Bani Narula organized an expert talk by Prof. Dr. Vidhu Mohan who is a certified trained counsellor and former professor and head at the Department of Psychology, Panjab University, Chandigarh. In the first session, Dr. Vidhu Mohan spoke on skills necessary to become an effective counselor and also shared about her own experiences of dealing with a client as a counselor. On the second day, Dr. Mohan apprised the students with an application aspect i.e. implying counselling to different aspects of life- both at home and workplace. She concluded the talk with her valuable suggestions on ‘Intervention strategies’ to overcome daily hassles and stress. Masters’ students and B.A third-year students participated in this talk.



Expert Talk by Prof. Vidhu Mohan

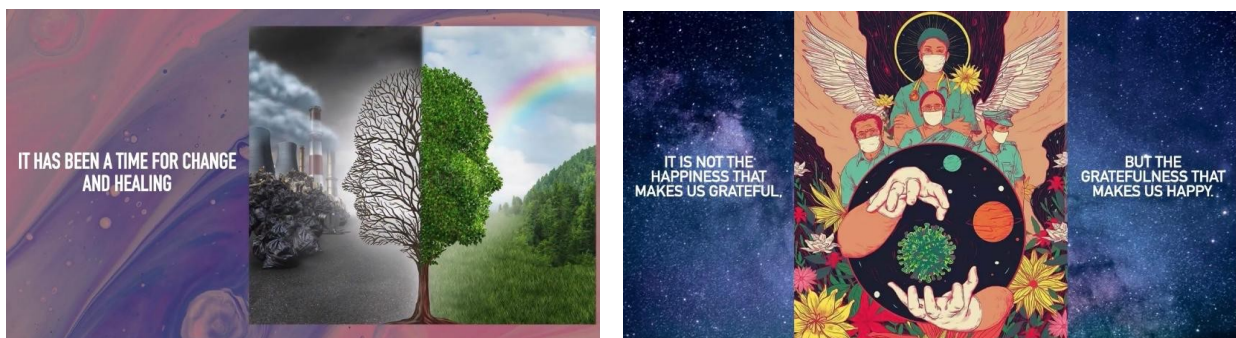
"Psychological Viewpoint on Corona Virus" – A video on COVID-19

The students of department of Psychology prepared a video on COVID-19 entitled "Psychological Viewpoint on Corona Virus". The video was a reflection on the psychological effects of Covid-19. Firstly, it highlighted as how are we affected during the pandemic in terms of loneliness, anxiety, uncertainty, depression, frustration and a fear of developing obsessive compulsive disorder with the habit of washing and sanitizing hands over and over again.



Secondly, it suggested the preventive measures and strategies for coping i.e.

- How to change and heal while exploring new activities,
- Understanding of oneself, self-care,
- Spending time with family,
- Being kind, taking care of mental health and focusing on the fact that we should be grateful and extend appreciation for every moment of our life.



Glimpses of Video on Corona Virus

Counselling Workshop by Ms. Harshvardan Chahal

Dr. Bani Narula organized a two-day lecture on the topic 'Macro & Micro skills' by Harshvardhan Kaur Chahal, Counselling Psychologist as well as an alumna of our college. On the first day Harshvardhan Chahal narrated in detail the macro skills and competencies to deal with issues and crisis in one's life. She facilitated the talk using role play and psychodrama technique (assigning different roles and giving hypothetical situation to students). The next day, Ms. Chahal focused on the micro skills to enhance empathy, genuineness, trust, unconditional positive regard and rapport. The talk was beneficial for graduate students who developed an inclination towards this vast field of counselling and initiated their understanding for the basic concepts involved in becoming an effective counsellor.



POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS SECTOR II, CHANDIGARH

Topic: MACRO AND MICRO SKILLS OF COUNSELLING

Date: 6th and 7th November 2020
Time: 11 am - 12 pm

Google meet link:
<https://meet.google.com/lookup/hd5voenul7>

Under the Able Guidance of:
Prof. (Dr) Anita Kaushal, Principal, PGGCG-II, Chandigarh
Dr. Neelam Rathee, Head, Psychology Department, PGGCG-II, Chandigarh

Organised by: Dr Bani Narula, Assistant Professor, Department of Psychology, PGGCG-II, Chandigarh

Expert Talk:
Harshvardan Kaur Chahal
Counselling Psychologist

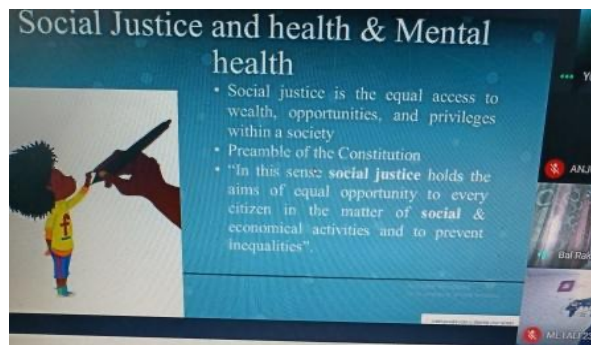
LISTENING SKILLS

- + RASA in this instance stands for Receive, which means pay attention to the person; Appreciate, making little noises like "hmm," "oh," "okay"; summarize, the word "so" is very important in communication; and Ask, ask questions afterwards.
- + LADDER
- + "Look at the person speaking to you
- + Ask questions.
- + Don't interrupt
- + Don't change the subject
- + Empathize
- + Respond verbally and non-verbally

Counselling Workshop by Ms. Harshvardan

Online Talk on Understanding and Managing Stress

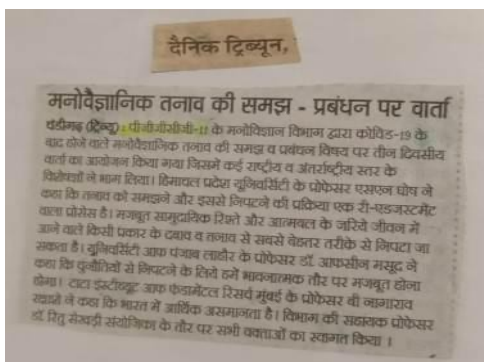
On February 9th 2021, Prof. (Dr.) S.N. Ghosh (Dept. of Psychology at Himachal Pradesh University, Shimla) gave his expert talk on the topic *Understanding and Managing stress process*. He elaborated the concept of stress and defined it as a Readjustment process. He emphasized the need to restructure our belief system and spending quality time with family and friends is an important coping strategy to channelize distress. The influence of personality on the way people cope with stressful situations was also discussed. The speaker conveyed that having an extensive repertoire of coping strategies allows an individual to adapt more effectively to the vicissitudes of everyday life.



Online Presentation by Prof S.N.Ghosh

Online Talk on *Psychological Distress and Interpersonal Relationships* during Post Covid-19

On February 10th 2021, Dr. Afsheen Masood (Dept. of Applied Psychology, University of Punjab, Lahore, Pakistan) spoke on *Psychological Distress and Interpersonal Relationships during Post Covid-19*. The expert focussed on how to retain smooth intra-interpersonal relations during post covid-19. She accentuated the importance of one's emotional regulation & character strength to handle the challenges. The speaker talked about the psychosocial factors leading to suicidal ideation and how important the mother child relationship is to fight the depressing thoughts. The need to strengthen one's internal locus of control and shared some tips and techniques to increase the students' resilience in combating stressful situations and relations. One must be aware about one's negativities and how healing plays an imp role and picking up activities to break the depressing thoughts.



Press Coverage in the Newspapers