



COURAGE TO KNOW

*Saarthi*

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Supportive and Affable Ride Towards Hope & Inner-peace

## **The Counselling Cell**

**2021-2022**

**Department of Psychology**

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

**POST GRADUATE GOVT. COLLEGE FOR GIRLS, SECTOR 11,  
CHANIGARH**

**SAARTHI - COUNSELING CELL**

COVID-19 has disrupted personal and professional lives of every individual and the outbreak of this pandemic since almost one and a half year has caused huge emotional and psychological distress amongst each one of us. Counseling allows students to express and give voice to their concerns and worries, create awareness on anxiety issues, normalize conversations on mental health and build resilience.

The faculty of department of Psychology has been engaged in providing Guidance and Counseling to the college students since many years, but now keeping in mind the current scenario, we have decided to reinforce the ongoing efforts. And so, we formally launch “**SAARTHI**” – a Mental Health Support Group which stands for “**Supportive and Affable Ride Towards Hope & Inner-peace**”

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.

**A Mental Health Support Group  
for Students**

**FACILITATORS**

Dr Neelam Rathee  
Head, Department of Psychology

Dr Vijay Kumar

Dr Ritu Sekhri

Dr Mitika Kanwar

Dr Bani Narula

An illustration of a woman with her hair in a bun, wearing a red top and yellow pants, sitting on a pink chair. To her right is a potted plant with pink flowers. The background is a dark green color.

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

**PG Department of Psychology**

**Counselling Cell - SAARTHI**

**Supportive and Affable Ride Towards Hope & Inner-peace**

**2021-22**



**Aims & Objectives:**

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

**INDEX:**

<b>Sr. No.</b>	<b>Activity</b>	<b>Date</b>
1	Launch of SAARTHI Movie – The Counselling Buddies	23 <sup>rd</sup> August 2021
2	Advisory for The Psychosocial Support & Mental Health Promotion for College Students by Ministry of Education, Govt. of India.	26 <sup>th</sup> August 2021
3	An online webinar by Dr. Shilpa Suri on World Suicide Prevention Day	10 <sup>th</sup> September 2021
4	Career Talk - Contribution of Military Psychology to the Armed Forces and Society and Career opportunity for the students in the field of Military	20 <sup>th</sup> September 2021
5	Poster and Debate Competition on Mental Health Day	9 <sup>th</sup> October 2021
6	Career Assessment Test	14 <sup>th</sup> December 2021
7	Personality Development Workshop	25 <sup>th</sup> May 2022

## Launch of SAARTHI Movie – The Counselling Buddies

Under the able guidance and support of our dynamic Principal Madam Prof. Dr. Anita Kaushal, the Department of Psychology proudly announced the launch of a video presentation by the students introducing the Counselling Cell - SAARTHI - *Supportive and Affable Ride Towards Hope & Inner-peace* on August 23, 2021.

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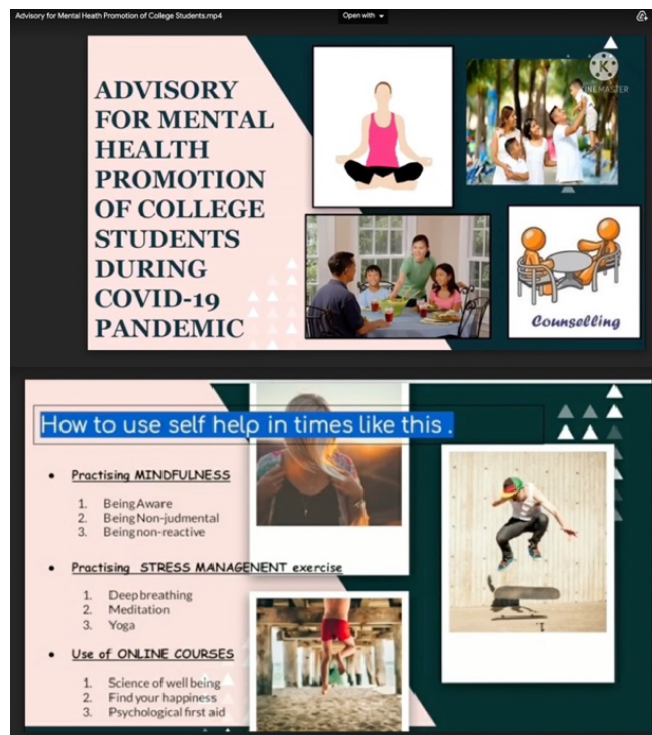
[https://drive.google.com/file/d/1nWR6wgz\\_PcG6t-f4aXqsM4xaU-s1tzh/view?usp=sharing](https://drive.google.com/file/d/1nWR6wgz_PcG6t-f4aXqsM4xaU-s1tzh/view?usp=sharing)

**The Counselling Buddies**

## 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/1PDIA1A1jykrXkr3WyOWE\\_1Z-ALfDWTPN/view?usp=sharing](https://drive.google.com/file/d/1PDIA1A1jykrXkr3WyOWE_1Z-ALfDWTPN/view?usp=sharing)

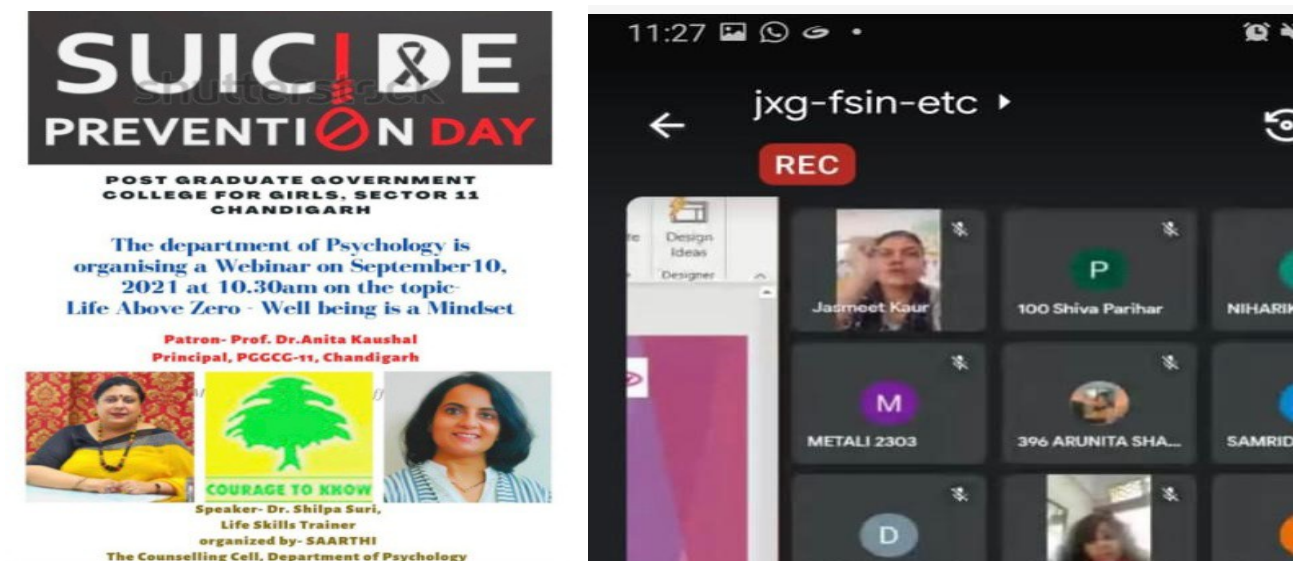


## Advisory for Mental Health Promotion

## 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, Scientist ‘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 features logos for PGGCG 11, OUR GLOBAL SERVICES, Pearl Academy, and UPES at the top. The main title is 'UPES Insight' with a graphic of a head composed of geometric shapes. Below the title, it states 'A career assessment based on an individual's qualities, self-awareness and capabilities.' and 'Give your future a direction with an online test based on'. The test parameters are listed as INTEREST, PERSONALITY, APTITUDE, EMOTIONAL INTELLIGENCE, and ORIENTATION. The analysis report includes a 30-page detailed report, a Unique Individual Development Plan (IDP) on various parameters, and a 1-page summary report. The event date is December 14, 2021, with free registration and testing for 2nd and 3rd year Graduate Courses. It is organized by SAARTHI - The Counselling Cell, Department of Psychology.

PGGCG 11 | OUR GLOBAL SERVICES | Pearl Academy | UPES

**IQAC & Placement Cell**  
**PGGCG 11, Chandigarh**  
in association with

**UPES**  
**Insight**

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INTEREST PERSONALITY APTITUDE  
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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.

