



SUPPORTING DOCUMENTS

3.2.2

**NUMBER OF WORKSHOPS/SEMINARS CONDUCTED ON
RESEARCH METHODOLOGY, INTELLECTUAL PROPERTY
RIGHTS (IPR) AND ENTREPRENEURSHIP DURING THE YEAR**

SESSION ON THE IMPORTANCE OF GUIDANCE AND COUNSELLING IN STUDENT'S LIFE

Objective:

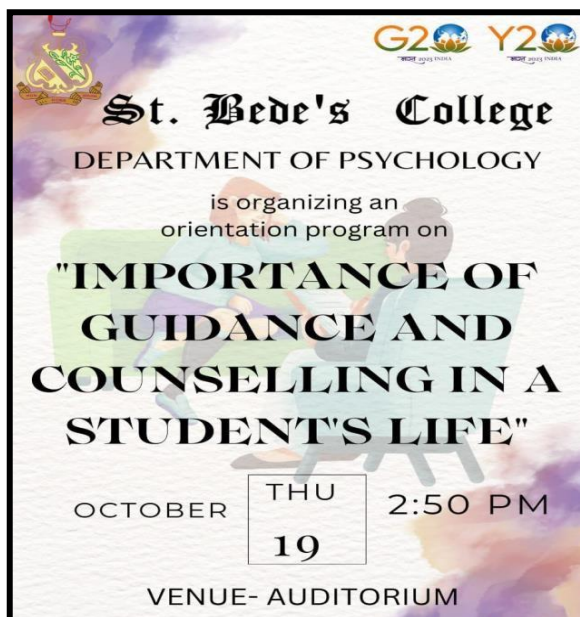
The objective of this session was to explain how guidance and counseling can be important and helpful in a student's life.

Description:

The Department of Psychology organized a brief session on October 19, 2023 with the counselor of the institution, Dr. Taruna Kaushal. The event began with a short welcome and introduction of the counselor followed by a short- guided imagery session where the students were taught how positive visualization and proper technique of breathing and focus can help us in calming down our anxious selves. Thereafter, a short and precise power point presentation was played. The presentation clearly explained how counseling can help individuals in improving their relationship with themselves and with those around them, which will further help them in becoming a better human being. Lastly, Dr. Taruna Kaushal informed the students about her availability in the campus and advised students to come to her if they are facing any problem in personal or professional domain. The talk ended with extending a heartfelt gratitude to her for the informative session.

Outcome:

Participants gained a clear understanding of how counseling can help with various personal, academic, and career-related issues. This includes managing stress, dealing with personal problems, improving study habits, and making informed career choices



Brochure



Session on the Importance of Counselling in Student's Life (October 19, 2023)



Department of Psychology
St. Bede's College, Shimla

ATTENDANCE SHEET (2023-24)

Name of the Activity: Session on the Importance of Guidance and Counselling in Student's Life

Date: 19-10-2023

Organizing Unit: Department Of Psychology

No of students Participated: 30

S.No	Name of the student	Signature
1	Harmanpreet	Harmanpreet
2	Simran Jhaglaik	Simran
3	Alsaniya Aarif	A
4	Divya Sharma	Divya
5	Picksy Janghu	Janghu
6	Takshika Thakran	T
7	Ritul Chauhan	R
8	Shaili Kalyani	Shaili
9	Vrinda	Vrinda
10	Aarushi	Aarushi
11	Jahnavi Wali	Jahnavi
12	Mannat Kapoor	Mannat
13	Medhavi Nautiyal	Medhavi
14	Anushka Singhla	A
15	Sudivyabanshi Nadda	Nadda
16	Anushka Dhalta	Anushka
17	Vasundhara	Vasundhara



Department of Psychology
St. Bede's College, Shimla

18	Praneeta Kamal	
19	Aakshi Dharma	<i>Aakshi Dharma</i>
20	Nimrat kaur	<i>Nimrat kaur</i>
21	Kunjai	<i>Kunjai</i>
22	Shrestha Thakur	<i>Shrestha Thakur</i>
23	Umang Taank	<i>Umang Taank</i>
24	Venus Chauhan	<i>Venus Chauhan</i>
25	Ridhima bharota	<i>Ridhima bharota</i>
26	Bhumika	<i>Bhumika</i>
27	Akriti Bhandwaj	<i>Akriti Bhandwaj</i>
28	Radhika	<i>Radhika</i>
29	Sakshi	<i>Sakshi</i>
30	Ridhima Chaudhan	<i>Ridhima Chaudhan</i>

Mr. P. K. Kaur