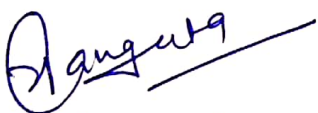


## Guidance and counselling Cell

### Activity Report (2024-25)

The guidance and counselling cell and department of psychology organised 6 days workshop for the students on- "Psychology in everyday life and Art of living", in collaboration with Haryana Kala Parishad, Kurukshetra, from 09/08/24 to 16/08/24. A professional Trainer for the workshop was provided by Haryana Kala Parishad, Kurukshetra. In this 6 days workshop students learnt many techniques and strategies to deal with daily hassles and stressors. Total 22 students participated in this workshop. The main objective of the workshop was to enable students to use Psychology in everyday life and to learn how they can make their life more positive and productive with little efforts. In these 6 days students learnt to focus on positive aspects of our life, concentration activities, gratitude exercises, imagination techniques, mindfulness and to be content in life with what we have respectively. In this way in the workshop the student learnt the art that how to live a happy healthy and peaceful life.

Guidance and counselling cell of the college organised an interactive session on "Career counselling: Job oriented and Entrepreneurship oriented", in collaboration with Personality development cell on dated 27/03/2025. The main speaker of the session was Dr Sunant Grover, coordinator Start-up Incubation Centre, Karnal. Dr Grover guided the students that if on the right time they got right directions from their career point of view they can save their time and energy and they can use it on the right place. In the session around 97 students participated and benefited. Further, Dr. Grover explain in detail about the different career opportunities in different areas. His main focus was on the skilled development. He said that the student should learn new skills as per the requirement and they should update themselves. Instead of focusing on many directions they should be expert in one field so that they can do their best. All the members of cell and Psychology department were present in this session.

  
Incharge  
Guidance & Counselling Cell.