

**OFFICE OF THE PRINCIPAL
GOVT. V.Y.T.P.G. AUTONOMOUS COLLEGE, DURG 491001(C.G.)**

EQUAL OPPORTUNITY CELL & DEPARTMENT OF PSYCHOLOGY

NOTICE

26-09.2018

All the students of Govt. V.Y.T. PG. Autonomous College, Durg (C.G) are hereby informed that the **Equal Opportunity Cell & Department of Psychology** are going to organise a **Special Counselling Session on Psychological Well-being** on 01.10.2018

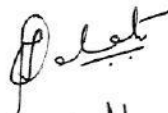
Date : 01.10.2018


Time : 2.00 p.m.

Venue : Department of Psychology

All the students are requested to attend the counselling

Convenors

Dr. Qamar Talat - 

Dr. Rachita Shrivastava 

Principal


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Govt. V.Y.T.P.G. Autonomous College
Durg (C.G.)

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**EQUAL OPPORTUNITY CELL & DEPARTMENT OF PSYCHOLOGY
REPORT ON**

A Special Counselling Session on Psychological Well Being

01 October 2018

OBJECTIVE:

To provide counselling for psychological support to students belonging to Schedule Caste/Schedule Tribe, Other Backward Caste, minorities, women & physically challenged students.


Counselling helps a lot for the well being of today's youth who face lots of challenges in their daily life. Due to stress the students suffer from depression, anxiety and other mental complexities that leads to suicidal tendencies and other disorders. To relieve these students from such problems the Equal Opportunity Cell and the Department of Psychology organised **A Special Counselling Session on Psychological Well Being** on 1st October 2018. The session was addressed by Dr. Rachita Shrivastava, Head of the Department of Psychology. After the formal welcome of the convenor of Equal Opportunity Cell, Dr. Qamar Talat and all the members of the Cell, Dr. Rachita discussed in detail the issues and the causes of stress. The students were counselled on different components of stress and its management. They were motivated to look into the brighter side of life and also taught to control their emotions. During the session some psychological test was taken and counselling was provided for better psychological well being. The queries raised by the students were answered skilfully by the counsellor. More than 40 students participated in this session.

Outcome

After the counselling most of the students felt relieved and assured to be aware of not only themselves but also of their friends and family members by taking care of their mental and physical health. The students felt quite motivated and requested for organising such sessions in future.

Convenors

Dr. Qamar Talat - 

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