

# GURU RAMDASS COLLEGE OF EDUCATION

## Guidance & Counseling Cell

### 1. Counselor Collaboration 2022-23

Coordinator: Dr. Geeta Pathak

S.No.	Counselor	Specialization	Phone No.
1.	Dr. Geetanjali Kumar	Life Skill Trainer	9810435544
2.	Ms. Vibha Gupta	Personality Development Activities	9811432475
3.	Dr. Pankaj Gupta	Clinical Counselor	9953799435
4.	Dr. Parbhjot Kaur	Career Counselor	8860355413

### 2. Activity Report 2021-22:

S.No.	ACTIVITY	DETAILS
1.	<b>MENTORING</b>	9 Mentors are designated for every 13-15 Students. They have regular online meeting twice every week starting 5 <sup>th</sup> Sep 2022- 15 <sup>th</sup> June 2023.
2.	<b>MENTAL HEALTH LECTURES</b>	<ul style="list-style-type: none"><li>• Workshop on Whisper Campaign for Personal Hygiene &amp; Health by Million Minds Pvt Ltd. On 18th Nov 2022.</li><li>• Special Lecture on Mental Health &amp; Stress management by Dr. Prabhjot Kaur on 9th Jan 2023.</li><li>• Workshop on Sahaja Yog – Journey to Self Realization by Col. Kochhar &amp; Miss Aditi on 15th March 2023.</li></ul>
3.	<b>CCA ACTIVITIES</b>	<ul style="list-style-type: none"><li>• Celebration of National Heroes and National Festivals.</li><li>• World Ozone Day celebrations week activities on theme “Global Cooperation Protection on Earth” on 12-16th Sep 2022.</li><li>• Vigilance Awareness Week on 31st Sep- 4th Oct 2022 with a series of Inter house Competition (Poster Making, Banner, and Pamphlet) on theme “Corruption Free India for a Developed Nation”.</li><li>• Inter-house Competition of Bulletin Board Decorations on theme “Iconic Figures” on 5th Dec 2022.</li><li>• Environment Week Activities from 2-13 Jan 2023.</li><li>• Inter-house Activities Creative Writing Expressions(Essay Writing, Poem, Article Writing Competition) theme “Vasudeva Kutumbkam &amp; G-20 Presidency”on 10th March 2023.</li><li>• Inter-house Activities (Poster Making, Banner making, Slogan Writing Competition) theme “Vasudeva Kutumbkam &amp; G-20 Presidency” on 14th March 2023.</li><li>• Consumer rights Day Celebrations on 16th March 2023.</li><li>• International Millet Year Celebrations on 7th May 2023.</li></ul>
4.	<b>COUNSELLING ACTIVITIES</b>	<ul style="list-style-type: none"><li>• Personal Counseling &amp; Mentoring Sessions (Once per Week) 5th Sep 2022- 15<sup>th</sup> June 2023</li><li>• Tutorial Sessions:</li></ul>

		<ul style="list-style-type: none"> <li>○ 18-23 Nov 2022</li> <li>○ 07-13 Feb 2023</li> </ul>
6.	<b>VOCATIONAL GUIDANCE INTERVENTIONS</b>	<ul style="list-style-type: none"> <li>● IBM Skills build Program Workshop on Resume Writing by IBM CSR Box by Ms. Uzma</li> <li>● Employment Linked Skilling Programme Orientation by Magic Bus on 1st May 2023.</li> <li>● Workshop on Resume Writing and Interview Skills by Dr. Amit Ahuja, USE, GGSIPU on 20-5-2023.</li> </ul>
7.	<b>COUNSELING ACTIVITIES</b>	<p>Group Activities organized by Guidance &amp; Counseling Cell in-charge Dr. Geeta Pathak :</p> <ul style="list-style-type: none"> <li>● Self appraisal activities on 20-5-2023, 21-5-2023, 22-5-2023, 23-5-2023, 31-5-2023, 1-6-2023, 2-6-2023, 5-6-2023.</li> <li>● Effective Communication activity on 19-11-2020</li> <li>● Coping with stress &amp; Depression activity on 9-11-2020.</li> <li>● Interpersonal relationship activities on 18-11-2020.</li> <li>● Problem Solving activities on 21-11-2020.</li> <li>● Decision making activities 23-11-2020.</li> <li>● Open your Mind Activities on 4-15 April 2021.</li> </ul>