

# DR. AMBEDKAR COLLEGE DEEKSHABHOOMI NAGPUR

## DEPARTMENT OF PSYCHOLOGY & PSYCHO SOCIAL COUNSELING CELL

### Intercollegiate workshop on Counseling


#### Notice

**DR. AMBEDKAR COLLEGE DEEKSHABHOOMI NAGPUR**  
DEPARTMENT OF PSYCHOLOGY  
&  
PSYCHO SOCIAL COUNSELING CELL

Date: 15/02/2022

Department of psychology and Psycho-Social Counseling cell of Dr. Ambedkar College Deekshabhoomi, Nagpur has organized an **intercollegiate workshop** for B.A VI semester psychology students, which is based on their syllabus. The workshop organized in virtual platform on **17 Feb. to 19 Feb. 2022 at 11:00 am.**

**Link:** <https://meet.google.com/qmr-ibuy-nje>

  
**Dr. Mrs. B. A Mehere**  
Principal, DACN.

#### Objective:

- Introduce students to the counseling process and techniques.
- To impart knowledge to the students through different highly educated professors on the occasion of the workshop.
- Provide opportunities to interact with professors and students related to their subject in other colleges.

Sr. No.	Date	Resource Person	Topic
1.	17-02-2022	Dr. Jaya Golhatkar	'Goals, Process and Indian Context of counselling'
2.	18-02-2022	Ms. Chaitali Madan	Counselling Techniques
3	19-02-222	Dr. Milly Baby	'Understanding importance of Well Being'

## **Report – Day 1**

**Date: 17-02-2022**

**Resource Person: Dr. Jaya Golhatkar, Assistant Professor, C.P and Berar College , Nagpur**

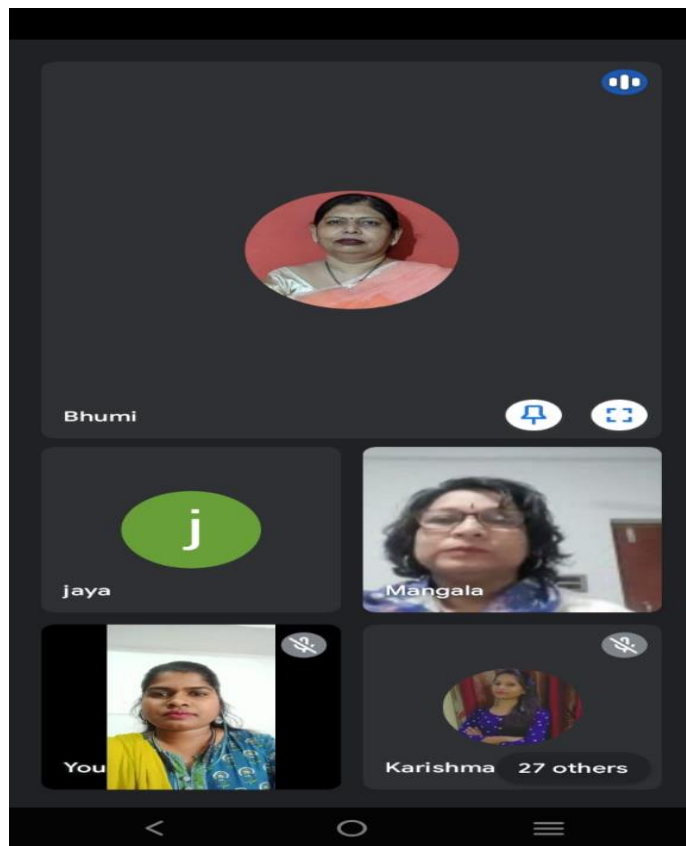
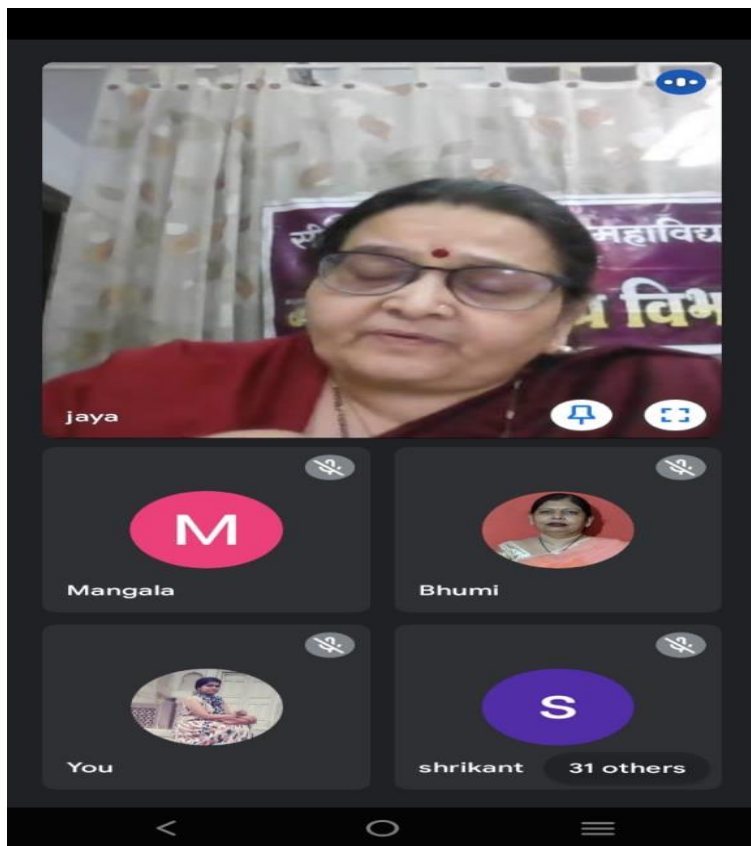
**Topic: ‘Goals, Process and Indian Context of counselling’**

Department of Psychology Dr. Ambedkar College Deekshabhoomi, Nagpur has organized an **intercollegiate workshop** for B.A VI semester psychology students, which is based on their syllabus. The workshop organized on **17 Feb. to 19 Feb. 2022 at 11:00 am.**

On the first day resource person Dr. Jaya Golhatkar, Assistant Professor, C.P and Berar College, Nagpur was talk on the topic ‘Goals, Process and Indian Context of counseling’. She stated that Counseling falls under the umbrella term ‘talking therapies’ and allows people to discuss their problems and any difficult feelings they encounter in a safe, confidential environment. The term can mean different things to different people, but in general, it is a process people seek when they want to change something in their lives, or simply explore their thoughts and feelings in more depth. She also emphasizes all the goals of counseling. She stated two counseling goals as primary goals and secondary goals. Different individuals have different perceptions of what can be expected of counseling. Individuals preparing to become counselors, and those who seek counseling, as well as parents, teachers, school administrators and governmental agencies, all differ in their expectations of the counseling experience. The final designation of these goals is to be determined by the counselor and the client as a team.

Principal of the college Dr. Mrs. B.A. Mehare inaugurated the workshop and welcome the entire resource person. Dr. Mrs. B.A. Mehare motivates all the students towards counseling. Ms. Mangala Waghmare (assistant professor, Department of Psychology) tells the objective of the program and introduces the guest speaker. Ms.

Rohini Meshram (assistant professor, Department of Psychology) compere the programe.



## Report – Day 2

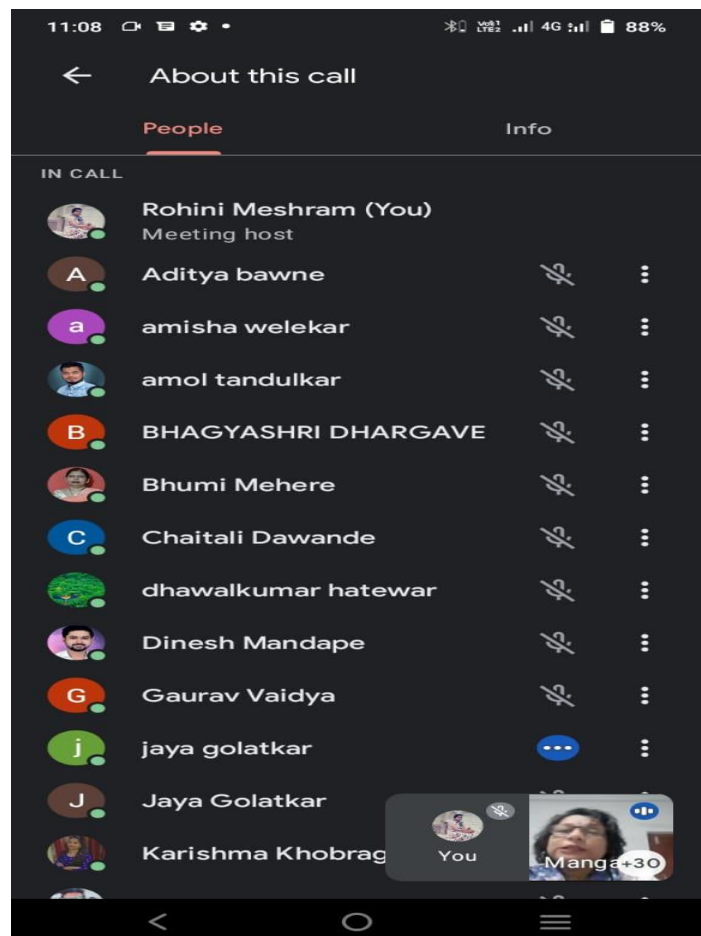
**Date: 18-02-2022**

**Resource Person: Ms. Chaitali Madan, Psychologist**

**Topic: ‘Counseling Techniques’**

On the day two Ms. Chaitali Madan addressed the students on Counseling technique. She expressed the counseling techniques as Creative therapy. She said that “Creative therapy is a form of therapy that encourages a person to work through emotional issues using art-based exercises. Creative therapies are based on the premise that when someone works creatively under the guidance of a qualified therapist, they become more expressive and communicative. The creative work can involve music, art, dance, drama, and other creative activities. She gave various examples while her presentation.

Ms. Mangala Waghmare (assistant professor, Department of Psychology) tells the objective of the program and introduces the guest speaker. Ms. Rohini Meshram (assistant professor, Department of Psychology) compere the programme.



# Report – Day 3

Date: 19-02-2022

Resource Person: Dr. Milly Baby

Topic: ‘Understanding importance of Well Being’

On the last day of the workshop Dr. Milly Baby, Associate Professor, Moris College, Nagpur gave inspiring addressed to students. She focuses on the life satisfaction theory and positive well being of the person.

The theory in Authentic Happiness is that happiness could be analyzed into three different elements that we choose for their own sakes: positive emotion, engagement, and meaning. She also explained Martin Seligman’s ‘PERMA’ theory of happiness. The first is positive emotion; what we feel: pleasure, rapture, ecstasy, warmth, comfort. An entire life led successfully around this element, I call the pleasant life.’

Principal of the college Dr. Mrs. B.A. Mehare concluded the workshop and she gave a formal thanks to all the Guest of the workshop. Ms. Rohini Meshram (assistant professor, Department of Psychology) tells the objective of the program and introduces the guest speaker. Ms. Mangala Waghmare (assistant professor, Department of Psychology) compere the programe.

