

DR. AMBEDKAR COLLEGE, DEEKSHABHOOMI NAGPUR

DEPARTMENT OF PSYCHOLOGY (Session 2023-24)

Report

Name of the Programme: Certificate Course in Counseling and Well-Being

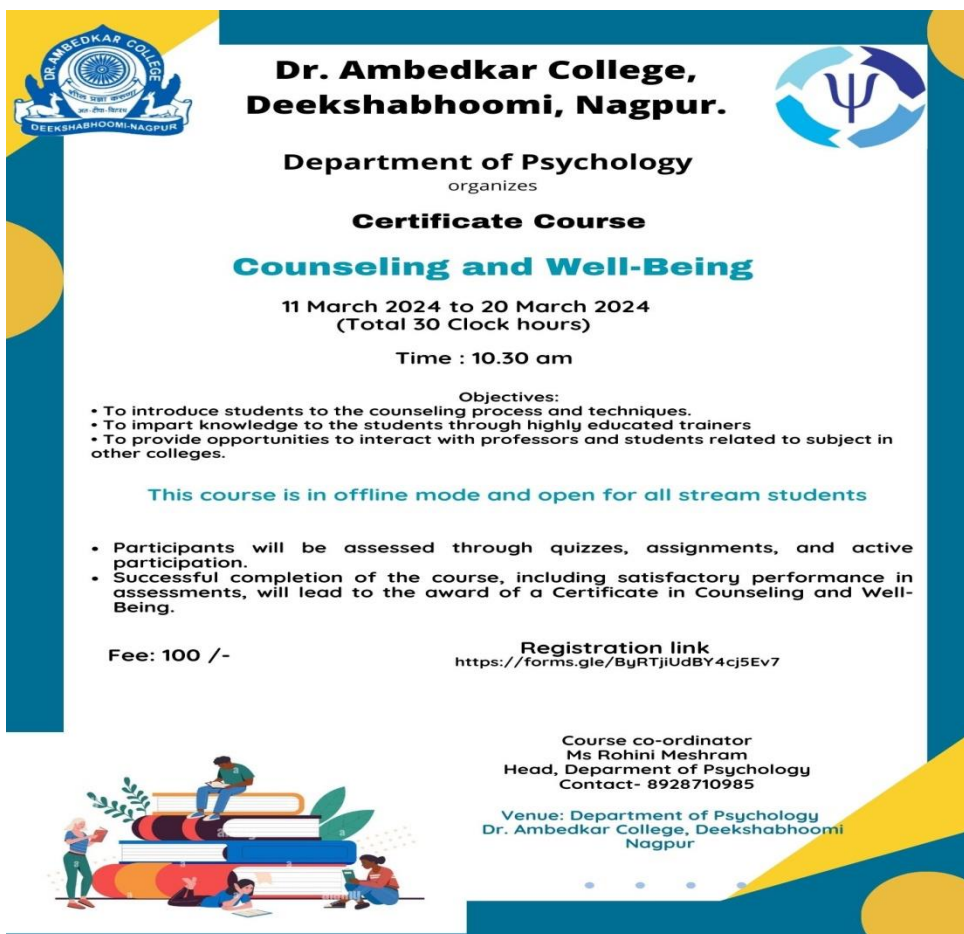
Venue: Department of Psychology, Dr. Ambedkar College, Deekshabhoomi Nagpur

Dates: 11 March 2024 to 20 March 2024

Total Duration: 30 hours

Mode: Offline

Target Audience: Open to students from all streams



**Dr. Ambedkar College,
Deekshabhoomi, Nagpur.**

Department of Psychology
organizes

Certificate Course

Counseling and Well-Being

11 March 2024 to 20 March 2024
(Total 30 Clock hours)

Time : 10.30 am

Objectives:

- To introduce students to the counseling process and techniques.
- To impart knowledge to the students through highly educated trainers
- To provide opportunities to interact with professors and students related to subject in other colleges.

This course is in offline mode and open for all stream students

- Participants will be assessed through quizzes, assignments, and active participation.
- Successful completion of the course, including satisfactory performance in assessments, will lead to the award of a Certificate in Counseling and Well-Being.

Fee: 100 /-

Registration link
<https://forms.gle/ByRTjiUdBY4cj5Ev7>

Course co-ordinator
Ms Rohini Meshram
Head, Department of Psychology
Contact- 8928710985

Venue: Department of Psychology
Dr. Ambedkar College, Deekshabhoomi
Nagpur

Day wise Report

Day 1: 11th March 2024

Topic: Foundations of Counseling

Resource Person: Rohini Meshram

Duration: 3 hours (10:30 am - 1:30 pm)

The course began with an insightful introduction to the **foundations of counseling**. Rohini Meshram, the session facilitator, outlined the basic principles and core values that guide counseling practices. She emphasized the importance of creating a safe, empathetic, and confidential environment for clients. The session provided a comprehensive overview of the key stages in the counseling process, helping students understand how to establish a rapport with clients, conduct assessments, and guide them through their personal challenges.

Day 2: 12th March 2024

Topic: *Therapeutic Techniques*

Resource Person: Mangala Waghmare

Duration: 3 hours (10:30 am - 1:30 pm)

Mangala Waghmare led a highly engaging session on **therapeutic techniques**. The discussion covered a variety of counseling approaches such as Cognitive Behavioral Therapy (CBT), Person-Centered Therapy, and Gestalt Therapy. Students learned how these techniques can be tailored to meet individual client needs. The session included practical exercises, where students practiced these techniques through role-plays and real-life scenarios, fostering deeper understanding of their application in counseling.

Day 3: 13th March 2024

Topic: *Therapeutic Techniques (Continued)*

Resource Person: Rohini Meshram

Duration: 3 hours (10:30 am - 1:30 pm)

Rohini Meshram continued the discussion on **therapeutic techniques**, this time focusing more on their practical applications in diverse counseling contexts. The session emphasized the importance of flexibility and adaptability in choosing the right therapeutic approach based on the client's needs. Students were given an opportunity to practice therapeutic interventions in small groups, where they simulated counseling sessions. This hands-on approach allowed students to better understand the dynamics of the counselor-client relationship.

Day 4: 14th March 2024

Topic: *Applications of Counseling*

Resource Person: Mangala Waghmare

Duration: 3 hours (10:30 am - 1:30 pm)

Mangala Waghmare conducted a session on the **applications of counseling** in various settings. The session covered the role of counselors in different fields such as schools, hospitals, organizations, and private practice. Emphasis was placed on adapting counseling techniques based on the specific needs and challenges of the setting. The students were exposed to case studies and practical scenarios, where they analyzed and discussed how to apply the right counseling strategies in real-world contexts.

Day 5: 15th March 2024

Topic: *Applications of Counseling (Continued)*

Resource Person: Rohini Meshram

Duration: 3 hours (10:30 am - 1:30 pm)

Rohini Meshram continued to explore the **applications of counseling** in this session, delving into specialized areas like career counseling, family therapy, and adolescent counseling. The students engaged in discussions about the challenges counselors face in these areas and how to effectively address the unique needs of different client groups. Practical exercises allowed students to analyze case studies and simulate counseling interventions in diverse real-life situations.

Day 6: 16th March 2024

Topic: *Well-Being and Life Enhancement*

Resource Person: Shaily Gambhir

Duration: 3 hours (10:30 am - 1:30 pm)

Shaily Gambhir led a session on **well-being and life enhancement**, focusing on the holistic approach to mental health. She discussed the importance of balancing emotional, physical, and social health in fostering overall well-being. Students learned about various well-being models and strategies for enhancing life satisfaction, resilience, and happiness. The session included mindfulness exercises, relaxation techniques, and practical tips that counselors can share with clients to improve their quality of life.

Day 7: 17th March 2024

Topic: *Well-Being and Stress Management (Online Session)*

Resource Person: Online

Duration: 3 hours (10:30 am - 1:30 pm)

This online session was focused on **well-being and stress management**. Students were introduced to a variety of stress reduction techniques such as deep breathing, progressive muscle relaxation, and time management strategies. The session emphasized the physiological and psychological impact of stress and the counselor's role in helping clients manage stress effectively. The students engaged in interactive exercises to practice stress-relief techniques and learn how to incorporate them into their counseling practices.

Day 8: 18th March 2024

Topic: *Play, Art, Drama, Music, Dance, Yoga, and Meditation*

Resource Person: Rohini Meshram

Duration: 3 hours (10:30 am - 1:30 pm)

In this creative session, **Rohini Meshram** introduced students to various therapeutic modalities such as play therapy, art therapy, drama therapy, music therapy, dance, yoga, and meditation. The session demonstrated how these alternative therapies can be used to express emotions, reduce anxiety, and promote mental well-being. Students were given the opportunity to participate in activities that allowed them to experience the therapeutic benefits of these modalities firsthand. This session was particularly engaging, as it showcased the intersection of creativity and counseling.

Day 9: 19th March 2024

Topic: *Movie and Discussion - Dear Zindagi*

Resource Person: Rohini Meshram

Duration: 3 hours (10:30 am - 1:30 pm)

The course included a screening of the movie *Dear Zindagi*, which explores themes of mental health, self-discovery, and seeking help. After watching the film, Rohini Meshram facilitated an open discussion on the counseling techniques depicted in the movie, focusing on the relationship between the counselor (played by Shah Rukh Khan) and the protagonist (Alia Bhatt). The students discussed the portrayal of therapy, the therapeutic process, and how real-life counselors can learn from these fictional depictions. The session was interactive and provided an opportunity for students to reflect on the importance of seeking support for mental health issues.

Day 10: 20th March 2024

Topic: *Concluding Session*

Resource Person: Rohini Meshram

Duration: 3 hours (10:30 am - 1:30 pm)

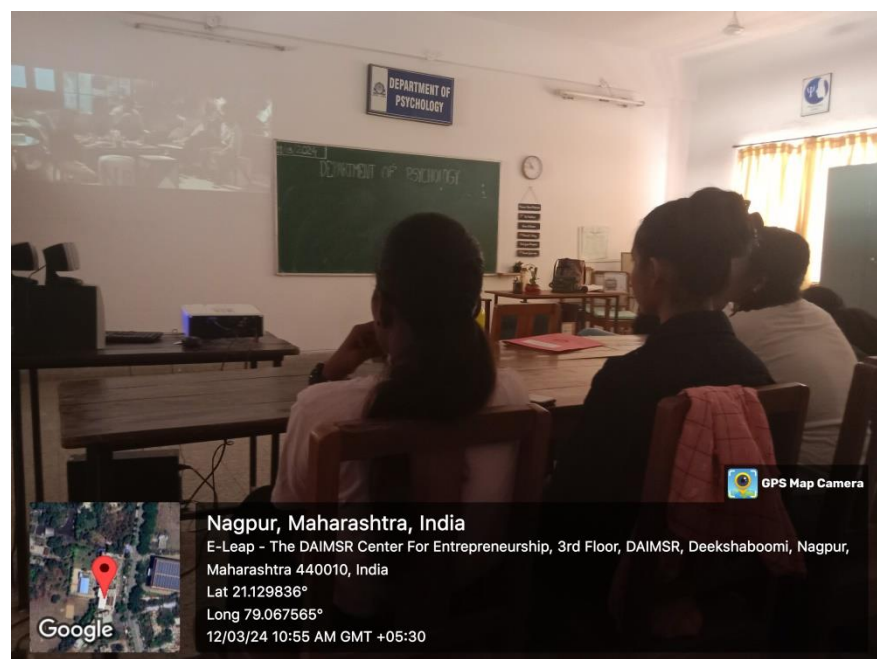
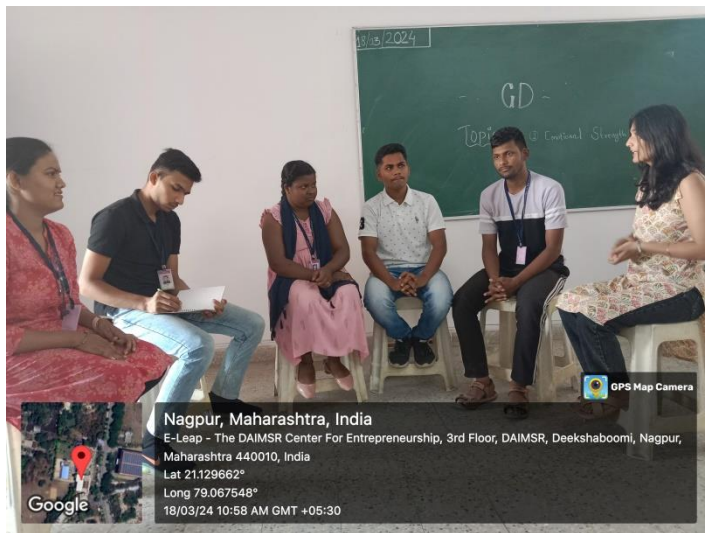
The final day of the course was dedicated to summarizing the key concepts and reflections from the entire program. Rohini Meshram led the concluding session, where students were encouraged to share their experiences, learnings, and insights from the course. She provided feedback on the students' participation, performance in assignments, and progress throughout the course. The session wrapped up with a discussion about the importance of continuing education and development in the field of counseling, encouraging students to pursue further studies or career opportunities in mental health and well-being.

Assessment and Certification:

Assessment Methods: Quizzes, assignments, active participation.

Certification: Students who completed the course successfully and demonstrated satisfactory performance in assessments were awarded a *Certificate in Counseling and Well-Being*.

The **Certificate Course in Counseling and Well-Being** was a well-rounded, informative, and engaging learning experience. Through expert guidance from seasoned professionals like Rohini Meshram, Mangala Waghmare, and Shaily Gambhir, students gained practical skills and a deep understanding of the counseling process. The course's holistic approach, combining theoretical knowledge with hands-on practice, prepared students to enter the field of counseling and make a positive impact on individuals' well-being.



The above photos shows the guest speaker, student involvement in the course, and assessment through seminars and group discussions.