

## **SRKI- Maitrisetu Psychological Counseling & Guidance Cell activities during pandemic (FROM APRIL 2020 TILL SEPTMEBER 2020)**

### **1) PROGRAM ON – 22 JULY 2020.**

SRKI- Maitrisetu Psychological Counseling & Guidance Cell Organized '**Online Workshop on Stress Management**'. Session was coordinated & conducted by Dr. Nehal Shah. On SRKI YouTube Channel. She has delivered expert talk on how to manage stress during pandemic situation.

### **2) PROGRAM ON – 29 JULY 2020.**

SRKI- Maitrisetu Psychological Counseling & Guidance Cell Organized '**Online Workshop on Ergonomics of learning**'. Session was coordinated & conducted by Dr. Nehal Shah on SRKI You Tube Channel. She has very well explained science of online learning, how to keep right posture and how to manage time to online screening and many more things during workshop.

### **3) PROGRAM ON – 05 AUGUST 2020.**

SRKI- Maitrisetu Psychological Counseling & Guidance Cell Organized '**Online Workshop on Positive Psychology**'. Session was coordinated & conducted by Dr. Nehal Shah.on SRKI You tube channel. She has nicely shown how to be positive in any situation in life.

### **4) PROGRAM ON – 24 TO 28 AUGUST 2020 FOR S. Y. B.Sc. Students (05 days) & 31 AUGUST TO 04 SEPTEMBER 2020 FOR T. Y. B.Sc. Students (05 days)**

SRKI- Maitrisetu Psychological Counseling & Guidance Cell in collaboration with (Junior Chamber International ) JCI- Surat Metro Organized '**ONLINE 5 DAYS SELF DEVELOPMENT TRAINING PROGRAM**'.

The objective of the program was to guide (T.Y. B.Sc.) & (S.Y. B.Sc.) students of [MB, BT, ES, CS Departments] of SRKI for self-development skills and employment opportunities in various sectors. The training was conducted on Google Classroom platform.

Day1 Speaker: Mr. Chirag Desai delivered expert talk on Decision Making: 24 & 31 August 2020.

Day 2 Speaker: Mr. Mulchand Sen delivered expert talk on Interview skill: 25th and 1st September 2020

Day 3 Speaker: Ms. Jinal Sanghvi delivered expert talk on Relationship Management: 26 August 2020 (S.Y. Students)

Ms. Kruti Meheta on 2 September 2020 (T.Y. Students)

Day 4 Speaker: Ms. Jyoti Maru delivered expert talk on Time and Priority Management: 27 August & 3 September 2020.

Day-5 Speaker Ms. Rishika Bhatnagar delivered talk on Personal Grooming : 28 August and 5 September 2020.

Outcome of whole program- Students were benefited by such useful information related to how to choose the path of career and how to implement actually in their life for getting employment. Really it was a great experience to listen him in very simple and lucid language that students can understand very easily. It has also eliminated the fear of public speaking from them.

5) One to one counseling by Dr. Nehal Shah - has given Psychological Counseling to many students during pandemic situation. And still many students are taking Counselling from her.