



Sh. L.N. Hindu College, Rohtak
Affiliated to M.D University, Rohtak
A post Graduate Co- Educational College, Bhiwani Road, Rohtak
Accredited by NAAC with 'B' (2.74) Grade

Student Counselling Cell

Annual Activity Report

(2022-23)



Organizing Committee of Student Counselling Cell



Mrs. Chandna Jain

Assistant Professor (Economics)

Convener, Student Counseling Cell



Dr. Neetu Aneja

Assistant Professor (Commerce)

Member, Student Counseling Cell



Mrs. Preeti Yadav

Assistant Professor (Computer Science)

Member, Student Counseling Cell



Ms. Sonam

Assistant Professor (Mathematics)

Member, Student Counseling Cell



Ms. Riya Wadhwa

Assistant Professor (Commerce)

Member, Student Counseling Cell

Student Counseling Cell plays an important role to help the students to work through their weaknesses, to develop self-awareness and to overcome challenges. This cell helps students to understand their strengths, to know their opportunities & to solve their personal, educational and psychological Problems. Various activities like express yourself, class wise interaction, mentor sessions, parents -teacher meeting, group discussion and counseling sessions are organized to build self-confidence, resolve emotional, social or behavioral problems of students and to improve their mental and emotional well-being. Workshops, seminars, extension lectures are conducted, and talks are invited by the experts in the areas of Stress management, Emotional intelligence, Relaxation techniques, Time Management, Educational & Career opportunities and other related fields for holistic development of students and prepare them to be a better citizen and human being.

Aims & Objectives of Student Counselling Cell:

- To build self Confidence
- To enhance self-esteem of weaker/ slower learners / Physically challenged students
- To help the students to overcome examination stress, anxiety or phobia
- To advice on education and career choices
- To enhance problem solving skills and emotional intelligence
- To provide non-judgmental environment for Free Expression
- To improve social skills & bring a positive change

Activities during the Session 2022-23

S.no.	Date	Name of Activity	No. of Students Participated	Pg. No.
1	8 September,2022	Extension Lecture on Career Opportunity	80	4
2	19 October,2022	Student Development Program on Stress & Anger Management	85	5-6
3	23November,2022	Express yourself Competition	30	7-8
4	30 January,2023	A Talk on National Girls Child Day	64	9
5	18 April,2023	Parents Teacher Meeting	-	10-11

1. Extension Lecture on Career Opportunity:

A student interaction session was held on 08 September, 2022 under the joint aegis of student counselling cell and career guidance & placement cell. On this occasion, a detailed lecture was organized on the topic of 'Career Opportunities'. Dr. Sandeep Kumar, Assistant Professor, Department of Economics, addressed the students. He informed the students about career opportunities in various fields. He motivated the students and said that routine practice can make their future bright. 80 students participated in this program. On this occasion, convener of student counselling cell, Mrs. Chandana Jain and coordinators of career guidance cell, Dr. Deepti Sharma and Dr. Sunny Kapoor also guided the students.



2. Student Development Program on Stress & Anger Management:

Sh. L.N. Hindu College, Rohtak (Haryana)
(Affiliated to M. D. University, Rohtak)
A Post Graduate Co-Educational College, Bhiwani Road, Rohtak
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Students Counselling Cell
In Association with
IBS Gurgaon
Organises
Students Development Program
on
“Stress & Anger Management”
October 19, 2022, 12:00 Noon

Resource Person:
Prof. Shalini Khandewal
Professor in HR & OB at
(ICFAI Business School (IBS), Gurgaon)

Organizing Committee
Dr. Neetu Aneja
Ms. Sonam
Ms. Riya Wadhwa
Mrs. Preeti Yadav

Convener
Mrs. Chandna Jain

Principal
Dr. Rashmi Chhabra

Stress and anger are negative forces that can affect mental as well as physical health. Academic performance of the students can be improved if they learn to manage stress and anger. To raise awareness about stress management, a workshop on “Stress & Anger Management” was organized in collaboration with IBS Gurugram on 19 October, 2022. Dr. Shalini Khandelwal, Prof. ICFAI business school, addressed the students. She discussed the importance of stress and anger management in daily life. She taught various techniques to manage stress. She also stressed the need for developing emotional intelligence and learn healthy ways to express anger. Worthy principal Dr. Rashmi Chhabra expressed the gratitude towards speaker and said that meditation and yoga can help to regulate emotions. Dr. Neelam Maggu emphasized that anger can lead to harmful consequences. Time management can help in coping with academic stress. Mrs. Chandna Jain motivated the students to adopt a positive approach in life.



लालनाथ हिंदू कालेज में हुआ तनाव व क्रोध प्रबंधन विषय पर व्याख्यान

रोहतक, 19 अक्टूबर (दीपक) : लाल नाथ हिंदू कालेज में छात्र परामर्श प्रकोष्ठ के तत्वावधान में छात्र विकास कार्यक्रम के तहत बुधवार को तनाव और क्रोध प्रबंधन विषय पर विस्तृत व्याख्यान का आयोजन किया गया, जिसकी अध्यक्षता प्राचार्या डा. रश्मि छाबड़ा ने की।

कार्यक्रम में मुख्य वक्ता के रूप में प्रो. शालिनी खंडेलवाल मानव संसाधन व संगठनात्मक व्यवहार विभाग आई.बी.एस. गुडगांव ने शिरकत की। उन्होंने छात्रों को बताया कि तनाव हमेशा होगा। हम जो भी करेंगे, इससे गुस्सा आएगा। यदि हम योग्य हैं तो इसे नियंत्रित कर सकते हैं।



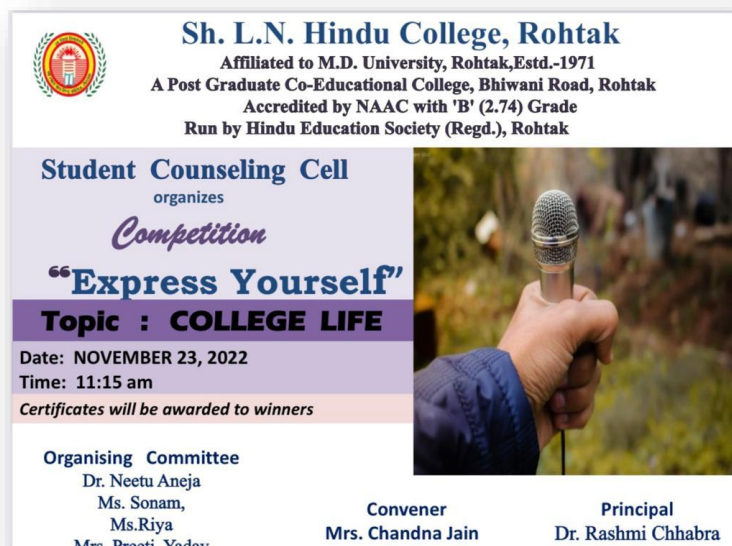
विस्तृत व्याख्यान में उपस्थित मुख्य वक्ता प्रो. शालिनी व प्राचार्या डा. रश्मि छाबड़ा।

उन्होंने गुस्से को नियंत्रित करने के कई तरीके बताए, जैसे ध्यान करना, व्यायाम करना, अपने आप को कैसे जानना, अपने लिए कैसे समय निकालना। डा. छाबड़ा ने कहा कि आजकल के वातावरण में छात्रों को बहुत तनाव है। उनका जीवन तनाव

मुक्त बनाने के लिए इस तरह के कार्यक्रम अत्यंत आवश्यक है।

इस अवसर पर डा. नीलम मग्गू, छात्र परामर्श प्रकोष्ठ की संयोजिका चंदना जैन, डा. नीतू अनेजा, सोनम, रिया, प्रीति यादव, साक्षी और आई.बी.एस टीम से अभिषेक व दीपक उपस्थित रहे।

3. Express yourself:



The poster is for a competition organized by the Student Counseling Cell at Sh. L.N. Hindu College, Rohtak. It features a central image of a hand holding a microphone. The text on the poster includes the college's name, affiliation with M.D. University, Rohtak, established in 1971, and its accreditation by NAAC with a 'B' (2.74) Grade. The competition is titled "Express Yourself" with the topic "COLLEGE LIFE". It is scheduled for November 23, 2022, at 11:15 am. Certificates will be awarded to winners. The organizing committee consists of Dr. Neetu Aneja, Ms. Sonam, Ms. Riya, and Mrs. Preeti Yadav. The convener is Mrs. Chandna Jain, and the principal is Dr. Rashmi Chhabra.

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Affiliated to M.D. University, Rohtak, Estd.-1971
A Post Graduate Co-Educational College, Bhiwani Road, Rohtak
Accredited by NAAC with 'B' (2.74) Grade
Run by Hindu Education Society (Regd.), Rohtak

Student Counseling Cell
organizes
Competition
"Express Yourself"
Topic : COLLEGE LIFE

Date: NOVEMBER 23, 2022
Time: 11:15 am
Certificates will be awarded to winners

Organising Committee
Dr. Neetu Aneja
Ms. Sonam,
Ms. Riya
Mrs. Preeti Yadav

Convener
Mrs. Chandna Jain

Principal
Dr. Rashmi Chhabra

“Don’t keep all your feelings sheltered

Express them.....

Don’t ever let life, Shut you up”

Self-expression refers to the way of communicating in which people can understand or show your feelings in a particular way. Effective communication is learning how to express your thoughts to everyone and can keep you in touch with how you are feeling. Expressing yourself in a healthier way. It can be a wonderful way to live an authentic, more fulfilling life. Practicing expressing yourself and being true to who you are is essential to becoming strong, in believing in yourself, releasing emotions and creating the life you want. An event for expressing yourself was organized by the student counselling cell under the chairmanship of worthy principal Dr. Rashmi Chhabra on 23 November 2022.

30 Students from all streams participated enthusiastically in expressing themselves. On this occasion, Dr Rashmi Chhabra expressed that there are many challenges in a student’s life after entering the college. Expressing their feelings and sharing experiences can help students to mitigate these challenges. Dr Neelam Maggu said that college helps students to enhance themselves. Stage was hosted by Ms. Sonam. Mrs. Chandana Jain and Dr. Neetu Aneja were the jury members for the event. Certificates and positions were allotted to the students who expressed themselves in a great way.

First position: Muskan and Rashika

Second position: Anuj and Mehak

Third position: Bhumika and Muskan

Consolation prizes were given to Palak and Kajal.

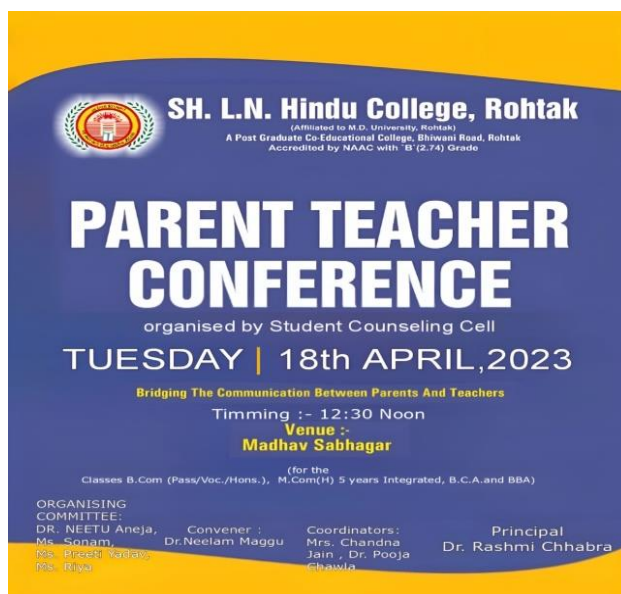


4. A Talk on National Girls Child Day:

Abhyudaya talk was organized in collaboration with Bharat Vikas Parishad Mahila and Vikas Prakalp, Rohtak Shakha on National Girl Child Day, 30 January, 2023. Main theme of the talk was 'Safety'. On this occasion, Dr. Vijay Balhara, former principal of Model School, was the keynote speaker. She said that the government and society are taking special initiatives for the safety of girls. The government has made several laws for the safety of girls. She said that women do not need to be afraid of any situation. If there are 100 problems, there are 1000 solutions. She informed about Durga Shakti App and asked all the girls should keep it on their mobile. Women can protect themselves through this medium. She said that if girls go out of the house, then they should give complete information to their parents. Whenever you go somewhere in the cab, you should not talk about any personal thing on the phone because the cab driver is listening to your conversations. She said that family is your best guide and friend, parents should know everything about children. She said that today in big companies we greet by shaking hands, we should salute with folded hands. Salutation changes the results.



5. Parents Teacher Meeting:



Parents and teachers are two important pillars in the life of a student. They play a significant role in their life. They should work together for the holistic development of students. Parents teacher meet was organized on 18 April, 2023 to bridge the gap between parents and teachers. Worthy principal Dr. Rashmi Chhabra along with all the subject teachers and mentors interacted with parents. They discussed their academic performance, class attendance, and preparation for upcoming exams. Besides these, parents were informed about different co-scholastic activities and the importance of participation in these activities. So, they can motivate their ward to take part in these activities for their overall growth.



लाल नाथ हिंदू कॉलेज में अभिभावक-शिक्षक बैठक का आयोजन



बैठक के दौरान अभिभावकों से चर्चा करते स्टाफ सदस्य।

रोहतक, 18 अप्रैल (स.ह.) श्री लाल नाथ हिंदू महाविद्यालय के छात्र परामर्श प्रकोष्ठ के तत्वाधान में अभिभावक शिक्षक बैठक का आयोजन किया गया। जिसका उद्देश्य छात्रों के शैक्षणिक प्रदर्शन और सर्वांगीण विकास पर चर्चा करना रहा।

कार्यक्रम संचालिका चंदना जैन ने कार्यक्रम की शुरुआत में अभिभावकों का स्वागत करते हुए कहा कि माता-पिता, शिक्षक और छात्र की साझेदारी शिक्षा प्रक्रिया को समृद्ध और प्रभावी बनाती है।

यह माना जाता है कि अभिभावक ही अपने बच्चे के पहले शिक्षक होते हैं, शिक्षक का माता-पिता के संपर्क में होना छात्र की सफलता के लिए सर्वोपरि है।

प्राचार्या डॉ रश्मि छाबड़ा ने कहा कि अभिभावक शिक्षक बैठक विद्यार्थी की

प्रगति पर चर्चा करने का एक सही तरीका है। इस बैठक का उद्देश्य छात्र की शैक्षणिक प्रगति के बारे में अंतर्दृष्टि और विचारों का आदान प्रदान करना है।

डॉक्टर नीलम मग्गू ने सभी का धन्यवाद करते हुए कहा कि अभिभावकों को नियमित रूप से अध्यापकों के संपर्क में रहना चाहिए। कार्यक्रम के दौरान अभिभावकों द्वारा प्रतिपुष्टि पत्र भी भरवाए गए। सभी अभिभावकों ने मेंटर्स के साथ अपने बच्चों के शैक्षणिक और सर्वांगीण विकास पर चर्चा की।

इस अवसर पर शालू जुनेजा, डीसी, डॉ नीतू अनेजा, डॉ सीमा गोसाईं निधि, रिया वधवा डॉ रीना कत्याल, मधु प्रीति यादव, कीर्ति धोंगड़ा, ज्योति गिरधर प्रीति, किरण देवी, सोनम सभी छात्र ए अभिभावक मौजूद रहे।