

2018-2019

CERTIFICATE COURSE ON GUIDANCE AND COUNSELLING

Objective: To gain the knowledge about Guidance and Counselling

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- To aware the individuals towards importance of Guidance and Counselling
- To aware the individuals towards different types of Counselling
- To remind people that in the development of Mental health, Guidance and Counselling is the part whenever necessary

Date: 18.01.2019 to 16.03.2019

Participants: All B.A and B.Com Students, faculty and others

No of Students: 80

No of Faculty: 10

Other Participants: 4

Programme: Depts .of Sociology and Psychology conducted a certificate course on “Guidance and Counselling” for II BA, B.Sc. &B.Com students. In this part of course Dr. T.D. Vimala make students to learn about various types of Guidance and counselling . Principal Dr. Pullareddy garu explained about the importance of Guidance and counselling in the life cycle.Psychology HOD,Dr.Sarma garu shared the views regarding importance of Mental Health.

2019-2020

CERTIFICATE COURSE ON STRESS MANAGEMENT

Objective: To aware the people towards stress management

Programme: Depts .of Sociology and Psychology collaboration with All India psychological association conducted a certificate course on “stress management ‘for community.In this part of course Dr. T.D. Vimala make people to learn about various types of stress and stress coping strategies. D.puli srinivas explained techniques like Yoga,Meditation etc; Aruna garu explained about Time Management. It has started on 02.02.20 to 01.03.20.

Evidence of Success:



Out come: The people gained knowledge about various types of stress and stress free techniques.

Feedback: Taken feedback from Participants and most of the participants have given positive feedback. Register maintained. They expressed that it will be useful to minimize their stress levels by practicing stress free techniques like Meditation, Yoga etc;