

Activity Report



Quality Education – Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all



Name of the Event	Practical Skills in Counselling
Department	Department of Psychology
Date (or Period)	2/11/2023
Organizer (Name of the University)	Deen Dayal Upadhyaya Gorakhpur University Gorakhpur
Online/Offline Mode	Offline Mode
Brief Write-up in English	<p>The Department of Psychology conducted a session on Practical Skills in Counselling to enhance students' hands-on understanding of counselling techniques. The session focused on key skills such as active listening, empathy, rapport building, and ethical considerations in professional practice. Resource persons demonstrated real-life counselling scenarios through role-plays and interactive activities. Students actively participated and engaged in practice exercises, gaining confidence in applying theoretical knowledge to real-world situations. The session was insightful and effectively bridged the gap between academic learning and practical application in psychological counselling.</p>
Images description with	 