

Activity Report



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



Name of the Event	Skill Development Program on Basic Counselling skills
Department	Department of Psychology
Date (or Period)	10/11/2023
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 organized a Skill Development Program on Basic Counselling Skills to equip students with essential techniques for effective counselling. The session focused on foundational skills such as active listening, empathy, building rapport, and ethical considerations in practice. Through interactive demonstrations and role-plays, participants gained practical experience and a better understanding of real-world counselling settings. The program was well-received and proved to be a valuable step toward developing professional competence in aspiring mental health practitioners.</p>