

PRESS RELEASE



GCOE CONDUCTS ONE DAY WORKSHOP ON HAPPINESS.


May 4 GCOE Jammu organized a "one day workshop on Happiness". It was organized by Psychological Counselling Cell. Prof. Vinay Lata was the resource person for the workshop. She gave an extensive presentation on the importance of happiness in life and how far it is beneficial for day to day lives of a human being. In her presentation she talked about various phases or aspects of happiness and how smiling can lift the burden of sadness by giving signals to the brain.

Prof. Aekta Gupta, Principal GCOE Jammu, in her address motivated the students for trying to keep happy themselves as well as others in their surroundings. The best take away from this workshop was the smiles on everyone's face. Students and other faculty members also interacted and shared their views on the topic. Workshop was successfully ended with plantation drive by Principal GCOE, faculty and students. The faculty members who graced the occasion were Prof. Anju Bala (DSW), Prof. Seema Kotwal, Prof. Satish K.Sharma, Prof. Radika Mahajan, Dr. Rajinder Kour, Prof. Anuradha Choudhary, Dr. Sushma Bala, Dr. Deep Kumar Bangotra, Dr. Shubhra Jamwal, Dr. Shalini Sharma, Prof. Seema Kumari, Prof. Neeraj Verma, Prof. Shapia Shameem, Prof. Sarita Dogra, Dr. Anuradha Seth and members from non teaching staff of GCOE. Students who contributed in workshop were Ms. Arushi, Ms. Neha Bashal and Ms. Heena Tabassum.


Sd/-
Principal,
GCOE, Jammu




Poster Making and Slogan Writing Competition



GOVERNMENT COLLEGE OF EDUCATION JAMMU
A CONSTITUENT COLLEGE OF CLUSTER UNIVERSITY OF JAMMU
NAAC ACCREDITED 'A' GRADE INSTITUTION
PSYCHOLOGICAL COUNSELLING CELL
PRESENTS
POSTER MAKING/SLOGAN WRITING CONTEST
THEME: SUICIDE PREVENTION
(CREATING HOPE THROUGH ACTION)



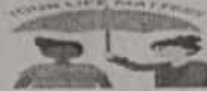
CLUSTER
UNIVERSITY
OF JAMMU



Prof. Asha Gupta,
Principal, Govt. College of Edu, Jammu.

A POSTER IS WORTH SPEAKING THAN THOUSAND WORDS.

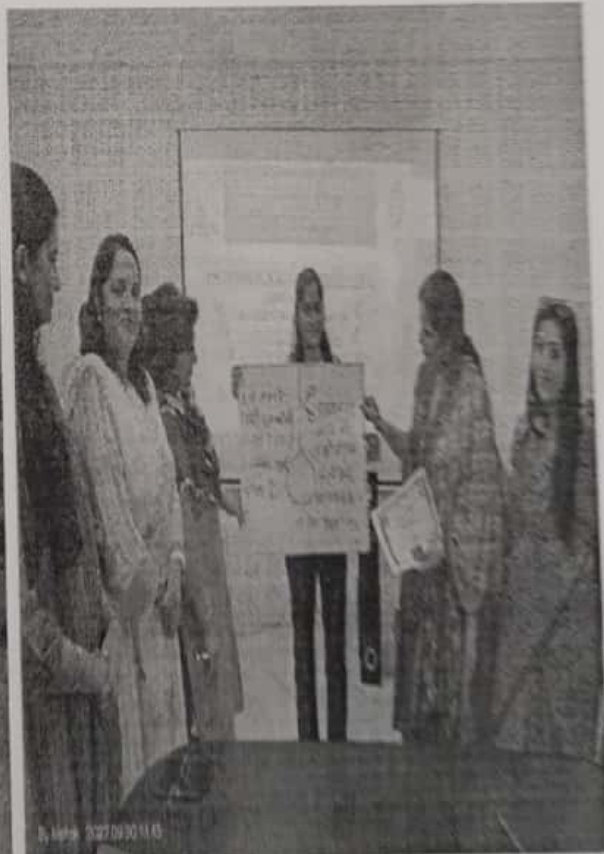
DATE: 30/05/2022
TIME: 11:00AM
VENUE: CONFERENCE HALL



YOUR LIFE MATTERS

YOU MATTER ,YOUR LIFE MATTERS
NO ONE ELSE CAN PLAY YOUR PART

PSYCHOLOGICAL COUNSELLING CELL
IF ANY QUERIES PLEASE CONTACT
PROF.VINAY LATA @7006532307
EMAIL ID :counsellingcell010@gmail.com



Press Release

लेखन प्रतियोगिता में भव्य शर्मा को पहला स्थान



दोमाना। राजकीय शिक्षा महाविद्यालय जम्मू के मनोवैज्ञानिक परामर्श प्रकोष्ठ ने सुसाइड प्रिवेंशन माह के अवसर पर इंद्रा कॉलेज पोस्टर निर्माण एवं स्लोगन प्रतियोगिता का आयोजन किया। कार्यक्रम की मुख्य अतिथि शासकीय शिक्षा महाविद्यालय की प्राचार्य प्रो. एकता गुप्ता थीं। पोस्टर और स्लोगन लेखन का विषय बच्चों को जागरूक करना था। कार्यक्रम का शुभारंभ सरस्वती वंदना और दीप प्रज्ज्वलित कर किया गया। प्राचार्य प्रो. एकता गुप्ता ने बच्चों और वयस्कों के बीच आत्महत्या की समस्याओं के विभिन्न पहलुओं पर विचार विमर्श किया और इसके प्रभाव का मुकाबला करने के लिए मुद्दे की हमारी समझ में सुधार करने की आवश्यकता पर बल दिया। पोस्टर मकिंग प्रतियोगिता में आरुषि शर्मा ने प्रथम, अनु बागल द्वितीय व कोमल शर्मा ने तृतीय स्थान प्राप्त किया। स्लोगन लेखन प्रतियोगिता में भव्य शर्मा ने पहला, सोनिया सिंह ने दूसरा व सायमा गुप्ता ने तीसरा स्थान हासिल किया। इस अवसर पर बीएड समन्वयक प्रो. अंजू बाला, डॉ. शुभा जमवाल, प्रो. रमनदीप कालिया, डॉ. दीप कुमार बंगोत्रा, प्रो. शालिनी राणा, डॉ. सुषमा बाला, प्रो. सरिता डोगरा, प्रो. शापिया शमीम भट्टी, प्रो. सीमा कुमारी, प्रो. विनय लता और प्रोफेसर सरिता डोगरा भी उपस्थित थे। संवाद



World Mental Health Day

Oct. 10, 2022

GOVERNMENT COLLEGE OF EDUCATION, JAMMU
A constituent College of Cluster University Of Jammu



**Psychological Counselling Cell
ORGANISES
Interactive Session
On
WORLD MENTAL HEALTH DAY**

**Theme : Make mental health and well-being
for all a global priority.**

**DATE- 10th
October, 2022**

Time- 3 pm

Venue : Science Lab



**Prof. Aekta Gupta
Principal/Patron GCOE**



**Lecture by
Prof. Vinay Lata**

Mental health is not a destination, but a process. Its about how you drive, not where you are going.

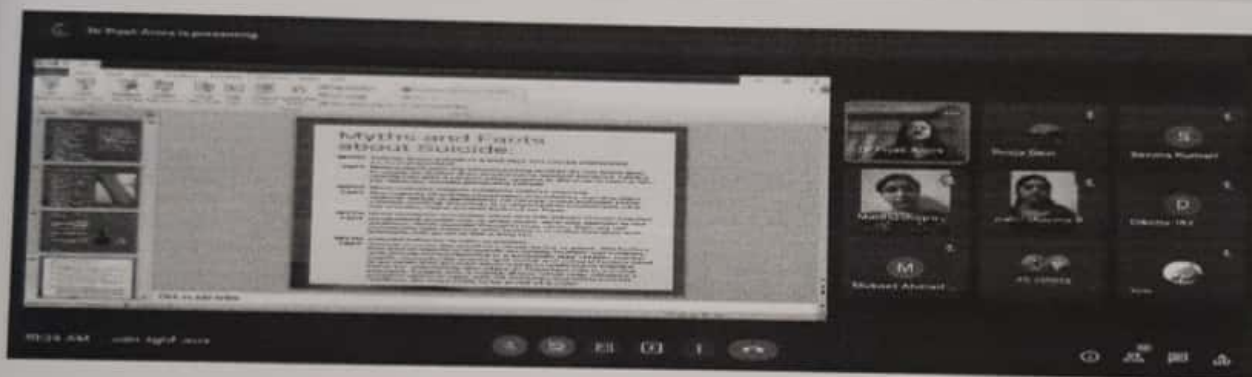
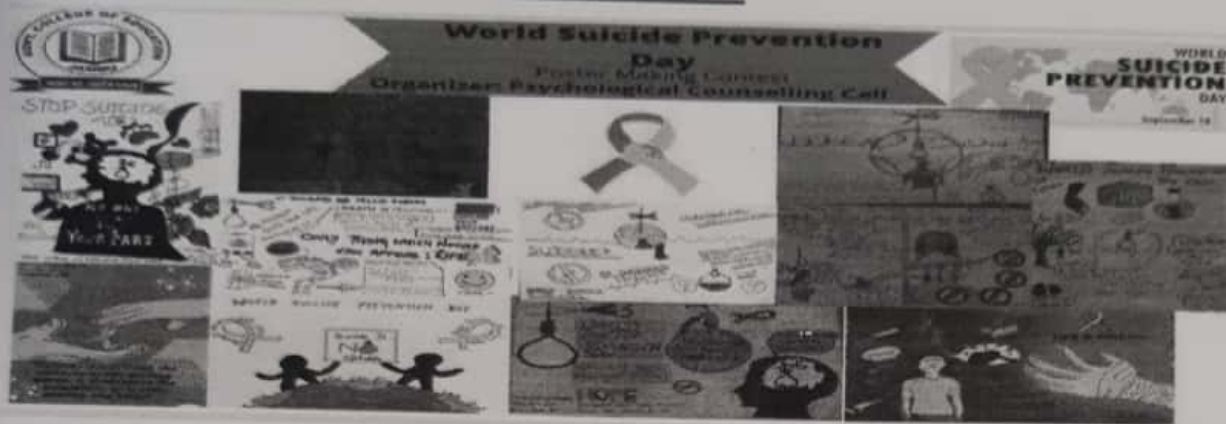


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Govt. College of Education, Jammu

Press Release



The Psychological Counseling Cell of Government College of Education under the patronage of Cluster University of Jammu organized a two-day awareness program on World Suicide Prevention Day. Poster making competition themed "SUICIDE PREVENTION: Creating Hope Through Action" was held on 10th of September and an interactive webinar was conducted on 11th of Sep where detailed discussion was held with students and their queries were resolved.

Convenor of the Psychological cell, Prof. Vinay Lata presented the welcome address. She briefed the students about the importance of awareness and steps needed to battle suicidal thoughts. The resource person for the day was Dr. Piyali Arora (Clinical Psychologist, Associate Professor, GCW Parade). She highlighted the factors responsible for increased cases of depression including psychological disturbances, rejections, career pressure loneliness due to extended period of pandemic etc. The most vulnerable age group is 15-24 years and the number of attempts is significantly higher among women. She presented a well-prepared PPT for detailed discussion. To make the session interactive, panel discussion was conducted with the students. The main takeaway of the webinar was the importance of healthy communication in reducing the cases of suicides.

Principal, Govt. College of education, Jammu Dr. Kulvinder Kour appreciated the efforts of team and highlighted the severity of problems related to mental health. She inspired the students to be the part of such programmes. The event was graced by the presence of faculty members including Prof. Deep Kumar Bangotra, Prof. Neeraj Verma, Prof. Mansi Sharma,

Government College Of Education Jammu , J&k
A constituent college of Cluster University of Jammu
(NAAC Accredited 'A' Grade Institution)



Dr. Kulvinder Kour
Chief Patron, Principal



Dr. Piyali Arora,
Clinical Psychologist, Associate
Professor, GCW Parade

GCOE invites you to attend a webinar on "World Suicide Prevention Day", to be held on 11th September 2021. (Saturday 10 AM)

The event will be conducted via Google Meet. The link will be shared on the day of the programme.

Organized by: Psychological Counselling Cell





Govt. of J&K (UT)
 Higher Education Department
 उच्चतर शिक्षा विभाग
 محکمہ اعلیٰ تعلیم



Govt. College of Education, Jammu
 A constituent college of Cluster University, Jammu
 (NAAC Accredited 'A' Grade Institution)

Organising a webinar on
Drug Addiction : A silent Pandemic
 on 3rd May, 2021 from 3.00 pm to 4.00 pm



Chief Patron
 Principal, Govt. College Of Education



Speaker
 Dr. Rajesh Chandel
 HOD Psychiatry, GMC Kathua

Organizing Committee
 Psychological Counselling Cell

Platform for webinar : Google Meet
 Link for the same will be shared on the day of the programme.



Activity No-2

GUEST-LECTURE

Guest Speaker - Dr. Manisha Saroop
Associate Prof., Govt. College of Education, Jammu

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PSYCHOLOGICAL COUNSELLING CELL
GOVERNMENT COLLEGE OF
EDUCATION, JAMMU
IS ORGANIZING A GUEST LECTURE ON

**MENTAL HEALTH:
MANAGING AND
TREATING ANXIETY**

By DR. MANISHA SAROOP KOHLI

Coordinator
Psychological Counselling Cell
Dr. Pradipta Kour

PATRON
Principal
Dr. Kuldeep Singh

28TH NOVEMBER 2020 AT 12:00PM

<https://www.youtube.com/watch?v=710414622677>
<https://www.youtube.com/watch?v=710414622677>

Govt. College of Education * Jammu *
Principal

Activity No-3

SLOGAN WRITING

COMPETITION

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MANODARPAN

Psychological Counseling Cell

UNDER THE INITIATIVE OF MHRD, GOVT OF INDIA



A constituent college of Cluster University Of Jammu

ORGANISES

a slogan writing competition

on

**ANGER
MANAGEMENT**

OR
29th December, 2020

ORGANISED
Team Psychological
Counseling Cell, GCE

PATRON
PRINCIPAL
Dr. Kulwinder Kaur

Send your entries (handmade) on
or before 29th December 2020 on
growgratitude1111@gmail.com
along with your name, affiliation and con-
number.



ANGER IS
ONE LETTER
SHORT OF
DANGER

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ANGER MANAGEMENT



ANGER DOESN'T
SOLVE ANYTHING
IT BUILDS
NOTHING, BUT IT
CAN DESTROY
EVERYTHING.

FOR EVERY
MINUTE YOU ARE
ANGRY YOU LOSE
60 SEC OF
HAPPINESS



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Activity No-4 ESSAY WRITING COMPETITION

MANODARPAN

Psychological Counseling Cell

UNDER THE INITIATIVE OF MHRD, GOVT OF INDIA



A constituent college of Cluster University Of Jammu

ORGANISES

an essay writing competition

on

Effects Of Bullying

On

Mental Health

ORGANISER

*Team Psychological
Counseling Cell, GEC*

PATRON

*Principal
Dr. Kulvinder Kaur*

To be judged by

Dr. Rajinder Kaur, Dr. Jyoti Pathak, Prof. Shalini Rana

Send your entries on or before 31st January 2021
on grow-gratitode2021@gmail.com
along with your name, affiliation and contact number.

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