

मनोविज्ञान विभाग
DEPARTMENT OF PSYCHOLOGY

मनोविज्ञान प्रयोगशाला
PSYCHOLOGY LAB



शासकीय स्नातकोत्तर कन्या उत्कृष्ट महाविद्यालय सागर

मनोविज्ञान विभाग, मनोवैज्ञानिक परामर्श केन्द्र

महाविद्यालय की छात्राओं
के निम्न लिखित -
समस्याओं के समाधान हेतु
मनोवैज्ञानिक परामर्श
उपलब्ध कराया
जाता है।



स्थान : मनोविज्ञान विभाग

दिन : प्रत्येक शनिवार

डॉ. ए.के. गुप्ता
संयोजक

श्रीमती तरुणानाथ
सदस्य

श्रीमती अश्विनी सूर्यवंशी
सदस्य

विभोर सराठे
सदस्य



क्रमांक / 1096 / 2023

सागर दिनांक 12 / 07 / 2023

आदेश

महाविद्यालय में अध्ययनरत छात्राओं की मनोवैज्ञानिक समस्या के निदान हेतु मनोविज्ञान विभाग में "मनोवैज्ञानिक परामर्श केंद्र" की स्थापना की जाती है, जिसमें निम्नांकित सदस्य होंगे।

1. डॉ. एस. के. गुप्ता, प्राध्यापक, मनोविज्ञान - संयोजक
2. श्रीमती तरुणा नाथ, सहायक प्राध्यापक - सदस्य
3. श्रीमती अश्विनी सूर्यवंशी, सहायक प्राध्यापक - सदस्य
4. विभोर सराटे, अतिथि विद्वान - सदस्य

पृ.क्र. 1097 / 2023

सागर दिनांक 12/07/23

प्रतिलिपि :

1. संबंधित अधिकारियों एवं अतिथि विद्वान को आदेश पालनार्थ एवं सूचनार्थ
2. गार्ड फाइल

Atore
(डॉ. आनंद तिवारी)
प्राचार्य
शासकीय स्वशासी उत्कृष्टता
महाविद्यालय
सागर (म.प्र.)

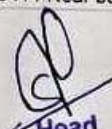
Atore
(डॉ. आनंद तिवारी)
प्राचार्य
शासकीय स्वशासी उत्कृष्टता
महाविद्यालय
सागर (म.प्र.)

Students Registered for Counselling

Department of Psychology

Government Girls P G College of Excellence Sagar (MP)

Aakansha Patel	21	Female	BA 1st year	6263219910	Bhagwanganj sagar
Sanskriti Sahu	20	Female	B.A. 1st year	7225951461	Shri Ramnagar
Aadhya Shastri	19	Female	B.a 1st year pass	9713549488	Vivekanand Ward Sagar
Mini vyas	22	Female	M. A 4th sem	8103844428	Panth nagar ward sagar
Badal Raikwar	28	Male	MA	9074399307	Sagar
Meenal rajak	22	Female	M. Com	9516771400	Police line sagar M.P
Nida khan	22	Female	M.sc Botany	8815885014	Gopalganj sagar mp
Saraswati Thakur	23	Female	PG	8823896585	Sagar mp
Riya Swankar	23	Female	B tech	9399267993	Gopalganj sagar mp
Sristi	25	Female	Post graduate	9294593538	Panthnagar sagar MP
Pushpendra Choudhary	24	Male	MSc	8982442827	Makroniya Sagar M.P.
Anukriti Vishwakarma	22	Female	Graduate	9589474383	
Lekhraj Namdev	26	Male	M.Sc	7692998459	
Khushboo dangi	18	Female	BA 1st year		Tagor Ward Khurai
Anjali kumi	18	Female	BA 1 year	7770856346	Muhli
Gunjan Bhardwaj	22	Female	B.A 2nd year	6263855191	Gourjhamar
Shilpi Choubey	19	Female	B.com first year	8889816472	Bandri
Tanushri awasthi	18	Female	12th	9584969204	Word no.07 budhwara rahatgarh
Anushri Awasthi	18	Female	12th	9584969204	Word no.07 budhwara rahatgarh
Shalini sen	20	Female	B. A. 3rd year	9303378535	Hatta road patera, Damoh
Khushi Litoriya	20	Female	MA eng literature second sem	8962564780	Dhana
Anshita shrivastav	19	Female	BA 1 st year	8982370152	Shahgarh
Amreen khan	22 years	Female	BSc	8085859414	Near bus stand


Head
 Department of Psychology
 Govt. Girls P. G. College of Excellence
 Sagar (M.P.)

Students Registered for Counselling

Department of Psychology

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Head
Department of Psychology
Govt. Girls P. G. College of Excellence
Sagar (M.P.)

JAYATI CHOURASIA**Permanent Address:**

Jayati Chourasia
134, Kazi Muhali Chakraghat
Ward (M.P.)

Tel:

9302643663,
8982363128
7489417295

Personal Data:

Date of Birth:
15/06/1991

Sex: Female

Father's Name:
Mr. BABULALA CHOURASIA

Mother's Name:
Mrs. SIYA CHOURASIA

Nationality:
Indian

Marital Status:
Single

Languages Known:
Hindi, English

RESUME**Objective**

I will try to improve organization with workers of faculty under guidance of senior by applying knowledge skill, honestly and hard work.

Academic Qualification

- > P.G. Diploma in Psychological Counseling Pursuing
- > **B.Ed** From **Dr. Hari Singh Gour University Sagar** with **69%** in 2015
- > **MA**(psychology) From **Dr. Hari Singh Gour University Sagar** with **70%** in 2014
- > **B.sc** From **Dr. Hari Singh Gour University Sagar** with **65.56%** in 2012
- > **Higher Secondary (12th)** from M.P. Board Bhopal With **56.56%** 2nd division in 2009
- > **High School (10th)** from M.P. Board Bhopal With **72%** 1st division in 2007.

Computer Proficiency

- > **PGDCA** From Makhan Lal University Bhopal
- > Operating System Windows XP
- > Microsoft Technologies MS Office

EXPERIENCE

Two months teaching experience

Professional Skills

- > Excellent verbal and written communication skills
- > Willingness to learn team facilitator hard worker
- > Psychological counseling
- >

Extra Activity

Brown Belt – I in Karate

Achievement:
12th WSKF State Karate Championship_
1 Gold Medal in state
2 Bronze Medal

Declaration

I confirm that the information provided by me is true to the best of my knowledge and belief.

Reference

Available on request.
134, Kazi Muhali Chakraghat Sagar (M.P.)
(M)- 9302643663, 7489417295



Govt. Auto. Girls PG College of Excellence, Sagar (MP)

Department of Psychology

International Webinar

On

"CAREER OPPORTUNITIES IN THE FIELD OF PSYCHOLOGY"

Date: 04 Aug 2023

Time: 12:00 PM to 03:30 PM



Chief Patron
Dr. G.P. Choudhary
Additional Director
HED, Sagar



Patron
Dr. Anand Tiwari
Principal
Govt. Auto. Girls PG College
of Excellence, Sagar



Convenor
Dr. S. K. Gupta
Professor (Psychology)
Govt. Auto. Girls PG College
of Excellence, Sagar



Co-Convenor
Taruna Nath
Assistant Professor
(Psychology)
Govt. Auto. Girls PG
College of Excellence,
Sagar



Organizing Secretary
Ashwini Suryawanshi
Assistant Professor
(Psychology)
Govt. Auto. Girls PG
College of Excellence,
Sagar



Organizing Committee
Vibhor Saritthe
Guest Faculty (Psychology)
Govt. Auto. Girls PG College
of Excellence, Sagar



Organizing Committee
Mayuresh Namdeo
Research Scholar
(Psychology)
Govt. Auto. Girls PG College
of Excellence, Sagar

Guest



Dr. Gyanesh Tiwari
Assistant Professor
Department of
Psychology
Dr. Hari Singh Gour
University, Sagar

Resource Persons



Dr. Deepshikha
Paliwal
Certified Life Coach,
University of
Cambridge, UK



Dr. Sanjay Kumar
Associate Professor
Department of
Psychology
University of
Allahabad.



Dr. Mukesh Kumar
Panth
Assistant Professor
Department of
Psychology
Mahatma Gandhi
Kashi
Vidyapith, Varanasi



Dr. Shraddha Khare
Mindfulness Trainer,
Counsellor
Belgium

No Fees for registration and Certificate will be provided to participants after submission of the feedback form.

Registration Link: <https://forms.gle/MxYsiSxTKP8yeZ7>

Google Meet Link: <https://meet.google.com/tht-xpju-rxy>

WhatsApp Group Link: <https://chat.whatsapp.com/EB5ri6KDRIL16asAHPPFAsh>

Govt. Autonomous Girls PG
College of Excellence Sagar (M.P.)

Counselling cell
Department of psychology

2023 -2024

Submitted by

Shivika sahu

Psychology

M.A.4th semester

Roll no :- psy2237

Head Of Department

Dr.S.K.Gupta Sir

Principal

Dr. Aanand Tiwari sir

महाविद्यालय, सागर
कोसियेशन
केन्द्र
दुबे
सागर



शासकीय स्नातकोत्तर कन्या उत्कृष्ट महाविद्यालय सागर
मनाधिष्ठान विभाग, मनाधिष्ठानिक परामर्श केंद्र

सद्विद्यार्थी की प्रवृत्तियों के निम्न सिद्धांत -
संस्कृतों के सम्बन्ध में
सर्वोत्कृष्टता परामर्श
उत्कृष्टता का अर्थ
अर्थ है।

- तपस्यु
- दुःखिता
- दुर्भीति / धर्म
- शीघ्र / अज्ञानवश
- वैशेष्य परामर्श
- अज्ञान
- अज्ञान / अज्ञानता
- अज्ञानता
- अज्ञानता

विषय -
संस्कृत/संस्कृत परामर्श
संस्कृत परामर्श





KNOW YOUR MENTAL HEALTH

KNOW YOUR PERSONALITY

शासकीय स्नातकोत्तर कन्या अकृष्ट महाविद्यालय सागर
मनोविज्ञान विभाग, मनोवैज्ञानिक परामर्श केंद्र

मनोविज्ञान की शाखाओं के निम्न विभाग -
1. शैक्षणिक परामर्श
2. शैक्षणिक परामर्श
3. शैक्षणिक परामर्श

मनोविज्ञान विभाग

1. डॉ. पूजा सोनी
2. डॉ. पूजा सोनी
3. डॉ. पूजा सोनी

मनोवैज्ञानिक परामर्श केंद्र

1. डॉ. पूजा सोनी
2. डॉ. पूजा सोनी
3. डॉ. पूजा सोनी

मनोवैज्ञानिक परामर्श केंद्र

1. डॉ. पूजा सोनी
2. डॉ. पूजा सोनी
3. डॉ. पूजा सोनी

शासकीय स्नातकोत्तर कन्या अकृष्ट महाविद्यालय सागर
मनोविज्ञान विभाग
मानसिक स्वास्थ्य

दिनांक

मनोवैज्ञानिक परामर्श केंद्र

मनोवैज्ञानिक परामर्श केंद्र

मनोवैज्ञानिक परामर्श केंद्र



KNOW
YOUR
PERSONALITY

शासकीय स्नातकोत्तर महाविद्यालय
मनोविज्ञान विभाग
मानसिक स्वास्थ्य
दिनांक -
डॉ. राज. के. गुप्ता
प्रमुख, विभागाध्यक्ष
जनविज्ञान विभाग

INTERNET

Certificate text (partially visible)



Psychological Counselling Cell

Department of Psychology

Government Autonomous Girls PG College of Excellence

Introduction

Modern society is accompanied with perplexities and challenges. Counseling Cell intends to empower the students to face these challenges effectively through professional guidance and Counseling programs.

With the intent to address and help resolve emotional and psychological issues of the student community of Government Girls PG College of Excellence, the college has initiated the “Psychological Counseling Cell”.



Introduction

Counselling is a process of talking about your personal problems with a counselor. The counselor help you to address your problem in a positive way by helping you to clarify the issues, explore options, develop strategies and increase self awareness.



Purpose

- This counselling cell encourages the student to understand their problems and the issues that trouble them and guide them to resolve their problems. These problems can be personal, emotional, social, academic educational.

COUNSELING PSYCHOLOGY

Psychological Services



We are here for you



- **If you feel lonely, restless**
- **If you feel insecure**
- **To help you**
- **To motivate you**
- **To improve your morale**
- **To make you feel worthwhile and happy**
- **To support your mental well-being**
- **To Guide and Counsel you**
- **You share and we care**

Common problems among Students

- **Depression, Anxiety, Phobias**
- **Mood Swings, Bipolar disorder**
- **Difficult Sleeping, Panic disorder**
- **Obsessive-compulsive disorder**
- **Suicidal thoughts**
- **Relationship issues**
- **Emotional Disturbance**
- **Low Self-confidence**
- **Memory related Problem**
- **Learning Disability**
- **Goal Setting, Fear of Failure**
- **Difficulty in Understanding**



Key Functions

- To counsel students through individual Counseling sessions based on their needs.
- To enhance self-esteem of weaker /slow learners/ physically challenged students.
- To help the students to overcome examination stress, anxiety or phobia.
- To refer student to Clinical Psychologist or Professional Psychiatrist in case of any serious psychological issue.
- To inform the parents about psychological problem of the student.
- To help the students in solving their personal, educational, social as well as psychological problems.

Counselling Cell Members



DR. ANAND TIWARI
Principal & Patron



DR. S.K. GUPTA
Professor & Head
Department of Psychology



TARUNA NATH
Assistant Professor



**ASHWANI
SURYAWANSHI**
Assistant Professor

Members of Counseling Cell



DR SHARDA VISHWAKARMA
Counselor



NISHTHA GABA
Clinical Psychologist



DR DAMYANTI JYOTISHI
Counselor



MAYURESH NAMDEO
Counsellor



VIBHOR SARATHE
Guest Faculty



DURGA AHIRWAR
Content Developer



JAYA BADAGAIYAN
Student Coordinator



MINI VYAS
Student Coordinator

Meet Our

COUNSELOR



Nishtha Gaba

- *Nishtha Gaba is a RCI licensed clinical psychologist with 10th year of experience in the area of Mental Health, currently working as freelance consultant.*
- *She has done her M. Phil in clinical psychology from PGIBAMS , Raipur, Diploma in Guidance and Counseling from Regional Institute of Education, Bhopal and M.A. in psychology from Sagar University with Gold Medal.*
- *She is well trained in Psychological Assessment, Psychotherapy (CBT, REBT, Person-Centred, Group Therapy, Behaviour therapy and Supported psychotherapy) and Career Counselling. She has worked with all age group including children, adolescent, adult and elder having issues (anger, anxiety, career choices, self-confidence, emotional, abuse family problems, ADHD, Autism, OCD, Depression).*



Dr. Damyanti Jyotishi

- *Dr. Damyanti Jyotishi is a RCI registered Rehabilitation Psychologist with 15 year of experience in the area of Psychological Assessment.*
- *She has done her PhD in Social Psychology, PG Diploma in Guidance and Counseling from Regional Institute of Education, Bhopal*



Dr. Sharda Vishwakarma

- *Dr Sharda Vishwakarma is a psychologist who has worked as a teacher and Counselor for 14 years. She is employed at Dr. Harisingh Gour Central University in Sagar, M.P. She holds a PhD in psychology from the same University, as well as a certificate in guidance from IGNOU, an M.A. in psychology, and pursuing a postgraduate diploma in psychological counselling. She also has knowledge of working with adolescents and in career counseling.*



Mayuresh Namdeo

- *Mayuresh Namdeo holds a Bachelor degree in Psychology & Criminology and further specialized in Clinical Psychology with a Master degree.*
- *With a six-month internship at a Mental Hospital in Gwalior, he gained hands-on experience in the field. Additionally, he is certified in counseling and psychology from Shyama Prasad Mukherji College of Women, University of Delhi.*
- *Currently, He is pursuing Ph.D. in Psychology under the guidance of Dr. S.K. Gupta at MCBU.*



Register for Free Counseling

For Appointment: <https://forms.gle/HrDEBy3cx9BpHYQL7>

WhatsApp Group: <https://chat.whatsapp.com/G18hxD1ru02InkRGt1zW4h>

E-mail: departmentofpsychologygdc@gmail.com



Scan this Code to Register



Scan this Code for
WhatsApp Group

Timings

Every Saturday

02:00 PM to 04:00 PM

At

Psychological Counseling Cell

Dept. of Psychology