

### Programme and Activities under Psychology Resource Centre (PRC)

Sr. No	Name of the Programme	No. of Participants attended
1	Workshop for Govt. School Counsellors on “effective Counselling Skills and Strategies for Managing Emotional Distress among Students” at GMSSS-20B, on 20.05.2026	81 Counsellors Participated
2	Career Awareness session and Personality Development for students of Govt. Home Science College for Girls Sector 10 Chandigarh on dated 08.04.2026	50 participants
3	One day capacity building for counselors of Govt. schools of Chandigarh on ‘My career Advisor App and my Career Cards along with Vocational education and Entrepreneurship opportunities for Counsellors” on 15th January 2026 at SCERT	83 Participants/ Counsellors
4	Orientation / Brief Session on implementation of “No Bag Less Day Activities” for Head/ Principals of Govt. Schools of Chandigarh on 20.03.2026 at GMHS-48	97 Participants
5	Organized expert talk and activities for D.El.Ed. students on World Mental Health Day on 10 October 2025 during Mental Health Week along with poster making competition for D.El.Ed. students.	90 Participants
6	Awareness Session / Expert talk on World Suicide Prevention Day along with poster making competition for D.El.Ed. students on 10th September 2025	90 Participants
7	Career Counselling of students based on Psychometric assessment	1100 students