



SHAHEED BABA DEEP SINGH

Department of Home Science

FACULTY OF ARTS & SOCIAL SCIENCES

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No. 91-9639010541



SWAMI VIVEKANAND SUBHARTI UNIVERSITY

Subhartipuram, NH-58, Delhi Haridwar Meerut Bypass Road, Meerut-
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Ref.No/HSC/Notice/2017/2018/1

02/08/2017

Notice

Dear Students,

This is hereby informed that Department of Home Science shall start Value Added Courses (30 hrs) from 16.sept.2017. For further details and participation please contact program coordinators.

Program detail

S.No.	Name of Course	Programe Coordinator	Date
1	Counseling Techniques	Dr. Nishma	16/sep/2017
2	Food Preservation	Dr. Nishma	16/ Nov/2017
3	Early childhood Administartion	Dr. Nishma	08/Jan/2018
4	Diabetes educator course	Dr. Nishma	01/Feb/2018
5	Food Safety and Hygiene Management	Dr. Nishma	10/March/2018

All the above courses are free and a Certificate shall be provided at the end of the session.

Dr. Jyoti Gaur

(Head Department of Home Science)

DEPARTMENT OF HOME SCIENCE
Swami Vivekanand Subharti University, Meerut

Registrar
Swami Vivekanand
Subharti University
MEERUT

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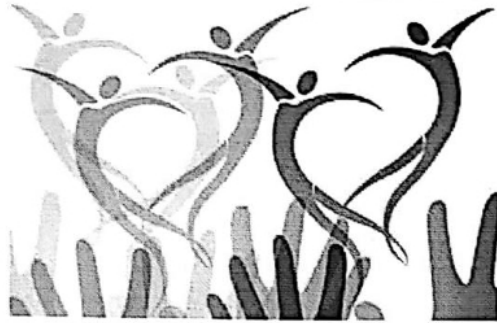
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DEPARTMENT OF HOME SCIENCE

Faculty of Arts and Social Sciences

Programme Name- Counselling Techniques

Eligibility- XII from any stream (College students pursuing degree)

Duration – 30 hrs

Venue- Department of Home Science

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DEPARTMENT OF HOME SCIENCE

Faculty of Arts and Social Sciences

Syllabus

Value Added Course

Counselling Techniques

Techniques of Counselling

Toward Intentional Interviewing, Counseling

Group Activity-Identifying skills that make one good at counseling

Attending Behavior and Empathy

Opening Communication

Encouraging, Paraphrasing and Summarizing

Video Tape-Focusing on attending behavior, questions

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DEPARTMENT OF HOME SCIENCE
Swami Vivekanand Subharti University, Meerut
Completion Report of Value Added Courses

2017-18

Course Name	Counselling Techniques
Conducted by	Dr. Nishma
No. of Registrations	33
Whether the certificates awarded or not	Awarded
No. of students Awarded certificates	33
Date of awarding of Certificate	15/05/2017
Collaborations	—



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DEPARTMENT OF HOME SCIENCE
Prof. (Dr.) Jyoti Gaur
Swami Vivekanand Subharti University, Meerut

Head, FASS



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Report on

Counseling techniques

Venue: Department of Home science

Date: 16 aug-15 Sep 2017

Resource person: Dr. Nishma Singh

This value added course sessions was started on 16.08.2017 by Dr.Nishma Singh, she said that good counseling is flexible rather than fixed to a rigid structure, we had total 30 participants in this course, Dr. Nishma said that the counselor sees what a client needs and is able to provide that flexibility. People skills training also needs to be flexible and attuned to the needs and capabilities of the group rather than sticking to a fixed, prepared structure. Having counseling skills enables a trainer to change that structure when they see what else might be needed. A less obvious skill is the ability to deal only with what delegates bring into training, rather than what else the facilitator may see is going on. Effective counseling creates the space for clients to realize that there may be deeper issues that need tackling. But counselors who 'move in' too quickly when they are aware that there is more going on than the presented problem are in danger of undermining a client's trust and pushing them beyond where they are ready, willing or able to go. In turn, there can be a great temptation amongst trainers to 'show off' how good they are at noticing what people need.

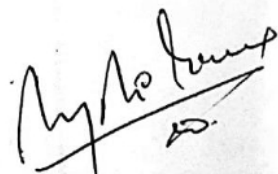
They often confront delegates and comment on their behavior, motivation or feelings when it is inappropriate to do so. They will lose the delegate's trust and may be entering territory outside the workshop remit. The use of counseling skills in this type of situation is having the awareness that there may be other issues going on for the delegate, being capable of dealing with them if they do arise, but having the patience and humility to leave them. We know that when we run trainings at work, we are privileged to be dealing with very capable, intelligent and willing delegates. Even if people are resistant, having been sent on a training rather than self-enrolling, they will be of a high caliber in terms of their ability to understand relatively complex ideas and concepts.

Finally, the session was very motivating and helpful to all the participants, all the participants were very satisfied by this course.


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Value Added course -Counselling Techniques

Neha Singh
Priyanka
Shalu Tomar
Sujata Singh
Nimisha Shastri
Shubham Sheel
Ayon Sarkar
Raksha Singh
Anchal Sangwan
Raksha Sharma
Ashirwad Baansal
Preeti Joshi
Salman Saifi
Ankita
Ankurita Dahiya
Chhavi Saxena
Divisha Malhotra
Irin Mathew
Isha Tejal
Isha Tejal
Manju
Megha Sirari
Mubashir Meraj
Priyanka Joshi
Sajan Chugh
Satyam Bansal
Shadab Alam
Shiwangee Singhal
Vimsy V. Rajan
Simran Suryavanshi
Himani Dogra
Mohd Adil Saifi
Aparnav Sharma



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Certificate of Completion

THIS ACKNOWLEDGES THAT

Shubham Sheel

HAS SUCCESSFULLY COMPLETED
 30 HOURS VALUE ADDED COURSE ON
 'COUNSELING TECHNIQUES'
 (SEPTEMBER 16- OCTOBER 15, 2017)

Dr. Jyoti Gaur
 Head, Department of Home Science

Dr. Nishma Singh
 Program Coordinator

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Certificate of Completion

THIS ACKNOWLEDGES THAT

Ayon Sarkar

HAS SUCCESSFULLY COMPLETED
 30 HOURS VALUE ADDED COURSE ON
 'COUNSELING TECHNIQUES'
 (SEPTEMBER 16- OCTOBER 15, 2017)

Dr. Jyoti Gaur
 Head, Department of Home Science

Dr. Nishma Singh
 Program Coordinator

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Certificate of Completion

THIS ACKNOWLEDGES THAT

Raksha Singh

HAS SUCCESSFULLY COMPLETED
30 HOURS VALUE ADDED COURSE ON
'COUNSELING TECHNIQUES'
(SEPTEMBER 16- OCTOBER 15, 2017)

Dr. Jyoti Gaur
Head, Department of Home Science

Dr. Nishma Singh
Program Coordinator

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Certificate of Completion

THIS ACKNOWLEDGES THAT

Raksha Sharma

HAS SUCCESSFULLY COMPLETED
30 HOURS VALUE ADDED COURSE ON
'COUNSELING TECHNIQUES'
(SEPTEMBER 16- OCTOBER 15, 2017)

Dr. Jyoti Gaur
Head, Department of Home Science

Dr. Nishma Singh
Program Coordinator

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