

WELLNESS AND CAREER COUNSELLING

Venue : Conference Hall, GHBC

Date : 16th March, 2023 (1:00 PM)

Resource Person : Prof Zokaitluangi , Senior Profesor of Psychology

Dean, School of Medical and Para Medical Sciences, Mizoram University



Organised by : Department of Education, Govt. Hrangbana College



Report on Awareness programme on Wellness and Career Counselling

Resource Person: Professor Zokaitluangi, Senior Professor of Psychology, Dean, School of Medical and Para Medical sciences, Mizoram University

DATE: 16/03/2023

VENUE: CONFERENCE HALL, GHBC

NO. OF PARTICIPANTS: 84



CONTEXT

The seminar on Wellness and Career Counselling focused on mental wellness, career decision makings, career transitions and challenges.

The programme was meant to improve overall mental health, career satisfaction, life skills and success. This seminar was attended by VIth semester Education core students.



OUTCOMES

The participants gained clarity on career goals, evaluating one's skills and competencies.

The program improved communication and interpersonal skills for the participants with greater self-acceptance and self-esteem and the ability to a better expression and management of emotions and mental health conditions.



Students also gained knowledge about understanding their own strengths and weaknesses regarding what career will be suitable for them.



Thank you