

**SINDHI COLLEGE**

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(Sponsors: Sindhi Seva Samithi)

#33/2B, Kempapura, Hebbal, Bangalore- 560024

Permanently affiliated to Bengaluru City University Recognized by UGC under 2 (f) & 12 (b)

An ISO 9001:2005 certified institution



RE-ACCREDITED B++ CGPA2.98

DEPARTMENT OF PSYCHOLOGY

CLASS ACTIVITY- MOCK COUNSELING SESSION 23-24 EVEN SEM

Date & Time of the Programme	3/6/2024
Type of the Programme co-curricular /extra-curricular/cultural/sports/NSS/NCC/Industry-Institute Interactive/ Extension Activities/ Outreach/Capacity building/ others)	Capacity Building
Class	II BA
Total No. of Students	23
Programme In charge	Sandesh Zephaniah
Objective:	To provide students with an opportunity to practice and develop their counseling skills in a safe and supportive environment.
Issues / Key factors addressed:	Strategies for demonstrating empathy and building rapport with clients.
Impact/ Outcome:	Students will gain practical experience in applying counseling techniques and theories in a simulated setting, preparing them for real-life counseling situations

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HOD

H.O.D. DEPARTMENT OF PSYCHOLOGY
Sindhi College, 33/2B, Kempapura Main Rd
Hebbal, Bengaluru - 560024

PRINCIPAL
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#33/2B Kempapura, Hebbal,
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Report:

A mock counseling session was conducted for II Semester BA students to help them practice and demonstrate core counseling skills. The session involved four participants: **Rohini, Asha, Saima, and Sneha**. Asha and Saima portrayed the role of the client, sharing concerns about academic stress and personal challenges, while Rohini and Sneha acted as the counselor, applying various counseling techniques. Asha and Saima observed the session and provided constructive feedback.

During the session, Rohini demonstrated key counseling skills, including active listening, empathy, effective questioning, summarization, and positive non-verbal communication. These skills helped build rapport and provided Asha with a safe space to express her thoughts and emotions. The observers noted that Rohini and Sneha exhibited strong theoretical knowledge and ethical awareness but suggested improvements in time management and minimizing filler words to enhance her professionalism.

Overall, the session was a productive exercise, providing participants with a valuable opportunity to apply their learning in a practical setting. It highlighted their strengths and areas for improvement while reinforcing the importance of empathy and effective communication in counseling. The activity underscored the need for regular practice to further refine their counseling abilities.

Gallery:

