



SGRR School of Education

Pathri Bag Dehradun

National Seminar

On

Souvenir

**SIGNIFICANCE OF
GUIDANCE AND
COUNSELLING IN
RELATION TO WELLNESS
OF STUDENTS IN HIGHER
EDUCATION**

27/9/2023



SRI GURU RAM RAI UNIVERSITY



National Seminar-2023

on

**“Significance of Guidance and Counselling in
Relation to Wellness of Students in Higher
Education”**

27 September 2023

at

Sri Guru Ram Rai University



Souvenir

SGRR School of Education

SGRR University

Dehradun

Uttarakhand



Welcome to the School of Education Empowering Future Educators

The School of Education at SGRR University stands as the beacon of excellence in teacher training in Uttarakhand. With a rich legacy of nurturing educators, we invite you to join our vibrant academic community where we are dedicated to empowering students for impactful careers in education.

Experienced Faculty and Collaborative Learning. Our commitment to delivering personalized, top-quality education is upheld by our experienced and well-qualified faculty members. Alongside our esteemed resident faculty, we collaborate with visiting experts from renowned schools, enriching our curriculum with real-world insights and case studies. At the School of Education, intellectual rigor meets practical expertise in an environment conducive to collaborative learning. **Advancing Knowledge and Humanist Traditions.** Our mission is to honour and enrich humanist traditions by advancing knowledge across various domains, including social, cultural, literary, philosophical, historical, linguistic, and educational practices. Through a dedication to excellence in both research and teaching, we empower our students with a love of language and the power to communicate effectively.

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Research Initiatives and Academic Exploration. Our faculty members are actively engaged in educational research, attending and hosting national conferences, publishing research papers and books, and contributing to advancing critical knowledge in specialized areas. Our research initiatives have the potential to influence policy changes and drive new practices, accelerating positive change in the field of education.

Placement Opportunities. With numerous opportunities available for B.Ed, M.Ed, and PGDGC students, our school prides itself on its robust placement program. Through internships at our model schools, students gain invaluable experience that often leads to placements in government and non-government schools. The exposure gained during internships prepares graduates for success in various educational settings. Join Us





**HONORABLE CHANCELLOR
SHRI DEVENDRA DASS JI MAHARAJ
SHRI GURU RAM RAI UNIVERSITY
DEHRADUN**

Dear Members of the SGRR School of Education,

It gives me immense pleasure to extend a warm welcome to all of you to the upcoming seminar on "Significance of Guidance and Counselling in Relation to Wellness of Students in Higher Education" organized by SGRR School of Education.

In today's fast-paced world, the well-being of our students is of paramount importance. As educators and mentors, it is our collective responsibility to ensure that our students not only excel academically but also thrive emotionally and mentally. This seminar serves as a platform for us to delve deeper into the crucial role that guidance and counselling play in promoting the holistic wellness of students in higher education.

Through insightful discussions, informative sessions, and engaging interactions, we aim to explore various strategies, best practices, and interventions that can effectively support our students' well-being journey. By understanding the challenges they face and providing them with the necessary guidance and support, we empower our students to navigate through life's complexities with resilience and confidence.

I encourage all faculty members, counsellors, and stakeholders to actively participate in this seminar, as your valuable insights and contributions will enrich our collective understanding and pave the way for meaningful initiatives in promoting student wellness.

Let us come together to reaffirm our commitment to the holistic development of our students and to create a nurturing environment where they can flourish and thrive.

Wishing you all a productive and enlightening seminar.

BLESSINGS TO ALL,



PROF. (DR.) YASHBIR DIWAN
VICE-CHANCELLOR
SHRI GURU RAM RAI UNIVERSITY
DEHRADUN UTTARAKHAND

Message

It is a matter of honor and immense pleasure that SGRR School of Education, SGRR University is going to organize one day National Seminar on **“Significance of Guidance and Counseling in Relation to Wellness of Students in Higher Education”**

I congratulate and commend the faculty of school of Education to take this initiative. Our university prepares students to meet the challenges of tomorrow by showing them the right path by delivering quality education and developing young minds with ethical and moral values while boosting their leadership qualities, research culture, and innovative skills. This is the most empowering time of your life. In the ever-changing landscape of Education and society, it is crucial to stay updated with the latest developments and trends. I urge you to actively participate in seminars, workshops, and conferences, both within and outside our institution. These experiences will broaden your horizons and prepare you for the challenges of the profession.

It is a matter of great satisfaction that the SGRR School of Education is doing good service to the nation by training students in Education.

WITH WARM REGARDS

Prof. (Dr.) Yashbir Diwan



**DR. AJAY KUMAR KHANDURI
REGISTRAR,
SHRI GURU RAM RAI UNIVERSITY
DEHRADUN, UTTARAKHAND**

Message

I am pleased to announce the upcoming seminar on the "Significance of Guidance and Counseling in Relation to Wellness of Students in Higher Education," organized by the SGRR School of Education. This seminar aims to address the crucial role of guidance and counseling in promoting the overall wellness and academic success of students in higher education.

The seminar will feature distinguished speakers and experts in the field of education, psychology, and counseling who will share their insights, research findings, and best practices in supporting the mental health and well-being of students. This seminar provides an excellent opportunity for educators, counselors, administrators, and other stakeholders in higher education to enhance their understanding of the issues surrounding student wellness and gain practical strategies for supporting students effectively.

We look forward to your participation in this insightful and enriching seminar.

Best regards,

Dr. Ajay Kumar Khanduri

PROF. MALVIKA SATI KANDPAL
DEAN
SCHOOL OF EDUCATION
SGRR UNIVERSITY



Message

I am delighted to announce that our School of Education will be conducting a seminar titled **“Significance of Guidance and Counseling in Relation to Wellness of Students in Higher Education”** In today's fast-paced and demanding academic environment, it is imperative that we prioritize the mental health and well-being of our students.

Through this seminar, we will explore various aspects of guidance and counseling, including its impact on academic performance, emotional resilience, and personal development. We have invited renowned experts in the field of education to share their expertise and facilitate interactive sessions. This seminar presents an excellent opportunity for professional development and networking among our faculty members.

I encourage all faculty and staff members to participate actively and contribute to the success of this event. Your engagement is vital in fostering a culture of continuous learning and improvement within our school.

Thank you for your ongoing dedication to excellence in education.

Together, we can continue to make a positive impact on the lives of our students.

Best regards,



(Prof. Malvika Sati Kandpal)

Convener & Coordinators Of Seminar



Prof. Malvika Sati Kandpal
Dean School Of Education
SGRR University



Dr. Rekha Dhyani
Assistant Professor
SGRR School of Education



Dr. Ritu Sinha
Assistant Professor
SGRR School of Education

Eminent Speakers Of Seminar

25th September 2023



Dr. Shobhit Garg
HoD, Department of Psychiatry,
SHIMS



Dr. Surendra Dhalwal HoD, Dept. of Clinical &
Rehabilitation Psychology & Research,
NIEPVD, Dehradun



Dr. Pawan Sharma The
Psychedelic



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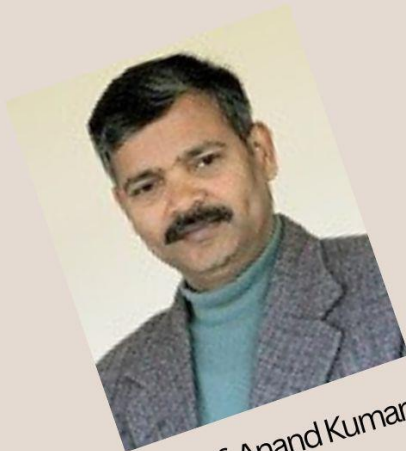
Glimpses of National Seminar



Organizing Committee of Seminar



Prof Malvika S. Kandpal



Prof. Anand Kumar



Dr. Balbir Kaur



Dr. Priyanka Upachayay



Mrs. Rakhi Chauhan



Dr. Ritu Sinha



Dr Rekha Dhyani



And this seminar would not have been possible without our students,

Here is our Ph.D Scholars -





ABSTRACTS

Influence of Guidance and Counselling on Academic Performance of Students

Mrs. Rakhi Chauhan Prof. Malvika S Kandpal***

*** Professor, **Research Scholar, S.G.R.R. University, Dehradun, Uttarakhand.**

“Guidance and counseling are the keys to unlocking the door to your potential.”

The influence of guidance and counseling on the academic performance of students is a critical aspect of modern educational systems. Guidance and counselling play a pivotal role in shaping students' academic journeys. These services encompass a wide range of support, including academic, career, and personal counseling, designed to address the diverse needs of students.

Guidance and counselling contribute to improved academic performance through the provision of academic guidance. Counselors assist students in setting educational goals, selecting appropriate courses, and developing effective study skills, which enhance their overall academic success. Furthermore, these services help students overcome academic challenges by offering individualized support and strategies tailored to their unique learning needs. Guidance and counselling have a positive impact on students' emotional and mental well-being. By providing a safe and confidential space for students to discuss personal issues, counselors can help alleviate stress, anxiety, and other emotional barriers that may hinder academic progress. A healthy emotional state is closely linked to better concentration, motivation, and overall academic achievement. Guidance and counselling services promote a supportive and inclusive school environment. By fostering positive relationships between students, teachers, and counselors, these services create a sense of belonging and connectedness, reducing absenteeism and dropout rates and ultimately contributing to improved academic performance. These services not only provide practical tools for academic success but also nurture students' emotional well-being, align their educational and career goals, and cultivate a conducive learning environment. The combined effect of these factors enhances students' overall academic performance, underscoring the crucial role that guidance and counseling play in modern education systems.

Key Words- Guidance and Counseling, Academic Performance, Academic Achievement, Academic Guidance, Career Counseling, Educational Counseling, Personal Development, Academic Success, Inclusive Education, NEP- 2020



ABSTRACTS

Academic Procrastination due to Problematic Internet Use (PIU) among adolescent students- A Review

***Dr. Balbir Kaur Jassal, **Ms. Palak Madan Sabharwal**

***Associate Professor, **Research Scholar, S.G.R.R. University, Dehradun, Uttarakhand.**

One of the most important components of modern life has supplanted the Internet. People of various ages and socioeconomic backgrounds find it appealing because of its simplicity of access. Almost every industry makes frequent use of the Internet, but education and entertainment use it the most, making it the preferred medium for adolescent students. Frequent use can have negative effects over time. The difficulty with excessive internet use is that it can interfere with people's social, academic, and professional lives. A widespread behavioral and psychological issue known as procrastination refers to purposefully delaying work and suffering unpleasant outcomes. Because they are going through a distinct period of rapid development and growth, adolescents are the ones who are most likely to suffer from academic procrastination due to Problematic Internet

Use (PIU). Previous studies have shown that self-regulation, self-efficacy, motivation, perfectionism, and parenting are all factors in teenage academic procrastination. Additionally, the Internet has made new ways to put off tasks possible, particularly with cell phones and online games. The COVID-19 epidemic has ramifications for online learning as well as academic procrastination. Therefore, the goal of this review paper is to combine studies on adolescent's academic procrastination due to problematic internet use while taking into account various societal, familial, and technological viewpoints.

Keywords: Academic Procrastination, Problematic Internet Use, Adolescent Students, COVID-19 Pandemic



ABSTRACTS

Role of Counsellor in Managing Stress in Student's Life

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A Counsellor can help to explore and understand what is causing stress. It is important to know that any level of stress is treatable and can be treated to relieve symptom. Counselling aims to help you to deal with the overcome issues which are causing emotional pain or making you to feel uncomfortable in any situations. Counsellor can provide you safe and regular space for you to talk and explore difficult things. Stress management counselling can teach you how to manage your worries so that they don't overwhelm you. Stress management is necessary for maintaining physical and mental health, improving cognitive function, fostering healthy relationship preventing burnout and enhancing the quality of life. It is an essential aspect of self-care, well being and incorporating stress management techniques into our daily life and routines which have a great benefit. Stress management encompasses a wide range of treatments and psychotherapies aimed at lowering or eliminating a person's stress levels, especially chronic stress, in order to improve daily functioning. Counselling helps you to deal with issues like depression, anxiety, stress and many more. The different types of stress management therapy are cognitive behavior therapy, positive psychology for stress, mindful - based stress reduction . The goal of stress management is to reduce stress levels by employing tactics that either change, prevent, or lessen negative emotions, or favorably rethink the situation. Psychological problems are one of the major issues that students face and find hard to deal with proper counselling they are saved from all issues that can negatively impact their studies and learn problem solving skills, living disciplined life, students learn to appreciate others, makes aware students and choices and goals. and learn the social manners and find it easy to deal with tough situations.

Keywords: Stress Counselling, Stress Management, Well being, therapy,



ABSTRACTS

Significance of Guidance in Science Education

Garima Negi Research Scholer,
ZEE Himgiri University

Science education plays a crucial role in shaping the knowledge, skills, and critical thinking abilities of learners, preparing them for active participation in an increasingly complex world. Within the realm of science education, the role of guidance emerges as a significant factor influencing students' academic achievement, career choices, and overall scientific literacy. This abstract explores the importance of guidance in science education, examining its multifaceted impact on students, teachers, and the educational system.

Effective guidance in science education encompasses various dimensions, including academic advising, mentorship, career counseling, and socio-emotional support. It provides students with direction, encouragement, and resources to navigate the complexities of scientific concepts and methodologies. Guidance empowers learners to explore their interests, set academic goals, and pursue pathways aligned with their aspirations, fostering a sense of agency and self-efficacy. Moreover, guidance in science education facilitates the alignment of academic curricula with real-world applications and emerging career opportunities. By providing insights into diverse scientific fields, industry trends, and higher education pathways, guidance empowers students to make informed decisions regarding their academic and professional trajectories. It bridges the gap between classroom learning and practical experiences, fostering the development of essential skills such as problem-solving, critical thinking, and scientific inquiry.

However, despite its significance, challenges persist in ensuring equitable access to quality guidance resources in science education. Socioeconomic disparities, inadequate infrastructure, and limited professional development opportunities for educators can impede the effectiveness of guidance initiatives, particularly in underserved communities. Addressing these challenges requires concerted efforts from policymakers, educators, and stakeholders to prioritize investment in guidance programs, promote inclusive practices, and foster collaboration among educational institutions, industry partners, and community organizations.

In conclusion, the significance of guidance in science education cannot be overstated. It serves as a catalyst for academic excellence, career readiness, and lifelong learning, empowering students to realize their full potential as informed citizens and contributors to the global scientific community. By nurturing curiosity, resilience, and a passion for discovery, effective guidance cultivates a new generation of scientifically literate individuals equipped to address the challenges and opportunities of the 21st century.



ABSTRACTS

Guidance Needs Of Adolescents Students Studying In Government And Private Secondary School

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When a child is born, the world for him is big, buzzing, blooming confusion and he knows nothing, he learns everything from the society. The society guides the individual to learn, to adjust oneself to the physical and social environment. Guidance is a personal help rendered by the society to the individual so as to enable him to adjust to the physical and social environment and to solve the problems of life. Guidance and counseling services prepare students to assume increasing responsibility for their decisions and grow in their ability to understand and accept the results of their choices. The ability to make such intelligent choices is not innate but, like other abilities, must be developed. The present research examined what the students themselves thought about the careers education and guidance they received at secondary school as they prepared to transition from school in their final year.

Majority of school in Uttarakhand, especially the one which follow the state syllabus, does not offer any planned inputs or interventions in the area of guidance programs. In the area of guidance services, some schools have school social work setting, some appoint trained counselors, while some other train teachers to handle the issues by themselves. This investigation was attempted to study the guidance need of adolescent students as perceived by them. It throws light on the realistic state of affairs of the students which is the only strong foundation on which efficient and successful guidance programs can build. Hence, it is imperative to have a clear and systematic understanding about the current situation of adolescent student population in the state for framing policy or planning programs. Hence, it was attempted to identify the guidance needs of the adolescent students of Srinagar Garhwal.

KEYWORDS:

Guidance Need, Adolescent, Secondary School, Private, Government



ABSTRACTS

Therapeutic Effects of Yoga Therapy On Mental Health: A Literature Review

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Yoga is a holistic practice that promotes a perfect balance between the body and mind through meditation, singing, mantra, prayer, breath work, ritual, and even doing good deeds for others. Originating in ancient India, it has four main branches: karma yoga, bhakti yoga, gyana yoga, and Ashtanga yoga. These branches provide methods for physical and mental development, with Ashtanga yoga being the most popular. Yoga has numerous benefits, including improving attention span, facilitating concentration, boosting mood, increasing self-belief, and increasing patience. It also enhances traditional therapies like medication and psychotherapy, promoting better focus and concentration. Yoga can help people with mental health problems like anxiety and panic attacks and can help with attention deficit hyperactivity disorder. It also produces feel-good chemicals in the brain, such as endorphins and dopamine, contributing to overall improvement in mood. Surya Namaskar is a yoga asana that promotes regular breathing, boosting oxygenation in the body, particularly in the heart and brain. It can improve flexibility, healthy blood flow dynamics, decrease blood sugar levels, internal organ functions, detox benefits, and the ability to achieve glowing skin goals. Kapalbhathi is a breathing technique that activates intra-abdominal muscles, stimulating the digestive organs and promoting brain function. It can cause dizziness or headaches but can strengthen memory and intellectual function in healthy adults. Bharstika pranayama has been studied for its potential benefits, including improving psychological well-being and respiratory performance. Further research is needed to fully understand the benefits of kapalbhathi and Bharstika pranayama..



ABSTRACTS

A Holistic Approach to Stress Management in Higher Education Students

Dr.Rekha dhyani

Asst. Professor ,School of Education SGRR University

Stress among higher education students has become a pervasive concern impacting academic performance, mental well-being, and overall quality of life. This paper presents a comprehensive overview of stress management strategies tailored to the unique needs of students in higher education settings.

Understanding the multifaceted nature of stress, this abstract delves into various dimensions including academic pressures, social challenges, financial constraints, and personal expectations that contribute to student stress. It explores evidence-based interventions encompassing cognitive-behavioral techniques, mindfulness practices, lifestyle modifications, and social support networks. Moreover, this paper emphasizes the importance of institution-wide initiatives and policy changes aimed at creating supportive environments conducive to student well-being. It advocates for the integration of stress management resources into academic curricula, the establishment of peer support networks, and the provision of accessible mental health services.

Furthermore, this paper highlights the role of technology in stress management, showcasing the effectiveness of mobile applications, online resources, and virtual support groups in reaching and engaging students. It underscores the need for innovative approaches that leverage technology to deliver personalized interventions and promote self-care habits.

In conclusion, this paper underscores the significance of adopting a holistic approach to stress management in higher education, one that addresses the complex interplay of academic, social, and personal factors influencing student well-being. By fostering a culture of resilience and self-care, institutions can empower students to navigate challenges effectively and thrive in their academic pursuits.



ABSTRACTS

Essentials of Guidance and Counselling in Higher Education: A Framework for Student Success

**Dr Ritu Sinha Assistant Professor
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Guidance and counselling services play a pivotal role in supporting the holistic development and academic success of students in higher education. This research paper delves into the essentials of guidance and counselling within the context of higher education institutions, providing a comprehensive framework for understanding and implementing effective practices.

The paper examines the evolving role of guidance and counselling in higher education highlighting its shift from a remedial function to a proactive and student-centric approach. It explores the multifaceted needs of today's college students, including academic, career, personal, and socio-emotional concerns, and underscores the importance of tailored guidance and counselling services to address these needs.

The paper further outlines key components of an effective guidance and counselling program in higher education, emphasizing the importance of accessibility, inclusivity, and responsiveness to diverse student populations. It discusses the integration of technology and innovative approaches, such as online counselling platforms and mobile applications, to enhance service delivery and reach a wider range of students.

The paper also delves into the role of guidance counsellors as facilitators of student growth and development, emphasizing on the importance of empathy, cultural competence, and ethical practice. It explores various counselling techniques and interventions, including individual counselling, group therapy, career assessments, and crisis intervention, tailored to meet the unique needs of students.

The paper additionally examines the collaboration between guidance counsellors and other campus stakeholders, such as faculty, administrators, health professionals, and student organizations in creating a supportive campus environment conducive to student success. It highlights the significance of partnerships with community agencies and resources to address students' broader socio-economic and mental health needs.

In conclusion, this research paper emphasizes the essentials of guidance and counselling in higher education, providing a roadmap for institutions to enhance student support services and promote overall student well-being and success. By recognizing the diverse needs of students and implementing evidence-based practices, higher education institutions can empower students to thrive academically, personally, and professionally.

Keywords: Higher Education, Student Success, Holistic Development, Counselling Services, Student Support, Inclusivity, Collaboration, Ethical Practice, Innovative Approaches.



ABSTRACTS

ROLE OF ENGLISH LANGUAGE IN THE HOLISTIC INDIVIDUAL DEVELOPMENT

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English language proficiency is recognized as a cornerstone of holistic individual development, contributing significantly to personal, academic, and professional growth in today's interconnected world. The acquisition and mastery of English language skills facilitate cognitive development by enhancing analytical thinking, problem-solving abilities, and linguistic flexibility. As a global lingua franca, English serves as a conduit for accessing vast repositories of knowledge, diverse perspectives, and cross-cultural exchanges, enriching individuals' intellectual horizons and expanding their worldview.

Moreover, proficiency in English empowers individuals to communicate effectively across linguistic and cultural boundaries, fostering social integration, empathy, and intercultural competence. Through interpersonal interactions, collaborative projects, and multicultural experiences, language learners develop communicative competence, interpersonal skills, and a heightened appreciation for diversity. Furthermore, the role of English language extends beyond academic contexts to encompass professional development and career advancement. Proficiency in English enhances employability, facilitates international mobility, and broadens job prospects in diverse fields such as business, science, technology, and diplomacy.

However, challenges exist in ensuring equitable access to quality English language education, particularly in underserved communities and non-native English-speaking regions. Socioeconomic disparities, insufficient resources, and linguistic barriers can hinder individuals' opportunities for language acquisition and hinder their holistic development.

In conclusion, the role of English language in holistic individual development is undeniable. Beyond linguistic proficiency, English proficiency fosters cognitive agility, social competence, and global citizenship, empowering individuals to navigate diverse cultural landscapes and thrive in an interconnected world. By investing in English language education and promoting inclusive practices, societies can unlock the full potential of individuals, fostering their holistic development and collective progress.



ABSTRACTS

Role of Attention Deficit Hyperactive Disorder in the Development of Children

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Childhood is the spring of life. It is that season when the seeds of love are already sown into a child, and the child blooms into a flower invigorating the air around him/her and spreading the fragrance of love and joy all around. It is that stage of life when a child is like clay and can be molded into any shape. Every child has to grow as growth and development is an integral part of our life. It is a universal truth, yet every child becomes a different individual. Every child goes through all the stages similarly, from babbling to being a fluent orator with a million questions in their head. All the processes are common and universal to everyone, yet every child becomes a unique individual. This is the product of interplay between heredity and environment. The heredity sets the limit for development and the environment decides the growth and its development. Development is a lifelong process. Development takes place from the period of conception itself. Development is not limited towards certain stages such as the prenatal stage, childhood stage, and adolescent stage or an old age, but it's an ongoing process. Every moment every day the child grows not only physically but the other factors like cognitive, emotional, social, and psychological also play a vital role in the overall development of a child. In the development of the child, it's a great role of the parents as well as the teachers. Teachers plan in such a way where the child can develop overall in all the areas, but sometimes it becomes challenging for them to handle such situations in the classroom i.e. because of the behaviour of some students who behave totally out of the usual for their age and maybe tough to handle. This is all because of having an attention deficit hyperactive disorder among children. Attention deficit hyperactive disorder is the neuro developmental disorder which is most common disruptive behavioural disorder among children at a present time. Children with attention deficit hyperactive disorder may show difficulty in academics as well as managing their behavior. This is due to intermittent inattention and impulsivity. The problem arises when the teacher after handling the child still realizes that the strategies that she used didn't work with the child.

Children with attention deficit hyperactive disorder need to be handled in a very specific manner for which the teacher has to be trained in identifying and managing children disorder.

Key words: Unique stage, Cognitive, Physically Heredity, Environment, Emotional, Social, Psychological, Attention Deficit Hyperactive Disorder, Inattention, Impulsivity



ABSTRACTS

SIGNIFICANCE OF READING AND LISTENING COMPREHENSION

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Language is the medium of communication in the society. It is the only medium to interact and communicate with one another. When we communicate our listening skills are involved and to understand it, we need to have comprehension skills. Comprehension refers to the ability to understand something. It is different from the ability to recognize words. Listening comprehension is to comprehend the listening information which is coming through spoken language. Reading comprehension is the ability of the reader to understand the text that he has read. Listening and reading share many comprehension processes. Listening helps in constructing understanding, while reading helps in more details. Reading not only develops interest but breaks down the walls of fear between the reader and the eloquent grammar used by top-notch authors and writers. Listening and Reading comprehension are very much required in the learner's life at any stage from kindergarden to high school.

So the objective of the article is to study the Significance of Listening and reading comprehension.



ABSTRACTS
ABSTRACTS

**THE IMPACT OF GUIDANCE AND COUNSELING ON STRESS
MANAGEMENT AMONG FILM AND TELEVISION STUDENTS
IN INDIA: A REVIEW**

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Film and television students in India face several unique stressors, including academic pressure, competition with other students, and the demands of the film and television industry. Guidance and counseling can play a vital role in helping these students to manage stress and to succeed in their studies and careers.

This study explored the impact of guidance and counseling on stress management among film and television students in India. A search of relevant studies published between till 2023 was conducted and among them the studies met the inclusion criteria for the review were included. To the best of researchers' knowledge, very few published studies have discussed the two constructs in context to the film and television program students in India.

This study provides valuable insight into the impact of guidance and counseling on stress management among film and television students in India. The findings suggest that guidance and counseling can have a positive impact on stress management and other outcomes. However, more needs to be done to raise awareness of guidance and counseling services and to make them more accessible to students. Therefore, The Paper concludes with several implications for theory and guidance and counseling practices as well as recommendations for future research.

Keywords: guidance and counseling, stress management, film and television, students, India



ABSTRACTS

Blended Learning: An Innovative Teaching Strategy

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According to Albert Einstein “I never teach my pupil; I only attempt to provide the condition in which they can learn”.

The phrase “provide the condition”, these words or proper implementation of these words is very much important rather prerequisite for whole teaching and learning process. Teaching should be such that learning is long lasting. For that a teacher should select teaching strategies very wisely. Blended Learning is one such strategy which focuses on face-to-face teaching as well as virtual teaching. Blended Learning provides a platform where students can learn according to their own pace. There is no boundation of time and place. Blended Learning can be described as an Educational Method in which more than one means are used for transmitting knowledge. So the objective of this article is to study the significance of Blended Learning Methodology in the present educational scenario.



ABSTRACT

Substance Use Disorders and Borderline Personality

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According to the empirical literature, substance use disorders are often accompanied by mental illness, including personality disorders and especially borderline personality disorders. In personality problems, the lifetime prevalence of substance abuse exceeds now and in 12 months. Moreover, in clinical samples, males with borderline personality disorder were more likely than females with borderline personality disorder in terms of the presence of comorbid substance use disorders. Accordingly, the limited literature suggests that there is also an association between prescription drug abuse and borderline personality disorder. However, this association with substance abuse in general deviates from traditional findings that women with borderline personality have the same number of men with personality disorder who have the border area.

Keywords: Alcohol, borderline personality, borderline personality disorder, drugs, substance abuse.



ABSTRACTS

Importance of Guidance and Counselling to Overcome the Negative Effects of Bullying for Wellness of Students

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For many years, bullying in schools and colleges is one of the major problems faced by children and teenagers where they feel a constant fear from the bully. This constant fear of ‘What will happen next?’ is very devastating for them. Many people think that bullying is only physical, which is not true. It is the aggressive behaviour of a bully or a group of bullies, verbally or physically. Bullying can happen anywhere in school, colleges, also. The irony regarding bullying is that The Bully, who is misbehaving, starts to feel tough and popular while The Victim without any mistake feels feeble, embarrassed, ashamed, lonely and even guilty which can accelerate the problem of depression and feeling of low self-esteem in the victim and in many cases these victims are students. To stop being bullied, many children start to miss the school/colleges which affect their education and confidence, negatively. In many severe cases of bullying, victims even start to feel suicidal. To stop bullying, the help of parents, of both ‘the bully’ and ‘the victim’, is needed along with their friends and schools/colleges because many-a-times, it is often seen that the bully himself is facing some problems and to escape from those problems he is behaving aggressively. So, it is necessary for parents to learn about the warning signs in their child about being a bully and to guide them accordingly. It is also of utmost importance that the parents, friends and teachers must educate the victim on “How to deal with a bully?”. Through proper guidance and counselling both The Bully and The Victim can overcome this problem and can live confidently.

Keywords- bullying, causes of bullying, how to recognize a bully, problems faced by victims, how to help the victim.



ABSTRACTS

ENTREPRENEURIAL SKILLS IN HIGHER EDUCATION INSTITUTIONS (HEIS)

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In ancient historic times, Gurukuls were the main source of education, whether it was sports, religious literature or customs. After the invasion of the East India Company, the trend completely changed. After the Independence in 1947, the schools, colleges and Universities were established. In recent years, the Universities have been changed to Higher Educational Institutions (HEIs). The HEIs now, has been a great medium for the budding Entrepreneurs. The incubation, innovation and induction centres have provided a platform for the budding Entrepreneurs. The HEIs give a plethora of opportunities to the students through events, for instance, Hackathon for pitching up of their ideas. The fundings help them escalate their skills and get registered in Start-up India for being a part of Atm-Nirbhar Bharat. The developmental schemes like Atal Innovation Mission (AIMs), Startup India, stand up India, Self-Employment and Talent Utilisation (SETU), and Mudra Bank started as a government initiative to boost entrepreneurship in the country. The thrust is to extend support to both budding and established entrepreneurs. The role of Higher Educational Institutions is not only to impart education for their growth but also to mould the youth towards a better tomorrow. The youth is the pillar of the developing nation. They are innovative, eager to learn and accept challenges. Therefore, the HEIs should provide an environment for the Entrepreneurs to rise and shine.

Keywords- youth, innovation, Start-up India, Entrepreneurs, Hackathon



ABSTRACTS

Attitude of teachers towards the teaching of Mother Tongue

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The current paper is mostly based on secondary data received from various research studies done in the field of teaching in mother tongue. Many different techniques were used to collect the data and provide the basis of how the attitude of teachers towards the use of mother tongue affects the learning of students as well as the status of mother tongue in the society. The data findings represents that teacher's gender, school type or their experience didn't affect their attitude but it is rather by their educational qualifications and societal pressure towards using English as a medium of instruction. According to the data, earlier it was strongly believed that teaching in mother tongue didn't add any value to the students as unlike English it didn't help students to excel but as the research progressed it led to the finding that mother tongue also plays a vital role in the development of the child. Hence, it can be concluded that teaching in mother tongue helps a teacher in understanding their students properly, establishing a cooperative understanding with parents and improving the status of mother tongue in the society. Therefore, government should take proper measures to protect the status of mother tongue and guide the teachers in evolving their attitude towards the same. Keywords: mother tongue, teachers, attitude, medium of instruction.



ABSTRACTS

STRESS AND STRESS MANAGEMENT AMONG STUDENTS OF HIGHER

EDUCATION

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Mental health has not been a very keen term for people to discuss and pay attention to. It's because of the onset of the COVID-19 pandemic that people started taking it seriously and eventually, the awareness about mental health was increased among people. It also contributes to increasing the mental health issues among students of each age group and some of them even end up taking the extreme step of committing suicide because of the stress which they are unable to manage. This review article is based on various research work done by different professionals, like educationists, psychologists, researchers in the education field, etc. The available review indicates that the occurrence of stress and stress-related problems is increasing among students, especially in higher education and the need for stress management too. A number of significant studies have been done to understand and resolve stress-related problems, to examine its different components and their effects on a student's life. Hence, with the help of this secondary data and research work, it can be concluded that, these days, stress is very prevalent in a student's life and it not only affects the mental health but also the physical health, emotional aspect of life, the adjustment ability of students, their academic performance, productivity, their social life and other domains of life and personality and how different factors are responsible for causing stress. The implications of this article can be helpful in stress management for various stakeholders like students, parents, institutions, counsellors, mental health professionals, etc., so that they can take necessary steps and actions to resolve the problems related to stress and to provide appropriate ways for managing stress.

Keywords: stress, stress management, mental health, adjustment, emotional aspect.



ABSTRACTS

Influence of Guidance and Counselling on Academic Performance of Students

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Guidance and counselling is not only limiting the students but also it is equally important for adults in our society. Students have to face many types of problems due to their immaturity and lack of experience. These problems can be solved with proper guidance and counselling. In this article we will explain, introduction, significance, needs, definition and nature of guidance and counselling and its areas. Involved searching various databases including some books, Google scholar, Research Gate, Shodhganga. Guidance and counselling have been known to have a significant impact on the academic performance of students. The guidance and counselling services provided in schools help students to overcome personal, social, and academic challenges that can obstruct their academic progress.

Keywords: - Guidance and counselling, academic performance of students.



ABSTRACTS

ROLE OF STRESS MANAGEMENT – Essentially a Need of an Hour

Dr. Yogita Rana

Present century is characterized as 'Stress Era'. Stress is a natural reaction to not being able to cope with specific demands, any unpleasant emotional experience and events. It is the body's natural defense against predators and danger. Stress may either be caused by external source, or caused by some internal perceptions of the individual. It may usually cause psychological, physical, and behavioral problems. Everyone experiences stress to some degree.

But ongoing stress can badly affect a person's health and wellbeing. What really matters is the way we respond to stress. It makes a big difference to our overall well-being. Therefore, understanding the sources of stress among ourselves and how we can cope with the stress is very important Allen, S., and Hiebert, B. (1991).

This research paper exhibits the causes of stress among people and management strategies to overcome the stress. Keywords: Stress, Triggers, Stressors, Stress Management, Strategies



ABSTRACTS

SIGNIFICANCE OF HOLISTIC EDUCATION, GUIDANCE & COUNSELLING IN RELATION TO PERSONALITY- DEVELOPMENT AND WELLNESS OF STUDENTS

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The term "education" is considered and explained to understand many conceptual and social ideas, but seems a universally acceptable definition is practically not feasible. However, there is a fundamental understanding that ideally education should reflect uplifting experience for betterment of human individuals specifically and the whole human race holistically. Practically, counselling and guidance, whether formal or informal, should serve society as an instrument and effective tool for fostering the creation of civilized citizens, and good

human being considering all values and concerns viz. human-rights, tolerance, responsibility, universality, cultural identity, environment, caring and sharing, etc. The concept "holistic education" distinguishes itself from other forms of education in its goals, attention to experiential learning, significance of relationship and human values.

Robin Ann Martin (2002) describes holistic education further by stating, "at its most general level, what distinguishes holistic education from other forms of education are its goals, its attention to experiential learning, and the significance that it places on relationships and primary human values within the learning environment." In describing the general philosophy of holistic education, Robin Ann Martin and Forbes Scott H (1996

& 2004) divide their discussion into two categories: the idea of Ultimacy and Basil Bernstein's notion of Sagacious Competence. Holistic education enables overall development of human personality, but feelings of love,

respect for every being, feeling and friendship, etc. cannot be taught, but virtues like sensitivity, responsibility, caring and sharing, etc. has to be awakened. The inner awakening of these feelings leads to spiritual development also required for character building. This paper attempts to understand the concepts of education and holistic education in the generic perspective impacting overall development and awakening



ABSTRACTS

Digital Life: Stressors and Stress Management

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In today's digitally interconnected world, individuals are increasingly immersed in various online platforms, facing a myriad of stressors unique to the digital realm. This abstract explores the multifaceted nature of stressors arising from digital life, encompassing factors such as information overload, social comparison, cyber-bullying, and digital addiction. Additionally, it delves into the intricate relationship between digital technology usage and mental well-being, highlighting both positive and negative impacts. Furthermore, this abstract examines strategies and interventions for managing digital life stress, including mindfulness practices, digital detoxes, boundary setting, and technological tools designed to promote healthy digital habits. By elucidating the complexities of digital life stressors and offering practical approaches for stress management, this abstract contributes to the on-going discourse on fostering a balanced and harmonious relationship with digital technology.

Keywords: Digital life, stressors, stress management, information overload, social comparison, cyber-bullying, digital addiction, mental well-being, mindfulness, digital detox, boundary setting.



ABSTRACTS

Impact of National Education Policy 2020 on Shaping Careers

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A major move that revolutionized the Indian education sector was the launch of the National Educational Policy 2020. It is anticipated that it will raise the educational requirements for students in both high schools and colleges. The policy has been credited with causing the market to shift from a learning based strategy to a skill-based one. The National Education Policy is expected to give students a wide range of viable career options as well as lessen the social stigma attached to contemplating vocation as a career option. This paper examines the numerous aspects of the policy that will affect students' careers across the nation.



ABSTRACTS

Imparting Life skill Education to adolescence in schools: A systematic review

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Adolescence is a crucial time when people's abilities in all areas—intellectual, physical, social, and emotional—are at their highest. Unfortunately, most of these kids are unable to use their abilities to their fullest extent because of issues like global warming, poverty, competition, population explosion, lack of opportunities and exposure in school and at home, and other issues. These problems have a large impact on these children. The challenges and the changing circumstances require an immediate response from these individuals, which can only be provided through imparting proper education to the students. Life skills education has been seen as bridging the gap between basic functioning and capabilities among these individuals. It not only increases a person's capacity to satisfy the wants and expectations of the modern society, but it also aids in handling the aforementioned problems in a way that makes the desired conduct possible. Providing proper life skills education would help adolescents overcome their life difficulties. The present paper focuses on reviewing various journals on life skills development to find the impact of life skills education on adolescents and the significance of such education in our curriculum, i.e., helping children develop their social, emotional, and cognitive skills, as these are key pillars of a dynamic citizen who can successfully navigate problems in the future..



ABSTRACTS

Significance of guidance and counseling in higher education Stress Management

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This paper deals with a very important issue that is generally overlooked. Stress and its management and the role of guidance and counseling in higher education. The upcoming sections talk about stress and its pernicious impact on academia (higher education). It talks of stress catalyzers in higher education and the various ways of stress management. The paper also highlights the role of guidance and counseling which helps in mitigating stress.

Key Words: Stress, Academic, Tension, Anxiety, and Depression.



ABSTRACTS

TIME MANAGEMENT

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Time management is the ability to use time efficiently. Time cannot be changed by humans. The time that has gone cannot be brought back. We have always considered time as one of the most important and precious things in our life. In today time, people have become so busy in their lives that they do not have time for themselves. Because of this, time management has become more important now than ever. Without managing time properly we cannot achieve success in life. By proper time management, we our able to do any work easily without any stress or pressure. In this research paper we focused on the importance of time management in our life.



ABSTRACTS

Future of Education-Role of EdTech Srihari Subudhi

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How to accelerate learning for the most vulnerable is an ever-evolving question for policy makers. While suitable measures are being taken, a lot still needs to be done. With many dimensions, the one sure way is to turn to technology as part of the solution. This paper discusses EdTech, or education technology, as the intersection of technology, training, and learning and its many forms. Education technology, the practice of involving information and communication technology tools and techniques for online learning to create more engaging, inclusive, and individualized learning experiences, is discussed. The scope of vocational training to upskill as a result of education technology is too discussed. Also discussed is the rapid growth of the EdTech industry, which is expected to reach \$404 billion by 2025, driven by factors such as increasing technology adoption towards online learning, which has accelerated since the COVID-19 pandemic. The future of EdTech in India and globally, along with its limitations, is pointed out. While the need of the study stated above, it also discusses the Prime Minister of India's vision as shared during the G20 Education Ministers' Meet in June 2023, which stressed adaptation and innovative use of e-learning in a technology-based way, and on the several initiatives take by the government. Initiatives like 'Study Webs of Active-Learning for Young Aspiring Minds', or 'Swayam', an online platform that hosts courses from Class 9 to the post-graduate level, enable learners to learn remotely while focusing on access, equity, and quality. With over 34 million enrolments and more than 9,000 courses, 'Swayam' has become a very effective education technology learning tool. Likewise, the 'Digital Infrastructure for Knowledge Sharing, or 'Diksha Portal, for imparting school education online supports 29 Indian and 7 foreign languages, with over 137 million courses so far. These and more form focus of this paper.

Key words.: EdTech, Education Technology, NEP, COVID,

Information Technology, e-learning, G20.



ABSTRACTS

NEP2020: Disability and Inclusivity In Education

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Education for all children has been a prominent principle in the foundation of Indian Education for many years. The National Education Policy of 1968 and 1986, along with the Right to Education Act of 2009, have contributed to some extent in improving the accessibility and enrollment of children in schools across India. As per the U-DISE report of 2016-17, the enrollment rate of differently-abled children stands at 1.09% in comparison to 98.91% for other children. Moreover, the drop-out rate from grade 1 to 12 ranges from 1.1% to 0.25%. Unfortunately, only a small fraction of these children manage to progress beyond the primary level and a significant portion of them are unable to enroll or access education altogether. The National Education Policy of 2020, which was highly anticipated, aims to address these disparities in the existing education system in India. NEP 2020 has taken significant steps to prioritize the implementation of RTE 2009 and RPWD 2016, while also introducing various innovative recommendations to foster inclusivity in education

Key words- NEP,disability,RTE2009,PWD 1995,RPWD 2016



ABSTRACTS

Barriers in ICT Implementation in Rural Area of Uttarakhand

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The proliferation of information and communication technologies (ICT) has turned the entire planet into a global village. Connectivity, communication, and technology that allows for high-speed connections are turning out to be a boon that propels human development and wealth. It would appear, however, that this improvement is limited to the virtual equivalents of towns and cities, such as metros and metropolitan areas. The semi-urban areas and the countryside appear to be quite a distance behind the truth, which is the deployment of ICT. This review paper is not intended to be a critique of the efforts being made by the government. It is little more than a survey report that puts some consideration into the insufficiency of the efforts. This study offers an elaborative view of the reality of rural areas and illustrate explanations why ICT implementation is not efficient in the rural areas. Also, the existing works on ICT implementation in rural areas of Uttarakhand and India are briefly discussed. In the end, the most likely answer, which involves the solution for overcoming the barriers in implementing ICT, is figured out.



ABSTRACTS

Significance of Guidance and Counseling in Breaking Gender Stereotypes in Pupil Teachers

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The preconceived and generalized stance about role and behaviour of any gender as per the societal norms is referred to as the gender stereotype. It results in bigotry and injustice but still it breathes in the society and so there is an urgent need to eradicate it. Since education is directly related to society and teachers are an indispensable part of it we can initiate the process of banishing stereotypes by uprooting any subconscious habit or thought related to it within the teachers. This paper comprises of data of the pupil teachers from Srinagar, Uttarakhand who endured such stereotyped behaviour, which supports the fact that despite of the modernization and development in every field we still have to work for abolishing such evil trends. This can be done through the guidance and counseling of the pupil teachers so that this chain of consciously or subconsciously following the gender stereotypes could be broken. Research methodology used in the paper is descriptive and self constructed questionnaire has been used for the collection of data. Key words- stereotypes; questionnaire.



ABSTRACTS

TIME MANAGEMENT

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This paper examines the role of time management in today's time. Time management is very important and it may actually affect individual's overall performance and achievements. Students nowadays always commented that they do not have enough time to complete all the tasks assigned to them. In addition, a university environment's flexibility and freedom can derail students who have not mastered time management skills. Therefore, the aim of this study is to determine the relationship between the time management and academic achievement of the students. The factor analysis result showed three main factors associated with time management which can be classified as time planning, time attitudes and time wasting. The result also indicated that gender and races of students show no significant differences in time management behaviours. While year of study and faculty of students reveal the significant differences in the time management behaviours. Meanwhile, all the time management behaviours are significantly positively related to academic achievement of students although the relationship is weak. Time planning is the most significant correlated predictor.



ABSTRACTS

SIGNIFICANCE OF GUIDANCE AND COUNSELING IN ADOLESCENTS

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Guidance focuses on addressing educational and carrier-related needs while counseling primarily addresses emotional needs as well as psychological needs. Adolescents mainly faces problems which they can not solves themselves, they need someone in the role of assistant, teacher or professional such as school counselor. The individual who is enough strong mentally, emotionally, socially he or she fits better in society. Adolescents' suffer transitional phase sometimes adolescents feels that they are dependent on parent's .they feel that they are parasite and can not take their own decision. They go through mental disturbance and behavior disorder. Children and young people in developed countries now have so many gadgets like mobile, laptop. In present scenario these devices are important for studies as well but there is no doubt that much more time is spent online compared with earlier generation. This leads to lots of health related problems like obesity and affect mental equilibrium.The adverse effect of spending screen time results in to change in biologicalclock.Self esteem and psychological inflexibility play a important role in the relationship between parents and adolescents. Parental rejection and parental over protection had negative effects on adolescents mental health.The function of education is to provide opportunities for each student to reach his/her full potential in the area of educational vocational social and emotional development. The school head must ensure that guidance is an integral part of education.The importance of guidance and counseling in the present scenario after Covid -19 has changed a lot.In the current time the uncertainty in every aspect has taken a lots of stress on students shoulder. Thus this has further added to the responsibilities of teachers to take care of the mental health of adolescents pupil and provide guidance and counseling services simultaneously with the teaching learning process.



ABSTRACTS

SIGNIFICANCE OF COUNSELLING IN STRESS MANAGEMENT

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Stress is the negative state of mind, resulting from evaluation of a stressor as threatening. It is the root cause of various health problems and psychiatric disorders. Since it is almost impossible to avoid encountering stressors, the experience of stress becomes inevitable. Stressors range from low intensity stressors like daily hassles to extreme intensity stressors resulting from traumatic experiences. Since the experience of stress is considered to be mostly related to one's perception of the challenging event, it makes stress manageable if the right coping mechanisms are learned and applied. Counselling is a process that is highly effective in providing and teaching individuals healthy methods of coping leading to less stressful experiences in the face of adverse situations. Two studies that have been mentioned draw light on how counselling has a remarkable impact on reduction of stress through stress management.

Keywords: Stress, Stress management, counselling, negative, coping resources



ABSTRACTS

Significance of Guidance and Counselling in Stress

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Stress is a fact of life, wherever you are and whatever you are doing. You cannot avoid stress, but you can learn to manage yourself. It is a physical and psychological response to the pressure of daily life. According to Army Medicine “remember that the mind and body are one and that psychological health is just as important as physical health to your overall well-being.” Stress is the way human beings react both physically and mentally to changes, events and situations in their lives. People experience stress in different reasons and their reactions are based on your perception of an event or a situation. The word “stress” is used in physics to refer to the interaction between a force and the resistance to counter that force and it was , “Hans Selye” who first incorporated this term into the medical term to describe the “non-specific response of the body to any demand.” According to Morgan, King, Weisz and Schopler define stress as “an internal state which can be caused by physical demands on the body or by environmental and social situations which are evaluated as potentially harmful, uncontrollable or exceeding our source of coping. If you view a situation negatively you will likely feel distressed or out of control. Distress is a more familiar form of stress. The other forms are: eustress, results from a “positive” view of an event or situations, which is why it is called “good stress.



ABSTRACTS

SIGNIFICANCE OF COUNSELLING ON BUILDING EMOTIONAL INTELLIGENCE OF STUDENTS IN HIGHER EDUCATION

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In today society, the current generation is greatly impacted by stress, anxiety, depression, drug abuse, addictions, violence, and other maladaptive behaviour patterns as a response to problems and challenges. By acquiring the essential skill of emotional intelligence, students can acquire the knowledge and techniques to effectively manage stressful situations and also avoid succumbing to addictions and other maladaptive patterns. This research article examines the pivotal role of counselling services in augmenting the emotional intelligence (EI) of students in higher education institutions. It surveys existing literature, presents empirical findings, and discusses the implications of counselling interventions on the development of emotional intelligence. The study underscores the importance of Emotional intelligence for academic achievement, personal development, and overall well-being among college and university students, as well as how counselling aids in cultivating emotional intelligence.

KEYWORDS: Emotional intelligence, counselling, maladaptive behaviour patterns, school students, higher education, anxiety, depression, addictions.



ABSTRACTS

NEP 2020 AND ROLE OF COUNSELOR

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The demand for guidance and counselling has become urgent, making it a service that is desperately needed in the modern world. Children all around the country have been impacted by the breakup of the joint family system, micro-mini family units, student competition, career confusion, stress, and anxiety, as well as a number of learning and physical problems. The National Education Policy (NEP) 2020 has made strong suggestions for career guidance and counselling for school children and has stressed the importance of it. According to the policy, students should become mindful of their roles and responsibilities in a changing world through the curriculum and pedagogy of their schools. This is a commendable move in the right direction for guaranteeing the mental and emotional well-being of kids.



ABSTRACTS

Stress Management

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Dehradun Effective techniques for stress management are varied. They typically include behaviors that improve physical health, such as nutrition and exercise, but may also incorporate strategies that improve cognitive and emotional functioning. The stress-reduction approach based on mindfulness practices has recently enjoyed an explosion of interest from a variety of healthcare and epidemiological researchers.

The concept of mindfulness, which originates from practices of Buddhism, is defined as a focused awareness of one's experience, and purposeful and nonjudgmental focus on the present moment. Structured interventions, such as the Mindfulness-Based Stress Reduction (MBSR) program, provide participants with the opportunity to learn breathing meditation, body scanning techniques, and gentle, yoga-inspired physical exercises. With practice, individuals learn to process emotions, thoughts, and sensations as they arise. Individuals learn to modify their reflexive conditioning from automatically reacting or worrying about the future to a more adaptive, measured response with greater awareness of the present moment. The literature is replete with evidence suggesting that, with practice, individuals can become more mindful, increasing their capacity to fully process emotions, thoughts, and sensations as they arise. Some individuals have a greater innate, or trait, capacity for mindfulness. These individuals, who have not participated in mindfulness-training interventions, tend to experience better physical health, report fewer physiological symptoms such as pain, and utilize fewer healthcare resources. Trait mindfulness has been associated with lower ratings of anxiety and depression in a variety of medical and non-medical populations. Trait mindfulness may emerge from a genetic predisposition. A recent epidemiological study of adolescent twins revealed that trait mindfulness was 32% heritable. The same study also revealed that 66% of the variance in trait mindfulness was due to environmental factors, suggesting that it is also a skill that can be learned. In fact, an MBSR study in university undergraduates revealed that, while increases in mindfulness and psychological outcomes can be observed in participants as a whole, effects may be more pronounced among individuals higher in trait mindfulness at study entry. These data substantiate the utility of mindfulness training, even for high-trait individuals.



ABSTRACTS

SIGNIFICANCE OF COUNSELLING FOR COLLEGE STUDENTS IN MANAGING STRESS

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Stress is a physical reaction to a person's emotions. Both positive events (e.g., an upcoming wedding) and negative events (e.g., the loss of a loved one) can cause stress. "Below are some of the various ways stress can be seen in people. According to (BroderickT,2022) Stress can take one of three forms: Acute Stress: The most common form of stress, acute stress is the result of day-to-day trigger points, such as waking up late, running to class, or receiving a bad grade. Episodic Acute Stress: episodic acute stress develops when a student experiences acute stress multiple times over a long period of time. Common symptoms include migraines and tension headaches. Chronic Acute Stress: Chronic acute stress happens when someone can't avoid a long-term stressful situation. For example, students struggling academically in a major course may develop chronic acute stress, which can lead to weight gain, sleep deprivation, and anxiety and irritation. When people are exposed to stimuli that provoke stress, they experience a sequence of physical, emotional, behavioral, and cognitive reactions. Physical Symptoms: Sweating, increased heart rate or blood pressure, vertigo, shortness of breath, muscle tension, headaches, stomachaches, fatigue. Emotional Symptoms: Hostility, irritability, and other mood changes; increased worrying; feelings of helplessness; loneliness. Behavioral Symptoms: Binge or reduced eating, drug or alcohol misuse, decreased sex drive, erratic sleep habits.