

Aadi career center



Aadi Garg is a leading Psychologist and Career Counsellor. He is the founder of AADI-CDC and has a high standing in spearheading the Career Guidance and Counselling Services.

He has an exemplary academic background, Possessing a Post Graduate Degree in Masters in Psychology, Panjab University. Did his Specialization in Guidance and Counselling from National Council of Educational Research and Training (NCERT). He has been a Professional member of International Association for Educational and Vocational Guidance, Canada. He has spent the last six years in the arena of career Guidance and Counselling Services. Also, he has developed norms for various Psychological tests, worked for several illustrious projects in the field of Career Psychology and has been an important part of major companies.

A total of 20 students started their online internship at AADI CAREER GUIDANCE & COUNSELLING CENTER for 14 DAYS starting from May 10, 2021 to May 31,2021 list of which is given below:-

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Topics covered day wise

Day 1-

What we learn-talked about what counselling is how it is different from clinical psychology.

Guidelines of APA for counseling. How I rate my self in likert scale as a counselor

Experience-Every concept of psychology is involved in counseling from perception to motivation till our last action.

Day 2

What we learn-develop yourself as an effective helper it's stages from our own intra understanding to observance of ethics

Experience-If you are not aware about your own emotions how can you help others to understand them their emotions and feelings

Day 3

What we learn-Steps of counseling approaches

Brain cycle and tenure of a session.

Experience-work in steps never work in hurry. Clients life or future is in your hands especially of a children.expressions are very important try to understand them

Day 4

What we learn-EISPU

Use the regional language as of the client to make him/her comfortable

Experience- protocol of 3 chances if client answers in 3 chances then it's OK otherwise invest your time and energy into next person

Day 5

What we learn-SOLER

Thoughts are never positive or negative they are interconnected.

Tips

Experience- Never stare at your clients when you are greeting and never use negative words.

Internship Day 1

-Meaning of Counselling

-Stages of Counselling

-Types of behaviour

Internship Day 2

- Develop as an effective helper

-Swot analysis

-Understanding others

Internship Day 3

- Counselling communication skills

- Steps of Counselling

-Golden elements of Counselling

Internship Day 4

- How to respond ?

- EISPU

- Probing
- Reacting

Internship Day 5

- Verbal and non verbal attentiveness
- Paraphrasing and reflection
- Nurturing critical thinking
- Interpersonal communication
- How to analyse intensity?

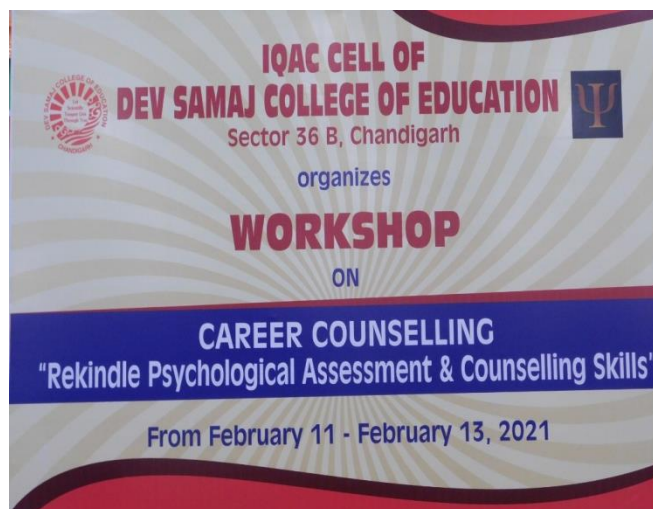
DETAILS OF ALL THE STUDENTS AND THEIR INTERNSHIP

https://docs.google.com/spreadsheets/d/10riwSxDadMGtstLNra4tHcuU-TYR6_pQnUOTvAydZko/edit?usp=sharing

11.02.2021-13.02.2021

Career Counselling Workshop

Dev Samaj College of Education, Sector-36-B, Chandigarh organized 3 days workshop on Career Counselling “Rekindle Psychological Assessment and Counseling Skills” in the college auditorium. The resource person for the workshop was Mr. Aadi Garg, a leading Psychologist and Career Counselor, Alumni (2015-16) and founder of AADI Career Guidance and Counselling Chandigarh.



DAY 1

Mr. Aadi Garg established a rapport with the students by giving his brief introduction and provided the students with a rough idea of what we were about to learn in the upcoming sessions. He began the session by explaining the students what exactly career counseling means and addressed career as ladder of occupations. He threw light on how to select one's career emphasizing on the importance of three D's, Discover, Devise and develop. He specified that in order to become an effective counselor, one should learn how to manage the three resources of time, money and energy efficaciously. He stressed upon the fact that investment begins at home and highlighted the five principles which included change, persistence, commitment, intrinsic motivation and emotional intelligence. During the second

session students were demonstrated the different types of assessment through collaborative learning and the students also performed the test.

Students were demonstrated and were given detailed explanation on how the various test were conducted starting with STANDARD PROGRESSIVE MATRICES (SPM), this test can be administered on an individual or a group to assess nonverbal intelligence in children or adult through abstract reasoning tasks.

DAY 2

The resource person started the Session I by summarizing the sessions of Day I. He also gave the students an overview of the topics and the assessment techniques to be discussed in today's sessions. He explained to the students about how to conduct counseling sessions and how to analyze and interpret the report. He trained the students to perform different intelligence tests. During the session II, the students performed the personality test along with a group activity



DAY3

He explained about the counselling skills. The students were also taught about interpretation and analysis of the results of the various psychological tests. The students then participated enthusiastically in role play and other activities. The students enhanced their knowledge about the psychological tools as well as the counselling techniques during these three days. He mainly focused on "How to become an Effective Counselor"

The coordinators of the workshop were Dr. Ritu Mago and Mrs. Karuna Singh. The workshop was conducted specifically for the students of both the PG Diploma courses that is, Post Graduate Diploma in Guidance and Counselling as well as in Child Guidance and Family Counselling



All students of both the Diploma Courses attended this workshop enthusiastically and they were happy to participate in different activities with their peer group during this workshop. A formal vote of thanks was given by Dr. Ritu Mago, Coordinator of the workshop.

At the end of the 3day workshop,students were aware about the ADMINISTRATION,PROCESS AND HOW TO CONDUCT

1. INTELLIGENCE TEST (RAVEN'S STANDARD PROGRESSIVE MATRICES TEST)
2. PERSONALITY TEST(HIGHER SENIOR SECONDARY PERSONALITY QUESTIONNAIRE)
3. APTITUDE TEST (DBDA)
4. STUDENT PROBLEM CHECK LIST

5. HOW TO CREATE INFORMATION BLANK

By all means,all 3 day workshop was a great success!

Workshop was concluded with the cake cutting ceremony by the speaker and mentor with students of both the diploma courses.