



# RAJIV GANDHI NATIONAL UNIVERSITY OF LAW, PATIALA

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COUNSELING TRAINING PROGRAMME

*TRAINING THE TRAINERS*

DATE

July 3,4, and 5, 2025



ORGANISED BY

RGNUL COUNSELING CENTRE AND IQAC

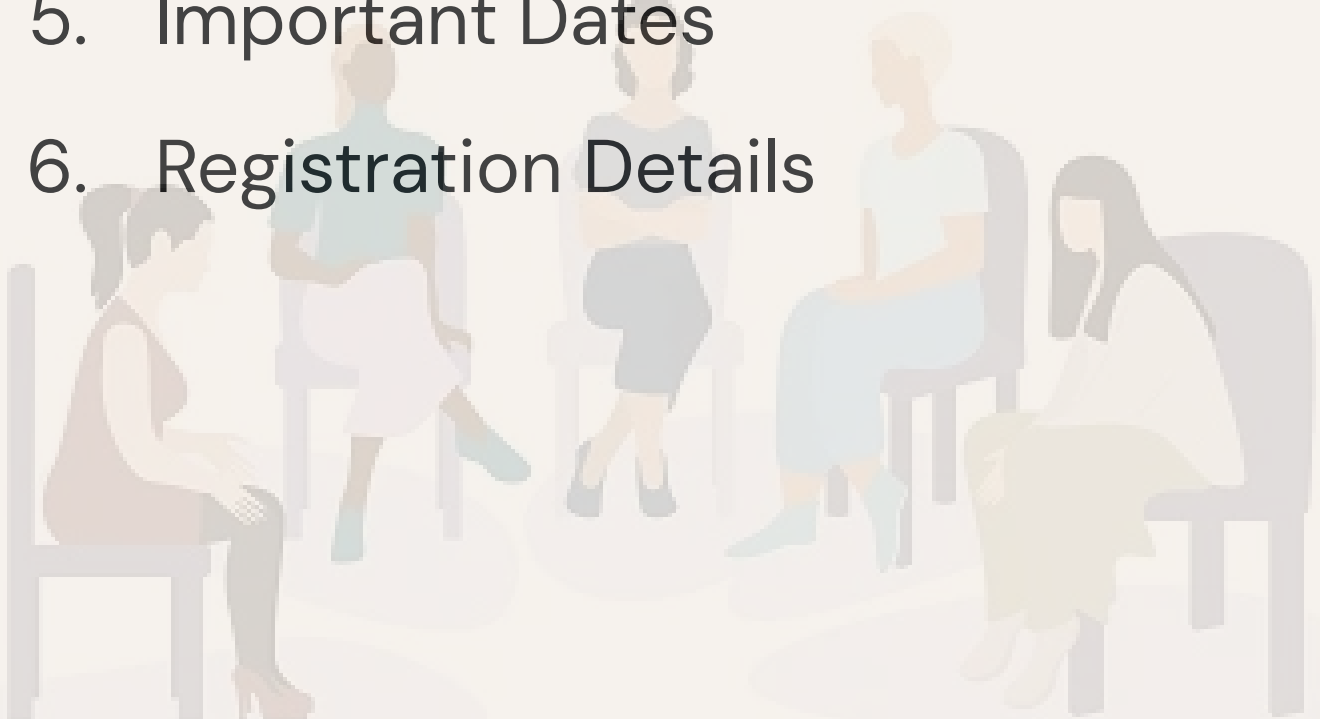
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# COUNSELING TRAINING PROGRAMME



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## COUNSELING TRAINING PROGRAMME

# ABOUT RGNUL

The Rajiv Gandhi National University of Law (RGNUL), Punjab, was established by the State Legislature of Punjab by passing the Rajiv Gandhi National University of Law, Punjab Act, 2006 (Punjab Act No. 12 of 2006). The University is committed to promoting legal education and research, providing a platform for intellectual exchange, and contributing to national development through its academic initiatives. Accredited with an 'A' grade by the National and Accreditation Council (NAAC), RGNUL is among the top-ranked law schools in India. The University remains steadfast in its mission to provide an environment conducive to innovative research and quality legal education.

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# CONCEPT NOTE

The 3-Day Counseling Training Programme is a dynamic initiative inspired by the Honourable Governor of Punjab's vision for mental health, as reflected in the Conclave on "Stress Management and Drug Addiction in Universities & Colleges of Punjab" held at Punjab Raj Bhawan on 7th February 2025. Aligned with RGNUL's strong commitment to youth mental well-being, this training emphasizes practical and field-based training for aspiring counselors, psychology students, and mental health enthusiasts. While theoretical knowledge forms the foundation, it is only through hands-on practice that real empathy, presence, and intervention skills are cultivated. This programme offers immersive sessions on real-time counseling scenarios, experiential therapies, and interactive role-plays that prepare participants to navigate real-world challenges such as substance abuse, suicidality, and academic stress.

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In an era where emotional struggles often remain unseen, such training equips young professionals not just to respond, but to connect, support, and empower their peers and future clients. This initiative is a step towards building a mentally resilient India—one trained counselor at a time.

### Why Should You Register?

This 3-day intensive training is not just a workshop—it's a transformative experience designed to empower you with practical counseling tools that go beyond textbooks. Whether you're a student of psychology or someone passionate about mental well-being, this programme offers hands-on learning to help you support others with skill and sensitivity.

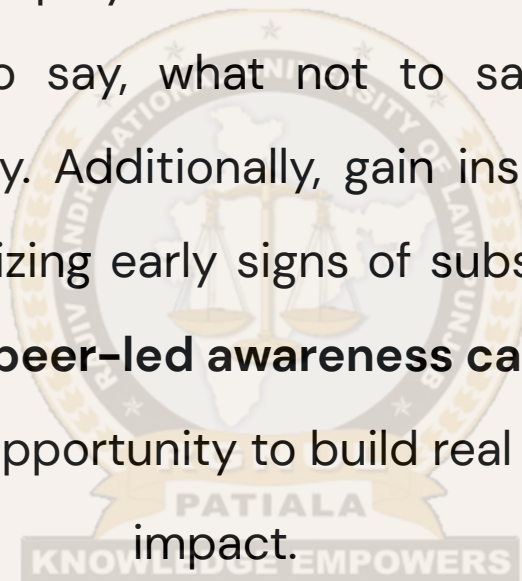
You will explore **Counseling Essentials**, including understanding **confidentiality**, how to **identify when to refer to a psychiatrist**, and how to create a safe and trusting space. Through **Choice Theory and Reality Therapy**, discover how our choices shape our mental well-being.

Engage in a **Guided EFT (Emotional Freedom Technique)** session and learn how tapping can reduce stress and performance anxiety. Learn to identify **Cognitive Distortions** and apply simple yet powerful **CBT tools** for peer support and self-awareness.

The training also equips you with **Suicide Prevention Skills**—including what to say, what not to say, and how to respond responsibly. Additionally, gain insights into **Drug Awareness**, recognizing early signs of substance use, and designing **creative peer-led awareness campaigns**.

Don't miss this opportunity to build real skills for real impact.

**Limited seats. Register now and be part of the change.**



## Meet the Experts

### **Dr Shilpa Suri**

Founder & CEO, Planet Psychology Training  
& Consultancy

Psychologist and Mindset Coach with 20+  
years of experience in counseling, training,  
and personal growth facilitation.



### **Dr Farida D'silva**

Senior Faculty, William Glasser  
International

Internationally acclaimed Behavioural  
Consultant and Trainer, expert in Choice  
Theory and Reality Therapy



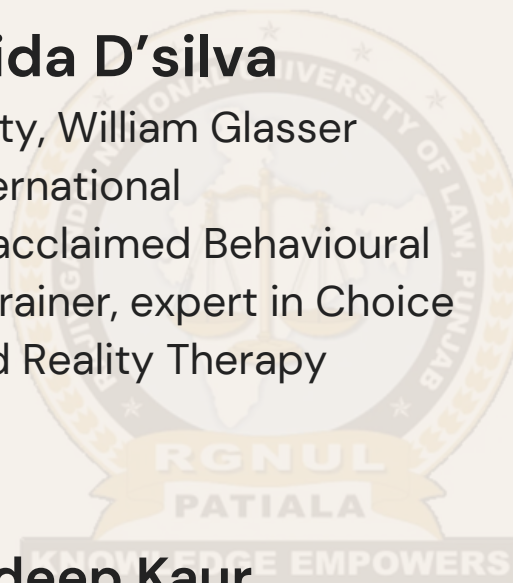
### **Dr Mandeep Kaur**

Professor, Department of Psychology,  
Punjabi University, Patiala (Punjab)



### **Dr Nayanika Singh**

Mental Health Consultant and  
Psychologist with 22 years experience





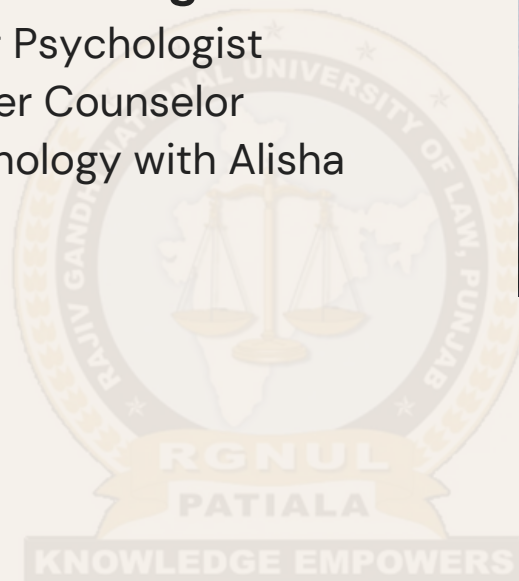
## **Dr Arzoo Chawla**

Neuropsychiatrist, Manoguru  
Neuropsychiatric Clinic, Chandigarh  
Gold medalist in MD Neuropsychiatry  
(GMCH, Chandigarh)



## **Ms Alisha Sehgal**

Counseling Psychologist  
and Career Counselor  
Founder: Psychology with Alisha





# IMPORTANT DATES

**Last Date for Registration: 25<sup>th</sup> June 2025**

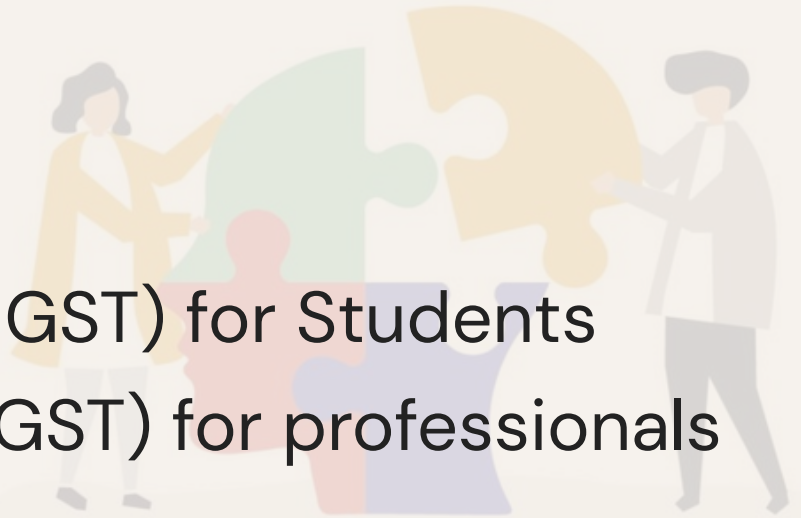
## Registration Details

**Mode: Offline**

**Registration Fee:**

₹1180/- (Including GST) for Students

₹3580/- (including GST) for professionals



**For Payment Link: [Click here](#)**

### **Includes:**

- Participation in all sessions (3 days)
- Tea & lunch on all three days
- Certificate of participation
- Workshop kit and handouts

*Note: Accommodation is not included in the registration fee.*

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## Accommodation Details

- University Guest House available on reservation basis only.
- For bookings, kindly mail at [guesthouse@rgnul.ac.in](mailto:guesthouse@rgnul.ac.in).
- Limited rooms available – early request and confirmation required.
- Meals outside training hours are not included and need to be paid separately.
- Accommodation will be provided on a first-come, first-served basis.

## Registration Process

- Only 30 seats are available for the training – register early to confirm your spot.
  - Kindly mail your registration to **[counselor@rgnul.ac.in](mailto:counselor@rgnul.ac.in)**
  - Attach the following documents in the email:
    1. Payment slip (proof of fee submission)
    2. Curriculum Vitae (CV)
  - Registration will be confirmed only after receipt of both documents.
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# COUNSELING TRAINING PROGRAMME

## Faculty Conveners

### **Dr Tanya Mander**

Associate Professor, IQAC Coordinator  
RGNUL, Punjab

### **Dr Ankit Srivastava**

Assistant Professor, NCC  
Coordinator RGNUL, Punjab

### **Dr Jaismeen Kaur**

University Counselor  
RGNUL, Punjab



## Organising Members

Mr Deepak Kumar

Ms Jaswinder Kaur



## **COUNSELING TRAINING PROGRAMME**

## **CONTACT US**

Health Care and Counseling Centre

Phone no: 0175- 2391342

Email: [Counselor@rgnul.ac.in](mailto:Counselor@rgnul.ac.in)

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