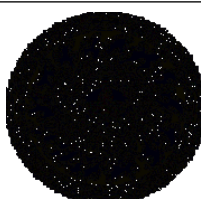




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ARYA NAGAR, GUWAHATI-781016



ARYA VIDYAPEETH COLLEGE(Autonomous)
Guwahati-16

Details of activity

Activity Title: A counseling session on "Youth Empowerment, Peer Leadership Development, and Psychological First Aid"

Organised by: Department of Philosophy ,Arya Vidyapeeth College(Autonomous) , in collaboration with the Lions Club of Guwahati South and Leo Club of Guwahati South (Dist: 322G)

Resource Person: Ms. Jahnabi Sharma, a psychologist, art therapist, and psychotherapist

Date: 28-03-2025

Summary of the activity: The Department of Philosophy, Arya Vidyapeeth College (A), in collaboration with the Lions Club of Guwahati South and Leo Club of Guwahati South (Dist: 322G), organized a counseling session on "Youth Empowerment, Peer Leadership Development, and Psychological First Aid" on March 28, 2025. The session was conducted by Ms. Jahnabi Sharma, a psychologist, art therapist, and psychotherapist, who provided valuable insights on the importance of peer leadership, mental well-being, and psychological first aid. She emphasized the role of youth in fostering empathy, resilience, and proactive leadership in society. Through interactive discussions and activities, students learned practical techniques for managing stress, supporting peers, and enhancing emotional intelligence. The event also marked the announcement of winners of the Essay Competition held on World Water Day 2025. Students from Pragjyotish College actively participated in the session, making it a successful platform for knowledge-sharing and personal development. The Department of Philosophy extends its gratitude to Ms. Jahnabi Sharma and the collaborating organizations for their support in making this event meaningful and impactful.



Guwahati, Assam, India
Arya Path, Birubari, Guwahati, Assam
India
Lat 26.167056, Long 91.744843
03/28/2025 01:19 PM GMT+05:30
Note : Captured by GPS Map Camera



Guwahati, Assam, India
Arya Path, Birubari, Guwahati, Assam 781016,
India
Lat 26.167094, Long 91.744757
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