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Press Release

**Inaugural Function of Workshop on Guidance and Counselling organised at
AMU Kishanganj Centre**

AMU Kishanganj Centre organised the inaugural function of two day Workshop on Guidance and Counselling on May 1, 2017 at Academic Block, AMU Kishanganj Centre. While delivering the keynote address, Dr Madihur Rehman Suhaib Sherwani, Chief Guest for the function,, stressed on the need for counselling in today's hectic world. He urged the students and faculty members to work hard for their career development and asked the audience to choose their career according to their personality. He also added that different people have different capacities and as such counselling should not be one way traffic. Welcoming all the participants and guests, Professor Raashid Nehal, Director, AMU Kishanganj Centre thanked all the participants and stressed on the need for counselling as an aspect of being a happy person. He added that guidance and counselling is required in all walks of life and that experts' opinions matter. Speaking on the occasion, Professor Shah Alam, Department of Psychology, Aligarh Muslim University informed the audience that counselling is a part of guidance and that with increased stress, anxiety and depression in today's world, it has gone completely professional. Dr Zainab Sarwat (Resource Person) and all the faculty members from AMU Kishanganj Centre were present on the occasion. Professor Raashid Nehal, Director, AMU Kishanganj Centre proposed a formal vote of thanks while the entire programme was compered by Dr Jawed Ahmed. Two sessions were held on Day 1 of the workshop. Dr Zainab Sarwat held a session on Interview Skills while Prof. Shah Alam held a session on Mental Health, meant only for students.