



Report on Observance of Veer Bal Diwas – Courage, Values, and Facing Fear

Title of the Programme: Veer Bal Diwas – Learning Courage and Moral Strength in Everyday Life

Date: 26th - 31st December

Target Group: Undergraduate Students

Venue: Classroom Session

Organised by: Department of Counselling in Association with Applied Sciences Department

Objectives of the Programme

1. To create awareness among students about the significance of Veer Bal Diwas and the supreme sacrifice of the Sahibzades of Guru Gobind Singh Ji.
2. To help students understand the concept of courage in real-life situations, especially while facing fear, pressure, and uncertainty.
3. To encourage students to reflect on their own experiences of fear and resilience.
4. To promote emotional strength, self-belief, and value-based decision-making.

Description of the Programme

The Counselling Cell conducted a classroom-based awareness and reflection session on Veer Bal Diwas, commemorating the heroic sacrifice of Sahibzada Baba Zorawar Singh Ji and Sahibzada Baba Fateh Singh Ji, the younger sons of Guru Gobind Singh Ji.

The session began with a detailed explanation of the historical significance of Veer Bal Diwas. The counsellor narrated the story of the Sahibzades, highlighting their fearless stand, unwavering faith, and moral courage, despite their very young age and the severe consequences they faced.

Students were sensitised to the idea that true bravery does not mean the absence of fear, but the ability to move forward despite fear. The counsellor connected the historical sacrifice to present-day student life, explaining how students often face fear in situations such as examinations, public speaking, peer pressure, taking responsibility, expressing opinions, or seeking help during emotional distress.

Use of Audio-Visual Aid

To enhance understanding and emotional engagement, a short video on Veer Bal Diwas was shown in the classroom. The video helped students visually connect with the historical event and reflect on the strength and clarity shown by the Sahibzades. This audio-visual method created a deeper emotional impact and sustained student attention.

Interactive Activity: Facing Fear and Feeling Proud

An experiential activity was conducted to help students internalise the message.

Students were asked to reflect on the following prompts:

- Have you ever been very scared of a situation but still chose to face it?
- How did you feel after facing that difficult moment?

Students voluntarily shared personal experiences such as:

- Facing exams despite severe anxiety
- Speaking in front of a class despite fear of judgment
- Standing up to peer pressure
- Taking responsibility in a challenging family or academic situations

Many students expressed that although they were initially fearful, facing the situation made them feel confident, proud, and emotionally stronger. The counsellor validated these experiences and linked them back to the core message of Veer Bal Diwas - choosing courage over fear.

Key Takeaways Shared by the Counsellor

- Fear is a natural human emotion and does not indicate weakness.
- Courage means acknowledging fear and still moving forward.
- Every time a student faces a difficult situation, they build inner strength and self-respect.
- Small acts of courage in daily life reflect the same values demonstrated by great historical heroes.

Outcome of the Programme

- Students developed a deeper understanding of Veer Bal Diwas beyond historical remembrance.
- The session encouraged self-reflection, emotional resilience, and confidence-building.
- Students were able to relate moral values to their own lived experiences.
- The activity created a safe and supportive environment for sharing and self-

expression.



Photographs

