

Counselling Cell

The counselling cell of our college is formulated with the intention to help students and staff. Due to proactive approach of the cell the activities of the cell are increasing year by year and the number of beneficiaries of the cell is also on rise.

In the last two years there has been substantial expansion in the size of the cell. The current team of the cell consists of Prof. Dr. Suchitra Naik (Counsellor and Chairperson of the committee), Prof. Ms. Vedavati Paranjape

(Counsellor), Prof. Mrs. Anjali Purandare (Committee member), and Prof. Aabha Pande (Committee member). This year there were two interns: Ms. Pallavi Khadye and Ms. Purva Karnik from SNDT University, pursuing M.A. in Counselling Psychology. The team also includes four student secretaries, namely, Pratiksha Kulkarni (S.Y.B.A.) Sabah Shaikh (S.Y.B.A.), Shraddha Tiwari (T.Y.B.Com.) and Rewa Upasani (T.Y.B.M.M.). The core activities conducted by the cell during the year are as follows:

• **Personal Counselling:**

The central activity of the Cell is Personal Counselling. In 2015-16, 129 Girls, 76 Boys, 8 staff members and 49 outside clients (28 Males and 21 Females) took the benefit of Personal Counselling. In all, since last February till date 277 people have received help from the cell in the form of personal counselling.

As many as 3 to 8 sessions were conducted with each client as per the requirement. In personal counselling sessions, issues like Confidence Building, Stress Management, Career Guidance, relationship management, acquisition of study skills etc. were addressed. We were also able to deal with the students' depression and suicidal tendencies.

In case of major disorders, some of the clients were referred to psychiatrists or other mental health professionals. Looking at the need of the students we have taken a major positive step of making psychiatric help available to students in the college itself. Dr. Shrirang Joshi (practising psychiatrist) has been appointed by the college to see needy patients. His visits are scheduled twice for month. Till now 15 students have taken the benefit of this help. Due to the availability of psychiatric help on campus the delay which may often happen in the overall progress of needy students has been reduced.

A complete confidentiality regarding the revealed information by clients is strictly observed.

• **Innovative Initiatives of the Cell**

1. Mentorship to Junior College students

A small group of desirous students was formed and the idea was to have a fruitful interaction with them about various issues from their lives. The initiative was executed through active involvement of Prof. Anjali Purandare. Retired Junior College Vice Principal Ms. Anagha Deshpande was also actively involved in this project. The details of the sessions conducted under this activity are as follows:

- Group counselling session was conducted by Dr. Suchitra Naik and Prof. Anagha Deshpande on the theme of 'Importance of Resolutions and Discipline in Life' on 13th July, 2015. Students were also asked to give their ideas and suggestions for further sessions and the topics to be discussed in them.
- A discussion on 'Women Equality' facilitated by Dr. Suchitra Naik on 25th July 2015.
- A discussion about 'Freedom of Dressing' facilitated by Dr. Suchitra Naik on 10th Aug. 2015.
- A discussion about 'Generation Gap' facilitated by Dr. Suchitra Naik on 27th Aug. 2015.

2. Help provided for addicted students

This year, we have also succeeded in helping atleast partially, a few cases of drug and alcohol addiction. In order to help these students we have made use of techniques including:

- Personal Counselling carried out on regular basis.
- Using the principles of Milieu Therapy, a supportive environment was created in which students could express themselves freely and also could acquire certain basic life skills. Counselling cell student secretaries, namely Pratiksha Kulkarni, Shraddha Tiwari and Sabah Shaikh has played an important role in this.
- A parent's meeting was organized by the cell for the parents of affected students.
- Help from the respective officials was also sought.

3. Employability Initiative

With intention to empowering our students as far as employability is concerned, the cell has collaborated with placement cell and started training program, the details of which are as follows:

- The placement cell, Counselling Cell and Loreal company and LabourNet, in collaboration have conducted an orientation session in order to brief students about career in the field of 'Body, Beauty and Care' on 03rd Jan. 2016.
- Loreal company with meager fees of Rs. 500 has started training 40 girl students of Arts and Commerce faculty from 14/01/16. The students would also have an opportunity to do a two month internship at parlours for hands-on practice of the skills learnt.

The program was executed due to active interest and enthusiasm of Prof. Nitin Pagi and Prof. Vedavati Paranjape.

4. Outreaching activities in the rural areas

In collaboration with Mahila Parivartan Sanstha, Counselling Cell, Surge (Alumni) and present NSS volunteers have entered an MOU which encompasses many activities and initiatives. The purpose is to outreach rural children and to make college students aware about the larger lifescape outside college campus. The executive officer of the above mentioned NGO is our own past student Ms. Varsha Parchure. Due to this association, working in rural area has become easy and interesting at the same time for students. Under this initiative various activities were undertaken. The details of which are as follows:

Till now we have conducted 3 visits to Hirve village near Mokhada in Palghar district.

- The first visit was by Dr. Suchitra Naik and Ms. Yashashree Shendye (Counsellor and also a past intern of counselling cell) on 17th May 2015. The purpose of this visit was to survey the environment and plan further details.
- Second visit included Dr. Suchitra Naik, Prof. Swapnil Mayekar and few alumni as well as few NSS volunteers. It was done on 9th Nov. 2015.
- Third visit made on 29th Dec. 2015 included same team.

The main intention was to mingle with children, acquaint them with basic spoken english provide them with study materials and also raise the funds for NGO. This was done through a number of activities as:

1. singing songs
2. narrating stories
3. dance
4. puppets
5. Screening of short story based films etc.

Mingling with village children was a wonderful experience for the team. A few more visits are planned in the coming months of vacation. The Hirve village project has been a fulfilling activity and has become successful due to enthusiasm, planning and execution skills of Prof. Swapnil Mayekar and a few alumni. The NSS volunteers who accompanied us were Nikhil Morajkar, Sanket and Pankaj Chavan.

• Programs by Manthan:

Under the auspices of the Counselling Cell, Manthan was established in the year of 2011. The intention behind the formation of Manthan is to sensitise the students to the realities of our society. The main programs undertaken by Manthan in this year are as follows:

- On 27th June 2015, a movie screening for the film 'Dharma' was organized in collaboration with Philosophy and Psychology department.
- On 4th July, 2015, movie 'Oh My God' was screened in collaboration with Philosophy Department.
- On 11th July, 2015, a lecture was organized on the topic 'Reading-Enriching Life'. The speaker was retired professor of Joshi-Bedekar College, Dr. A.B. Dhopeswarkar.

- A workshop on the topic 'Understanding Soft Skills' was organized by Counselling Cell for all students on 12th Aug. 2015. Two eminent professionals, Mr. P.P. Tokekar and Principal Dr. Rajadhyaksha, from the field of Human Resource and Law respectively were invited to guide the students.
- A three day workshop was conducted on the theme 'Philosophy and Saint Tradition in Maharashtra and India' in collaboration with Philosophy Department on 25th, 26th and 27th Feb. 2016. The details of this workshop are included in the report of Philosophy department.

• Workshops conducted by Counselling Cell Team:

Following workshops were conducted by Counselling Cell for various departments:

- Workshops on 'Study Skills' were conducted by Ms. Purva Karnik and Ms. Pallavi Khadye for various classes including:
 - T.Y.B.A. (Psychology and Philosophy) – 04th Aug, 2015
 - T.Y.B.A. (English)- 06th Aug., 2015
 - T.Y.B.A. (Politics) – 11th Aug., 2015
 - T.Y.B.A. (Geography) – 13th Aug., 2015
 - T.Y.B.A. (Economics) – 3rd Sept., 2015
 - A session was conducted on the theme 'On Threshold of Youth' by Dr. Suchitra Naik on 30th June, 2015 for Junior College Scholars' Academy.
 - A session on the topic 'Confidence Building' was conducted by Dr. Suchitra Naik on 14th July, 2015.
 - Workshops on the theme 'Stress Management' was conducted by Dr. Suchitra Naik for on 25th August, 2015.
 - A lecture on the topic 'What is Research' was delivered by Dr. Suchitra Naik for Research academy students of Junior College, on 03rd Oct. 2015.
- #### • Extended Services:
- With the support and encouragement of the administration, we have extended the activities of Group Counselling to our sister concerns and other colleges as well. The institution visited and the topics of sessions are as follows:

- A workshop was conducted by Dr. Suchitra Naik on the theme 'Chemist-Alchemist' for the teachers of Kendriya Vidyalaya, IIT Powai on 11th June, 2015.
- A session on the theme of 'Stress Management' was conducted by Dr. Suchitra Naik on 10th July, 2015 for the students of VPM Polytechnic College.
- A session on the theme of 'Emotional Management' was conducted by Dr. Suchitra Naik for the students of VPM Polytechnic College on 17th July, 2015.
- A series of lectures were delivered by Dr. Suchitra Naik on the theme of 'Vanaprastha' from Bhagvadgita for senior citizens in the period of September to November.
- Prof. Vedavati Paranjape conducted a workshop on 'Person Centered Therapy' on 18th April, 2015 for the M.A. Counselling Psychology students of M.M.P. Shah College, SNDT University.
- Prof. Vedavati Paranjape facilitated an open discussion session as a part of workshop on Pre-marriage Counselling in Birla College, Kalyan on 03rd March, 2016.

- Ms. Akshata Sonpataki has been appointed as Counsellor in V.P.M.'s Polytechnic College from 15th June 2015. She visits the college thrice a week.
- On 17th Jan, 2015 Counselling Cell Committee judged elocution competitions for school students arranged by Ramkrishna Mission in Saphale village.

To ensure smooth functioning, meetings of committee members and student secretaries are carried out on regular basis.

Various activities of the cell wouldn't have been possible without the whole hearted support of Principal Dr. Mrs. Shakuntala A. Singh, Vice Principal Degree college Mr. Subhash Shinde and Dr. Smita Bhide, Vice Principal Junior College Prof. Gauri Tirmare and Supervisor Prof. Sangeeta Dixit and entire administrative team as well as office staff. We would also like to make a special mention of a few well-wishers and ardent supporters of the cell who have been viz. Dr. Ajay Singh, Dr. Shrirang Joshi, Dr. Anjali Deshpande and Principal (Polytechnic College) P. P. Nayak.

The trust of students and staff and the unconditional affection of clients have helped us in the development of our activities.

Asst. Prof. Suchitra A. Naik
Chairperson