

Counselling Cell

The Counselling Cell of our College is formulated with the intention to help students and staff to manage their lives successfully.

We are happy to announce that two students (Ms.) Vedavati Paranjape and (Ms.) Jinal Shah pursuing M.A. in Counselling from SNDT were appointed as Interns to help and enhance the activities of the Counselling Cell. The core activities conducted by the Cell during the year are as follows:

- **Personal Counselling:**

As in the yesteryears, the central activity of the Cell is Personal Counselling of students and staff. It gives us deep satisfaction to report that there has been a continuous rise in the number of people

seeking help from the Cell. Overall, 94 Girls, 77 Boys, 05 Teachers and 16 outside Clients took the benefit of Personal Counselling.

As many as 3 to 8 Counselling Sessions were conducted with each client as per the requirement. In Personal Counselling Sessions, issues like: Emotional Management, Behavioural alterations, Anger Management, Stress Management, Disorder Management, Career Guidance, Acquisition of Study Skills, Rehabilitation, Parental Counselling etc., were addressed.

- **Group Counselling:**

The various Group Counselling Sessions conducted during this academic year are as follows:

No.	Date	Theme	Target group	Apprx.No. of students
1	10 th Aug 2011	Study skills	T.Y.B.A. (Phil.)	18
2	9 th Jan 2012	Overcoming exam anxiety	T.Y.B.A. (Geog.)	38
3	12 th Nov 2011	Motivational songs	N.S.S Campers	52
4	15 th Nov 2011	Emotional management	N.S.S Campers	52
5	21 st Mar 2011	Relaxation	BMM Student	08
6	16 th Mar 2011	Goal Setting	BMM Students	08

Total beneficiaries of Group Counselling are 176.

Group Counselling was conducted in the form of Workshops, wherein giving relaxation is one of the salient features that has helped our clients immensely.

- **Programmes by Manthan:**

Under the auspices of Counselling Cell, a new wing called *Manthan* is established. The intension behind formation of *Manthan* is to sensitise students

to realities of our society. The main programmes undertaken by *Manthan* are as follows:

1. Screening of film *Kachara Kundi* on 16th July 2011 depicting the miserable condition of scavenges. The film was followed by open discussion. Nearly 300 students attended the programme.
2. Meenal Sohoni, an eminent Social Worker had a dialogue with students on 'Me and My Society' on 9th August 2011. Through

her dialogue, she explained the necessity and importance of social work. It was attended by 100 students.

3. A short film on *Anandvan* was screened, which was followed by a lecture about various pro-social projects undertaken by Amte family in Vidarbha.
4. Screening of the film *Dharma* for T.Y.B.A. & S.Y.B.A Philosophy students.
5. Variety entertainment programme was arranged with the help of Talent Academy for students of Government Children Home on 23rd September 2011.

- **Other innovative practices:**

- a) Help to needy students:
Counselling Cell helped two of our needy students viz., Abdul Shaikh and Kaptan Singh from S.Y.B.A.
- b) Earn and Learn scheme
Beneficiaries of this Scheme were Abdul, Sanket, Prathamesh and Rakesh.
- c) Workshop for Teachers was conducted on the theme of Teenagers: Issues and Challenges Regarding Mental Health.
- d) Support Group of Parents: A support group of parents of psychologically disturbed students was formed last year. The two formal Meetings of these parents were conducted on 1st October 2011 & 18th January 2012.

Other informal Meetings with parents were conducted as per the demand. A special session about

how to manage a child with a mental disorder was conducted by one of the members of our support group Mr. Ashish Naik.

One unique case of a Girl was successfully handled by the Cell. Our alumini (Ms.) Ranjini Ayyer found a young girl, (Ms.) Sunita (name changed) in a crowded train. The girl was in the school uniform and was bitterly crying. She wasn't even in a position to talk. Ranjini not knowing how to help this girl brought her to the Counselling Cell. The story was narrated somehow like this: The girl was staying at her maternal uncle's place and they were not behaving with her properly. Her mother (deserted by her father) was living in a small village near Satara. She was studying in 5th class of Mumbra Municipal School. On that particular day, some anonymous person tried to kidnap her by putting her in a sack. She somehow managed to run away and she reached the station and got into the train. This small brave girl very clearly told us that she didn't want to go back to her Uncle's place and wanted to go back to her mother. The option of handing her over to Police was also explored but it did not work out.

We took the responsibility of sending her safely to her village. Her other relatives were found in Thane. She was handed over to them by our team (Prof. Shivaji Naik, Abdul Shaikh and Ranjani). Her mother was called from village and the girl was readmitted to the village school.

- **Extended Services:**

With the support and encouragement of the administration, we have extended the activity of Group Counselling to other Colleges as well. The Institutions visited and the topics of sessions are as follows:

No.	Date	Name of the Institution	Theme
1	24 th Jan 2011	VPM Polytechnic	
2	29 th Jan 2011	VPM Polytechnic	
3	7 th Mar 2011	VPM Polytechnic	
4	17 th Mar 2011	VPM Polytechnic	
5	13 th Sept 2011	VPM Polytechnic	
6	11 th Aug 2011	K. V. School, Karanja	Emotional Management
7	29 th Sept 2011	K. V. School, Karanja	Effective Parenting
8		NSS University level Camp	Stress Management

Workshops:

Following Workshops were conducted by the Counselling Cell:

- Workshop for the 'Parents of Junior College Students' on 9th April 2011
- 'Effective Parenting of Teenagers' on 23rd July 2011

Besides the above programmes, certain special sessions were conducted addressing the specific needs and issues of students. The details of such programmes are:

- a. Guidance lecture for F.Y.B.A. students on the theme of 'How to make a subject choice?' was arranged and eminent social activist Seema Ketkar was the Resource Person.

- b. A programme on 'Sex Education' was arranged in collaboration with NSS and WDC of our College. Prof. (Mrs.) Suchitra A. Naik worked as a facilitator during the Workshop.

The smooth activities of the Cell wouldn't have been possible without the whole-hearted co-operation of Principal, Vice-Principals and Office Staff.

We would also like to make special mention of a few well wishers and ardent supporters of the Cell, who have been viz., Mr. Aashish Naik, Mrs. Neha Naik, Dr. Ajai Singh, Dr. Ajay Tamhane and Dr. Shrirang Joshi

Prof. (Mrs.) Suchitra A. Naik
Counsellor