

Counselling Cell

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

In the last two years, there has been substantial expansion in the size as well as in the working of the Cell. Asst. Prof. Ms. Vedavati Paranjape has been appointed as a Counsellor and Mrs. Seema Tokekar has been appointed as a Special Educator in 2012. Two interns Ms. Mrinmayee Deshpande and Ms. Radhika Kulkarni, pursuing M.A. in Counselling from SNDT Women's University, were appointed to help enhance the activities of the Counselling Cell. The core activities conducted by the Cell during the year are as follows:

Personal Counselling:

The central activity of the Cell is Personal Counselling. Overall, 82 Girls, 67 Boys, 9 Staff Members and 34 outside Clients took the benefit of Personal Counselling in the period of January 2012 to February 2013.

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. In case of Major Disorders, some clients were referred to Psychiatrists or other Mental Health Professionals.

Programmes by Manthan:

Under the auspices of Counselling Cell, *Manthan* was established 2011 to sensitise the students to the realities of our society. The main programmes undertaken by *Manthan* are as follows:

- A Veterinary Hospital Visit in collaboration with the Department of Philosophy was organised on 18th February 2012.
- A screening of the film 'A Beautiful Mind', followed by discussion with the students, was organised on 26th July 2012. The film is based on Professor John Nash - a Nobel Laureate in Economics, who suffered

with the initiative and help of the College Administration and our Prin. Dr. Mrs. Shakuntala A. Singh.

B. Remedial Coaching Services:

Keeping in mind the needs of students suffering from disorders like LD, ADHD, and Mental Retardation, this year, we started a new wing of Remedial Coaching. We are extending this service to outside clients as well. Mrs. Seema Tokekar, who is a qualified Remedial Teacher, is looking after this Wing of the Counselling Cell.

The detailed report of this activity is submitted separately.

C. Activities conducted with Theatre Students:

In order to create awareness of various issues among the theatre students, three Workshops namely, 'Empathy',

from Schizophrenia. This film was screened to sensitise students about mental health issues.

- On 22nd November, screening of the film 'Pay it Forward', an inspirational film depicting the story of a young boy, who takes an effort to change something in the world by doing a favour to the one person, who had not helped him.
- On 9th February 2013, a lecture on 'Swami Vivekananda's Message to Youth' was organised in collaboration with the Department of Philosophy. The speaker for the programme was Swami Avdhutananda from Ramkrishna Mission. The lecture was followed by question answer session.

Extended Services:

With the support and encouragement of the administration, we have extended the activities of Group Counselling to other Colleges as well, as in the following:

Asst. Prof. Mrs. Suchitra Naik delivered a Lecture on 'Emotional Management' in V.P.M.'s Polytechnic on 7th February 2012. Asst. Prof. Vedavati Paranjape gave a brief idea about 'Counselling' on 27th July 2012. She conducted Workshops on 'Goal Setting' on 28th July 2012 and 11th January 2013. She also delivered a Lecture on 'Motivation' 'Positive Attitude', 'Exam Stress' and 'Motivation and Goal Setting' on 15th, 18th and 22nd January respectively in V.P.M.'s Polytechnic, Thane. She has been visiting VPM's Polytechnic College twice a week since 1st November 2012 to extend the services of Counselling to the students of Polytechnic College. Ms. Kasturi Pradhan is appointed as Student Co-ordinator in VPM Polytechnic. Overall, 3 girls and 5 boys have taken the benefit of this service in the period of November 2012 to February 2013.

Other Innovative Practices:

A. Help to Needy Students:

Counselling Cell is supporting three of our needy students viz. Abdul Shaikh, Kaptan Singh and Mayur Jadhav

'Psychoanalysis' and 'Stree Jeevan' were conducted on 4th May 2012, 9th May 2012 and on 7th June 2012.

Asst. Prof. Suchitra Naik conducted Lectures on 'Sex Education' and 'Goal Setting and Time Management' for NSS Campers on 17th January 2012 and 27th October 2012, respectively. Dr. Ajay Tamhane and Ms. Mridula Sivaram conducted a Workshop on 'Music Therapy' on 24th February 2012. A Workshop on 'Goal Setting' was conducted for the T.Y.B.A. History Class conducted by Mrinmayee Deshpande and Radhika Kulkarni.

Asst. Prof. Mrs. Suchitra A. Naik
Counsellor