

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 of the cell. The current team of the cell consists of Prof. Mrs. Suchitra Naik (Counsellor, Chairperson of the committee), Prof. Ms. Vedavati Paranjape (Counsellor), Prof. Mrs. Suchita Joshi (Committee member), Prof. Mrs. Anjali Purandare (Committee member), Prof. Ms. Pooja Mule (Committee member). This year there were three interns : Ms. Akshata Sonpataki and Mrs. Valli Iyer from IGNOU and Ms. Sailee Padhye from SNDT University, pursuing M.A. in Counselling Psychology. The team also includes four student secretaries, namely, Hussain Rokadia (S.Y.B.M.S.), Onkar Patole (S.Y.B.M.S.), Gauri Ghatwal (S.Y.B.M.S.) and Sejal Farrow (T.Y.B.Com). 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 2014-15, 79 Girls, 47 Boys, 8 Staff members and 13 outside Clients took the benefit 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 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.

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

Programs by Manthan :

Under the auspices of Counselling Cell, Manthan was established in the year of 2011. The intention behind 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 July 2014 a Poster Making competition for students on the topic 'Role of Social Networking in our life' was organized. It was followed by guidance lecture on the same topic conducted by Mr. Unmesh Joshi and Mrs. Sonali Patankar from Ahaan foundation.
- On 17th Sept. 2014, a lecture on Stress Management was organized in collaboration with Commerce department. The speaker of the program was Dr. Avinash Desousa (Psychiatrist and Counsellor). The program was designed in order to give T.Y.B.Com students some practical knowledge about dealing with stress, as the topic of stress management is a part of T.Y.B.Com curriculum.
- On 9th Dec. 2014, Manthan had organized a visit to old-age home in collaboration with the committee Generation Dialogue and Psychology Department. Prof. Damodar More, Asst Prof. Mrs. Swati Bhalerao, Asst. Prof. Vedavati Paranjape and Asst. Prof. Pooja Mule have visited the old age home Jeevansandhya at Khadavali along with students. Students have conducted various entertainment programs for the residents of old age home.

Workshops done by Counselling Cell Team :

Following workshops were conducted by Counselling Cell for various departments:

- Workshops on “Goal Setting and Time Management” were conducted by Ms. Akshata Sonpataki, Ms. Sailee Padhye and Mrs. Valli Iyer for various classes including:
 - T.Y.B.A. (Psychology) - 12th July, 2014
 - T.Y.B.A. (Geography) - 19th July, 2014
 - S.Y.B. I (Div A and B) - 19th Aug. 2014 and 21st Aug. 2014
- Workshops on the theme ‘Confidence Building’ was conducted by Ms. Akshata Sonpataki, Ms. Sailee Padhye for First year students of B.A.F.F on 4th Dec. 2014, 12th Dec. 2014 and 18th Feb. 15.

Interaction / Discussion with student members of Speakers’, Scholars’, Research Academy as well as Students’ Forum

In order to create more awareness about counselling service amongst students and to make it more student friendly, an informal interactive session was organized with student and staff members of above mentioned committees on 7th Feb. 2015. As facilitator, Prof. Mrs. Suchitra A. Naik has discussed various issues with the students, including the hesitation about seeking counselling, misconceptions about counselling and counsellor, when it is necessary to seek counselling and how counselling is not about merely solving problems but also about achieving more and more positive growth in our personality. During this session, informal interaction between all counsellors, committee members and students took place. Students’ response was overwhelming, inquisitive and enthusiastic.

Extended Services:

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

- A session on the theme of Emotional Management for students of Kendriya Vidyalaya IIT on 20th Feb. 2015 by Mrs. Suchitra A. Naik.

- A session on the theme of preparation of examination for Sarswati Classes on 15th April, 2014 by Mrs. Suchitra A. Naik.
- A session on Stress Management for department of IF of VPM Polytechnic College by Asst. Prof. Vedavati Paranjape on 23rd Sept., 2014.
- A workshop on Self Awareness (Knowing Yourself) for students of Birla College by Asst. Prof. Vedavati Paranjape on 2nd Dec. 2014.
- A session on Career Guidance for 10th std. students of A.K. Joshi High School by Asst. Prof. Vedavati Paranjape on 14th Jan, 2014.
- A session on Goal Setting and Time Management for Medical Electronics department of Polytechnic College by Ms. Akshata Sonpataki and Ms. Sailee Padhye on 19th Sept. 2014.
- A session on Anger Management for parents of children studying BMC school at Bandra by Ms. Sailee Padhye on 9th Sept. 2014.
- On 21st and 25th Jan, 2015 Counselling Cell Committee has 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 Mr. Subhash Shinde and Dr. Smita Bhide 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 has helped us in the development of our activities.

Asst. Prof. Mrs. Suchitra A. Naik
Chairperson