

Counselling Cell

The Counselling Cell of our College is formulated with the intention to help students and the staff. In the last two years, there has been substantial expansion in the size as well as in the working of the Cell. The central activity of the Cell is Personal Counselling. In 2013-14, 131 Girls, 64 Boys, 13 Staff Members and 7 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. 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 in the year 2011. The intention behind the formation of *Manthan* is to sensitise the students to the realities of our society.

On 3rd August 2013, a Lecture on 'Sharing of Experiences: Life and Struggle of Deprived Children' was organised by *Manthan*. The speaker for the programme was Mrs. Renu Gavaskar, President of *Eklavya Nyasa* (an NGO working for deprived children from various social strata). *Manthan* organised screening of the Film 'Three Faces of Eve' in collaboration with the Department of Psychology on 27th September 2013. It was followed by a discussion on it. The film is based on real case of Chris Costner Sizemore, also known as Eve White, who has suffered from Dissociative Identity Disorder. This film was screened to sensitise students about mental health issues. On 13th February 2014, a Lecture on Suicide Prevention '*Zindagi na Milegi Dobara*' was organised in collaboration with the Department of Psychology. The speaker of the programme was Dr. Shirang Joshi, Psychiatrist.

Extended Services:

With the support and encouragement of the

A session on 'Time Management and Study Skills' for T.Y.B.A. English Literature students was organised on 12th February 2014 by Ms. Yashashree Shendye and Ms. Apurva Ojale.

A session on 'Time Management and Study Skills' for T.Y.B.A. Hindi Literature students on 15th February 2014 was taken by Ms. Yashashree Shendye and Ms. Apurva Ojale.

administration, we have extended the activities of Group Counselling to other Colleges as well. Sessions on 'Goal Setting' and 'Exam Stress' were conducted for different Departments of V.P.M. Polytechnic College by Asst Prof. Vedavati Paranjape on 13th August 2013, 20th August 2013 and 20th September 2013.

A Lecture on 'Emotional Management' was arranged in R.K.T. College, Ulhasnagar on 30th January 2013 by Asst. Prof. Mrs. Suchitra Naik. Parental Guidance Session in *Kendriya Vidyalaya*, Karanja on 15th February 2013 was conducted by Asst. Prof. Mrs. Suchitra Naik.

Counselling Cell and Talent Academy jointly celebrated *Ganesh* festival with the Deprived Children of *Eklavya Nyasa* on 13th September 2013. The team included staff Members as well.

On 15th August 2013, Counselling Cell team along with some teachers visited *Aashramshala* run by Ramkrishna Mission in Sakwar village.

On 19th January 2014, Counselling Cell Committee judged elocution competitions for school students arranged by Ramkrishna Mission in Saphale village.

Asst. Prof. Vedavati Paranjape visits V.P.M.'s Polytechnic College twice a week to extend the services of Counselling to the students of Polytechnic College.

Remedial Coaching Services:

As per the requirement, the Remedial Coaching Service was made available to students. This year one client has taken benefit of this service. We would like to thank Mrs. Seema Tokekar (Remedial teacher) for lending her knowledge and expertise in this area to help students.

Workshops:

A Workshop on 'Attitude towards Sexuality' for S.Y.J.C. girl students was conducted on 5th September 2013 by Asst. Prof. Ms. Vedavati Paranjape.

We would like to make a special mention of a few well-wishers and ardent supporters of the Cell, viz Dr. Ajay Singh, Dr. Shirang Joshi and Principal, Polytechnic College, Mr. P. P. Nayak.

Asst. Prof. Mrs. Suchitra Naik
Chairperson