

## **Academic Year 2023-2024**

### **Report of Counselling & Guidance Cell**

- **“Session on Understanding Your Emotions” (15<sup>th</sup> July, 2023)**

To celebrate World Emoji Day, our College Counsellor Mr. Raosaheb Raut conducted a Session on Understanding Your Emotions for students to create awareness about the importance of different types of emotions in day-to-day life and how to use different emotions to improve communication skills.

The Counsellor explained the different types of emotions used daily and how they can be used to enhance the interaction with parents, teachers, peers and friends to make communication smoother and more effective.

The students understood the benefits of understanding their own emotions and expressing them without hurting and disrespecting the feelings of others and how to control our own emotions to live a happy life.

- **“Session on Sports Psychology” (26<sup>th</sup> August, 2023)**

Sports Committee has taken the initiative to organise a Session on Sports Psychology students wherein the session was conducted by our Counsellor Mr. Raosaheb Raut.

The main motto was to make students understand the role of a Sports Psychology, awareness about mental toughness among sports students, how to use imagery and self-talk techniques to enhance their performance and how different psycho-social factors which affect the students performance.

The session helped students understand how sports psychologists work effectively with sports teams to boost them for their games and various examples were shared with the students for the awareness of the importance of mental toughness. Interventions like self-talk and imagery were demonstrated to students to enhance their sports performance and different psychosocial factors like family support, social support, performance pressure, financial burden, perceived

stress, availability of basic sports facilities, coping skills, decision-making ability and resilience were discussed in detail to bounce back in the sports with confidence.

- **“Counselling Orientation Programme” (26<sup>th</sup> August & 9<sup>th</sup> September, 2023)**

The orientation was scheduled for First Year students of B.Com, BMS & B.Com(B&I) and the Counsellor Mr. Raosaheb Raut visited the classrooms on the mentioned dates to orient students about the Counselling facility, activities and services and the availability of the Counsellor on the campus and the service is available free of cost.

The explanation helped students to know how counselling helps in overcoming difficulties for the betterment, how professional counsellor effectively works towards counselling to be given to the students.

Students were happy and had healthy interaction with the Counsellor.

- **“Developmental Counselling Programme for Female Students” (13<sup>th</sup>, 14<sup>th</sup>, 17<sup>th</sup>, 20<sup>th</sup> & 21<sup>st</sup> October, 2023)**

In collaboration with the Department of Applied Psychology & Counselling Centre, University of Mumbai- a five-day program on **“Developmental Counselling Programme for Female Students”** was conducted on 13<sup>th</sup>, 14<sup>th</sup>, 17<sup>th</sup>, 20<sup>th</sup> & 21<sup>st</sup> October, 2023 in the College Campus.

Twenty-five (25) Counselling Psychologists under the supervision of Faculty members from the Department of Applied Psychology and Counseling Center, University of Mumbai and Mr. Raosaheb Raut, the Counsellor of our College was in charge of the programme.

The main aim of the programme was:

1. To promote self-introspection to know their strengths and weaknesses.
2. To assist them with their relationships and academics.
3. To encourage and develop special abilities to explore different opportunities and overcome various circumstances.
4. To focus on mental well-being; develop skills to deal with mental illness.

The programme was well appreciated and received positive feedback from the students.

- **“Mental Health Awareness Campaign” (14<sup>th</sup> October, 2023)**

Under MoU with Aditya Birla Education Trust (MPower), the Cell organized an Awareness Campaign on Mental Health for the First Year students of B.Com, BMS & B.Com.(B&I) and Third Year students of BMS & B.Com.(B&I) on 14<sup>th</sup> October, 2023 in the respective classrooms.

Ms. Ruchita Uchil & Ms. Dhvani Mehta from MPower visited the classrooms to spread awareness about mental health, to give proper information about mental illness and to bust myths.

The students got an understanding of identifying the signs and symptoms of mental illness and the availability of mental health services all over the nation.

- **“Workshop on Building Relationships with Students”  
(14<sup>th</sup> October, 2023)**

Under MoU with Aditya Birla Education Trust (Mpower), the Cell organized a **Workshop on Building Relationships with Students** for the Non-Teaching Staff on World Mental Health Day 14<sup>th</sup> October, 2023.

Ms. Naseem Kachwala Psychologist deputed by MPower (Aditya Education Trust) to conduct the workshop for enhancing their skills in dealing with students, spreading awareness about mental health, making them understand the major components of their workplace and their relationship with students and also understand the challenges their faced with youth that could be one of the cause of their mental health.

The workshop helped the staff understand to identify the signs and symptoms of mental illness among students, the importance of mental health, facing the various challenges with students and dealing with the situation with empathy, praise and being non-judgemental of students feelings and emotions that could decline the mental illness among staff and the students and were informed the availability of mental health services all over the nation.

- **“Workshop on Conflict Management with Adolescents for Parents”**  
**(23<sup>rd</sup> December, 2023)**

Under MoU with Aditya Birla Education Trust (Mpower) organized a **Workshop on Conflict Management with Adolescents for Parents** on 23<sup>rd</sup> December, 2023.

Ms. Chandani Kapoor Psychologist deputed by MPower (Aditya Education Trust) to conduct the workshop on the mentioned topic to help parents understand mental health and normalize it as physical health. In the workshop, the psychologist acknowledged general points of conflicts between parents and their teens were discussed. Parents were made aware of the developmental changes of teenagers and explained their priorities and behaviours that may lead to Conflict and its impact on their relations was discussed

Further, the Tool of effective communication, ' the I - statements were discussed and it's basic structure was explained. Tips and perspectives were illustrated to reduce harmful conflicts.

The session would bring about a more patient and understanding approach in parents while interacting and dealing with their adolescent children.

- **Movie Screening of “Dear Zindagi” (12<sup>th</sup> January, 2024)**

The Cell took the initiative for an awareness campaign on “Emotionally Unwell among Youngsters” on the occasion of National Youth Day i.e the Birth Anniversary Celebration of Swami Vivekananda on 12<sup>th</sup> January therefore, the members of the Cell had scheduled a screening of the movie “Dear Zindagi” for the students of F.Y.B.Com, T.Y.B.Com, T.Y.BMS & T.Y.B.Com.(B&I) in the classrooms and the movie was screened on Smart Class on 12<sup>th</sup> January, 2024.

The movie has portrayed the importance of psychotherapy and counselling which is necessary to be consulted in dealing with life issues that are unable to be solved by ourselves in well-structured therapeutic sessions for the same reasons it was screened so that students can feel to open up to the share their emotions also to raise the awareness of seeking help is normal that too for emotionally unwell likewise for physical unwell.

Takeaways from the session:

The movie is youth-centric that revolves around life and troubles therefore the movie conveys that expressing oneself rather than putting up a strong face to the world may be okay once in a while, but its always better to express yourself and seek help when necessary. The movie was well appreciated.

**Problem is not a Problem**  
**Coping is a Problem!!!!**