

PERSONAL COUNSELING REPORT 2017-18

A Report on Personal Counseling process followed on Academic Year-2017-2018

The robust and mutually beneficial relationship that can evolve between an experienced faculty member and student constitutes a time honored tradition with in academia. Experienced faculties guide the students to improve their subject knowledge and always suggest about future job prospect in the industry. Recognizing the benefits of mentoring and the process of ongoing learning among all facilities both to the institution and individual members, institution academia committee has sought to enhance the impact of mentoring through formal initiatives designed to support and encourage it.

The following students were identified suffering from the problems mentioned below.

| Sr. no. | Name of students | Problem of the Student |
|---------|------------------|------------------------|
| 1 | Ashwini Gaikwad | Depression |
| 2 | Nirjara Achlare | Fear of Exams |
| 3 | Shete Sadhana | Lack of Communication |
| 4 | Kiran Ambirkar | Tension With Exams |

Ashwini Gaikwad: Depression is a serious and important issue on college campuses across the country. College students are susceptible to depression due to potential factors such as stress with college, work, or finances, or possibly feeling isolated after moving away from friends and family. Ashwini Gaikwad was found suffering from depression her Class mentor Dr. Bhosale counseled him for thrice in the semester. The Mentor advised him to follow Meditation, Practice Mindfulness Exercise, Improve nutrition, and improve his sleep habits.

Nirjara Achlare: It's a quite a Common scenario that students develop exam phobia. Ms. Nirjara Achlare was noticed suffering from Fear of Exams. Her Class Mentor took his enormous pride in her abilities to counsel the student twice in the semester. She advised the student to follow the tips:

1. Start Revising Early
2. Makin your own Timetable
3. Write legibly

Shete Sadhana: was found lack of communication skill which hampered her from the class activities. The Mentor of the class Ms. Archana Mukhedkar, conducted a separate counsel for his and made her get succeeded in delivering his presentation with full confidence. The Mentor counseled his with the following tips:

1. Listen Carefully
2. Consistency
3. Check to make sure audience needs are being met.

Kiran Ambirkar: was noticed Tension with exams. As we know, Exams are often considered a 'fear' factor among students. Students of all age groups do undergo exam anxiety and have 'exam phobia' when it's around the corner. Since its a common problem, The class Mentor Dr. Bhosale took him to the Counseling room and advised him some simple tips to overcome the fear.

The tips he supplied were:

1. Never Compare yourself with other student
2. Revise all the topics you have studied
3. Be focused.



PERSONAL COUNSELING REPORT ACADEMIC YEAR 2018-2019

Report on the Problems faced by Students-

Problems Faced by the Students: Relationships Problems With Family And Friends, Poor Adaptability to change in the Environment, Habits and Behaviors that cause Self Harm, Poor Coping Strategies to Stress Childhood, Abuse Sexual Abuse Parents with Poor value System Expression of Emotions, Poor Communication Process, Personality Development, Substance Abuse ,Career Guidance Exam anxiety Social Acceptance Self-Esteem, valuing self Commitment in relationships, Depression Phobias Aggression Handling emotions Problems with sleep cycle, Dr. Sawant guided the students and gave tips

Name of the students present for group Counseling

| Sr. no | Name of the students |
|--------|----------------------|
| 1 | Mohini Jadhav |
| 2 | Asha Walekar |
| 3 | Saroja Walekar |
| 4 | Akash Pawar |
| 5 | Sarwesh Joshi |
| 6 | Arti Sukale |
| 7 | Vishal Sawant |



Counseling Session Report

NSS department gave the orientation to students on 1st August 2018 regarding how they can seek help. This effort was fruitful and students started taking appointments from counselors. Students of S.M.D.M. Kalamb were given guidance and counseling. So far 76 students received counseling on time and. Some of them still continue to seek help. The common problems range from emotional distress, relationship issues, interpersonal conflicts and career developmental guidance. Students found it very helpful as they go through tremendous pressure with peers and fixing their goals for their career path. Department of NSS organized this counseling session. Mr. Ishwar Rathod and Dr. Sunil Pawar did the counseling to students.



PERSONAL COUNSELING REPORT ACADEMIC YEAR 2019-2020

Group counseling on 16/09/2019

Your personality is a set of traits and characteristics that come to define you over some time. These include your emotions, mood, how you respond to situations, and behavioral tendencies you show over a long time to others. Your personality is more predictable and consistent than one's immediate mood or emotional reaction, and personality affects both mood and emotions. Whatever our personality is, it is always leaving a mark on the people we interact with, on situations in how we respond to them, and our future in accepting an opportunity. That is why it is essential for us to know who we are, our traits and quirks, and how our personalities affect our lives. Our nature may work for us or against us depending on what kind of behavior we show – spontaneous or impulsive, rational or emotional. Our life experiences and shapes shape our personality – it is like a self-feeding cycle, and it works for or against us. All it takes to interject it with the right kind of stimulus to start cycling in the right direction. As it drives our thoughts, thinking, and activity, we understand that the experiences we have, and our interpretation of these, will help us become better informed of the impact that every decision we make has on our lives.





Sep 16
2019
—

Workshop on Soft Skill Development and career counselling.

16.09.2019 at 10.30 am

Organized by science forum

Chief Guest
Dr. Sunil Pawar

Guest of Honour
Miss. V. B. Kakade

Venue : S.M. Dnyandeo Mohekar Mahavidyalaya
Kalamb, Auditorium Hall

www.mohekarcollege.org

Poster Maker

Group Counselling for Career

Counsellor: Dr. Ashok Mohekar sir

The practice of career counseling, and influential factors in career guidance and student counseling. Career guidance has gained importance in all educational institutions, in higher educational institutions, there is a separate counseling center where people who are in an apprehensive state or worried or stressed about their career prospects and future life, come to acquire help and assistance, so that their concerns can be alleviated, they are able to acquire an employment opportunity or get engaged in a good career which may bring them contentment. Dr. Ashok Mohekar sir did the counseling to students on 1/08/2019 at Botany Department Career Guidance, Student Counseling, Professional Development, Education, Practices and Abilities.



Parent counseling report on role of parents in child career development on 17/08/2019

If the child happens to be mentally or physically challenged, the situation can become even more taxing on one or both of the parents, sometimes even leading to rifts between the parents as it can get really stressful. Parents will need counselling at this stage not only on proper caring for their child but also on ways to cope with their own lives while taking responsible care of their challenged child. The parents end up going through a wide variety of emotional and psychological problems, especially disappointed when they first realize that their child is not normal and has physical or mental issues. Continuous counselling of the parents is crucial as they learn to cope with their personal inadequacies and their feelings of guilt and stress. Psychologists have found that parents become disunited and fail to communicate properly with one another, thereby sending confusing messages to an already disturbed child. Specialists, therefore, lay emphasis on a mutually acceptable plan of adjustment as well as cohesive parenting; this would make it easier for the child to cope positively with the outside world to. Counselling was done by Dr. Minakshi Bhawar, Dr. Datta Sakole, Dr. Sunil Pawar at Botany Department.



Parent counseling To Parent on Parenting tips on 17/08/2019

Tips for study Given by Dr. Vishwajit Mhaske: On 12/08/2019

Students like to achieve good grades and work hard to prove their best. While some students study a lot throughout the year, some give a daily brush up but don't push themselves. Some might open their books just before the exams. However, a student's main aim is to gain good knowledge about the subject and achieve success in examinations. Every student should cultivate some study habits to reach their goal. The Study habits are the behaviors used to learn academic material. It is a habitual practice one uses to achieve and maintain good grades. Developing study habits is more likely to be effective if they are modified to the level of study and the study context.

- Understand what is different about studying at High school/ College level.
- Know what you need at your level of study.
- Understand the learning process and know how you can manage that process to have a best effect.
- Be aware of what you want to gain from your time.

Study habits provide many of the tools you need for applying the specific skills. Developing good study habits from lower classes is very important.



Dr. Vishwajit Mhaske Counselling Students on study habits.

COUNSELLING SESSION REPORT ON “THE CAREER PATH AHEAD: WHAT AFTER B. SC.”

In order to clarify several academic goals and guide students towards informed steps for the educational aspirations, Department of Botany S.M.D.M. College, Kalamb organized an educational counselling session on 28th January, 16/02/2020. The session that witnessed the participation of around 45 students, was intended to make students acquainted to the possible educational avenues. The Counselor for the day was Dr. Rushikesh Khandelkar, Dr. Sachin Chavan. Zeal institute, Pune. The undergraduate students often find academics interesting and secure well. However, “which course or diploma would end up in making a suitable career ahead?” this question needs to be answered with a longterm perspective. Many students also confront the budget constraint to enroll for their dream academic option. The counsellor/therapist often partner with government agencies, corporate houses, academic institutions, NGOs and the employment-generating agencies/platform to develop mutually beneficial opportunities for individuals with customized needs. They are also looked forward to assist in training, assessing the marketability, and grooming each one of the individuals towards career advancements. Keeping in mind the academic pursuit and vocational aspiration of the students, the counsellor addressed the list of inquisitive apprehensions that students raised in the discussion. Before beginning the formal discussion, the counsellor impelled the audience to think about their interests and preferences with a prime focus on what they relish doing in life. The process of deciding your lifetime career goal cannot be invented in a day. It needs to be designed, shaped and redesigned after self evaluation several times before we finally attain it. The students who perform extraordinarily well in academics, even they need to identify their aptitude abilities, skillset, individual intellect levels to start following a particular career path. A modern-day education system is the one which induces experiential learning in the students as only qualifying the examination and bagging a degree may not serve the lifetime goals. The students need to be on toes to learn the skills and try to induce the artistic/creative flavor in their work. This is also the phase of life where the youth is overwhelmed with emotions and not able to balance between emotional quotient and intellect quotient. Education is often observed as a life changing decision for the student so need to be identified on a scale of pros and cons before finally following a certain path. Staying motivated is a struggle. Any single discussion made with a senior or a counsellor or

teacher or vocational professional will not be sufficient. It often requires regular interaction and guidance to prevent the youth from the negative distraction hovering around. No academic degree or diploma would ever fit all the students in the country or state or even a single College. We should not chase what others are doing. Exploring more avenues is always a good idea and especially when you are at undergraduate levels. The College also offers you a wide variety of extracurricular activities. Hence you have an open arena to decide for your own “character in the play”. The education of a child needs a perpetuity in mentoring; hence guidance is often solicited to their growth and development in a complex society that we are living in today. But please make sure that “A successful journey is always unique and designed by the traveler (you) himself and not imposed on you”

**Shikshan Maharshi Dnyandeo
Mohekar ,mahavidyalaya. Department Of
Botany Organizes**

Counselling Session On

THE CAREER PATH AHEAD

**Counsellor Dr.Sachin
Chavan .Mr.Khandalika**

**Date : 16/02/2020
venue :Department of Botany**



PERSONAL COUNSELING REPORT ACADEMIC YEAR 2020-21

Dr. Mina Sakhalkar delivered the counseling lecture on parenting and child's behavior. On Parenting is a divine journey of raising yourself to help your child grow to the fullest possibilities. It is not about making your child better than you or making your child work for your dreams but it is all about understanding your privileges and learning the appropriate ways to raise your child.

Parenting involves in depth understanding of what your child wants and which direction is appropriate for them. It is hard to guide your child with the right direction when so many multiple directions are available. The good news is that online therapy can help you understand which direction would serve the best for you and your child. However, most parents have become experts in explaining their actions for their children. If you are doing that let us, tell you the ways of helping your child become capable and do what they want in life. We provide you with unconditional support and guidance to help you improve your relations and nurture your child in the best way. Dr. Mina Sakhalkar delivered the counseling lecture on parenting and child's behavior.

Challenges faced by parents

Holding a responsibility of making your child capable also brings the challenges faced on the part of parents. The commonly faced challenges are –

- Lack of time
- Unable to understand what the child wants
- Difficulty to make decisions
- Family pressure
- Societal expectations
- Peer pressure
- Cultural norms
- Lack of control
- Excessive use of social media
- Fear of losing children
- Overprotective
- Unable to provide right assistance
- Difficulty providing emotional support
- Unable to express yourself
- Lack of communication

- Too occupied with other things
- Hard to understand children's concerns



Dr. Mina Sakhalkar delivered a lecture on parenting and child behavior.

Online awareness programme for mental health on Pandemic on 18/04/2020



COUNSELLING SESSION REPORT 2021-22

A Report on Personal Counseling process followed on Academic Year-2021-22

Guidance and counseling are the process which helps the students to know their skills, interests, -personality that will help students in further career selection. Guidance is the process in which the Mentor counsels the students and provides them with right knowledge to take better choices; Department of Botany organizes Personal Counseling Sessions to its technocrats for their overall development.

The following students were observed having the problems mentioned below. Personal Counseling for each student was provided by the Mentors Dr. Amarsinh Warpe and advised the students to overcome the problems by practicing simple techniques.

1. Study smartly, be consistent
2. Revise, revise and revise
3. Meditate
4. Don't compare yourself with others

Many Students took the advantage of this counseling.



Dr. Amarsinh Warpe Counseling to students.

Senior Faculty counseling the students and discuss their problems.



This report strives to legitimize for the field of psychodynamic group therapy the reflection on and study of courage. Ms. A. R. Mukhedkar surveyed group therapy leaders, asking them to describe courageous moments in their own group practice, and then explored the common themes arising in these examples, including openly confronting their mistakes, facing their own and group members' anger, and dealing with unexpected moments in group sessions. Attending to courageous leader moments- and the feelings of hope and pride that they engender-help to neutralize the negative emotions that group leaders are constantly invited to contain. Paradoxically, accessing courageous moments can also evoke feelings of shame in the leader. Teacher advised If we are to require ourselves to embrace the sometimes terrifying challenge of journeying into the unknown with our patients, we must learn to be honest not just about our mistakes and our weaknesses, but also about our successes and our strengths.



Ms. A. R. Mukhedkar did counseling and then students represented themselves on same day.

A Report on Personal Counseling process followed on

Individual counseling is a personal opportunity to receive support and experience growth during challenging times in life. Individual counseling can help one deal with many personal topics in life such as anger, depression, anxiety, substance abuse, and many other college related problems. Our college always stands by the students in providing all the required counseling.

The following students were observed with the given problem and the counseling sessions were conducted for them individually.

| Sr No | Name of students | Problem of the Student |
|-------|-------------------|--------------------------|
| 1 | Barkul Mayur | Depression |
| 2 | Chilwant Shrikant | Lack of Communication |
| 3 | Asfiya Sayyed | Lack of concentration |
| 4 | Gauri Mahamuni | Exam fear and tension |
| 5 | Shashwati Pawar | Irregular to the classes |

Barkul Mayur: was found suffering from depression. Hence, his Class Mentor conducted counseling sessions to him thrice and advised him to practice the following tips:

1. Be Mindful
2. Exercise (Even for a Minute)
3. Learn more about stress relief.

Chilwant Shrikant: was noticed with the fear of communication and could not make his seminars and presentations better. Having identified his problem, the Class Mentor counseled him twice and provided him with some practice tips to be followed as follows:

1. Listen
2. Repeat what you are told
3. Use appropriate language.

Asfiya Sayyed: was noticed suffering from lack of concentration and she wailed that she could not perform her exams due to the same. The Mentor of her class, counseled her in the same regard and provided her with some tips to be practiced to overcome the problem.

They were:

1. Train your Brain
2. Make time for exercise
3. Take Breaks and mix up your environment.

Gauri Mahamuni: was observed suffering from Exams Fear and tension. The Class Mentor extended his special counseling to her and provided her with some practice tips.

1. It would be advisable to be prepared by checking your syllabus thoroughly.
2. Relax yourself with some easy ways
3. Time management is one of the major factors behind every success

Shashwati Pawar: was detected as an irregular student to the classes. Having realized that she was in need of counseling, the Class Mentor conducted a counseling session to her and explained the importance of education and scope of being successful in life with education.

Career Counselling by I.P.S. Mr. M. Ramesh on 29/12/2021.

पुण्य नगरी

तरूणांनी करिअरला महत्व द्यावे-रमेश

पुण्य नगरी | वृत्तसेवा

कळव: आजच्या आधुनिक काळात स्पर्धा खूप वाढलेली आहे. अशा परिस्थितीत विद्यार्थ्यांनी ध्येय निश्चित करून वाटचाल करणे आवश्यक आहे. विद्यार्थ्यांनी करिअरला महत्व द्यावे, असे प्रतिपादन सहाय्यक पोलीस अधीक्षक एम. रमेश यांनी केले.

कळव येथील शिक्षण महर्षी ज्ञानदेव मोहेकर महाविद्यालय आणि पोलीस प्रशासन यांच्या संयुक्त विद्यमाने करियर मार्गदर्शन आणि महाविद्यालयीन विद्यार्थिनी, महिलांसाठी लैंगिकता प्रतिबंधक कायदा मार्गदर्शन शिबीर घेण्यात आले. विचारमंचावर शिक्षण महर्षी ज्ञानदेव मोहेकर महाविद्यालयाचे प्राचार्य डॉ. सुनिल पवार, उपप्राचार्य डॉ. सतीश लोमटे, पोलीस उपनिरीक्षक मालुसरे, पतंगे उपस्थित होते. कार्यक्रमाच्या प्रारंभी संस्थेचे संस्थापक शिक्षण महर्षी ज्ञानदेव मोहेकर गुरुजींच्या प्रतिमेचे पूजन करण्यात आले.



पुढे बोलताना ते म्हणाले, एम.रमेश यांनी म्हटले, कायदा व सुव्यवस्था राखणे, हे प्रत्येकाची जबाबदारी आहे. त्याच अनुषंगाने विविध समिती स्थापन करण्यात आलेल्या आहेत. त्याद्वारे पोलीस प्रशासनाला सहकार्य करणे, आपले कर्तव्य असल्याचे त्यांनी सांगितले. यावेळी प्रा. गोरमाळी, डॉ. एम. बी. जाधव, डॉ. के. डी. जाधव, डॉ. डी. एन. चिंते, डॉ. एम. डी. गायकवाड, प्रा. अरविंद खांडके, प्रा. प्रताप शिंदे, प्रा. गणेश आडे आदींची उपस्थिती होती. सुत्रसंचालन प्रा. डॉ. दीपक सूर्यवंशी तर आभार डॉ. दत्ता साकोळे यांनी मानले. कार्यक्रम यशस्वी करण्यासाठी प्रा. राम दळवे, प्रा. बालाजी वाघमारे, अरविंद शिंदे, चांगदेव खंदारे आदींनी परिश्रम घेतले.

Smart Osmanabad
Page No.4 December 29, 2021

Counselling on study habits by Dr. Minakshi Jadhav on 09/08/2021

The quality of nation depends upon the quality of its citizens. The quality of citizens depends on the quality of their education and quality of education besides other factors depends upon study habits and study attitude of the learners. Quality of education reflected through academic achievement which is the outcome of study habits and study attitude of the students. Thus, to enhance the quality of education. It is necessary to improve the study habits and attitudes of the students the term study habits as: “The student’s way of study whether systematic efficient or inefficient etc.” Good study habits are perceived to be the determinants of the academic performance. That is why efforts are made to develop and improve study habits in students. On the other hand, Attitudes are predispositions which have developed through a long and complex process. Along with study habits, the student’s attitude towards education in general, towards teachers, towards family and financial and other supports, his own personal way of expressing his needs, his problems while studying at college. After two counselling interventions of the experimental group, the difference between the study habits and attitudes of the experimental group had a positive change.



Dr. Minakshi Jadhav Counselling to Student Ms. Neha Poul, Ankita Tele and Dharti Surwase regarding study habits and exam fear.