



REPORT ON "COUNSELLING CELL"

Prerna College of Commerce

Committee: Counselling Committee & Mentoring Committee

Programme: Virtual Talk

Counsellor: Dr. Bharti Gidwani

Topic: Counselling Cell

Date and Time: 8th & 9th December, 2021 from 10:30 am to 12:30 noon.

Objectives: -

1. To explore the feelings, beliefs, and behavior of students.
2. To help them identify the aspects of their lives that they would like to change.
3. To address and redress their stress and other psychological problems if any.
4. To make them understand themselves better.
5. To improve their overall well-being.

Highlights: -

1. The Counselling session was conducted through online mode.
2. Dr. Bharti Gidwani had one on one consultations with the students.
3. She adopted a customized approach to understand and resolve the issues of the students.
4. The students actively participated in the counselling session and they discussed their issues with Dr. Bharti Gidwani.
5. Dr. Bharti Gidwani provided suggestions to the students.
6. Dr. Bharti Gidwani made the students aware of themselves and gave them a blueprint which they can use to keep themselves away from anxiety and stress.

Outcome: -

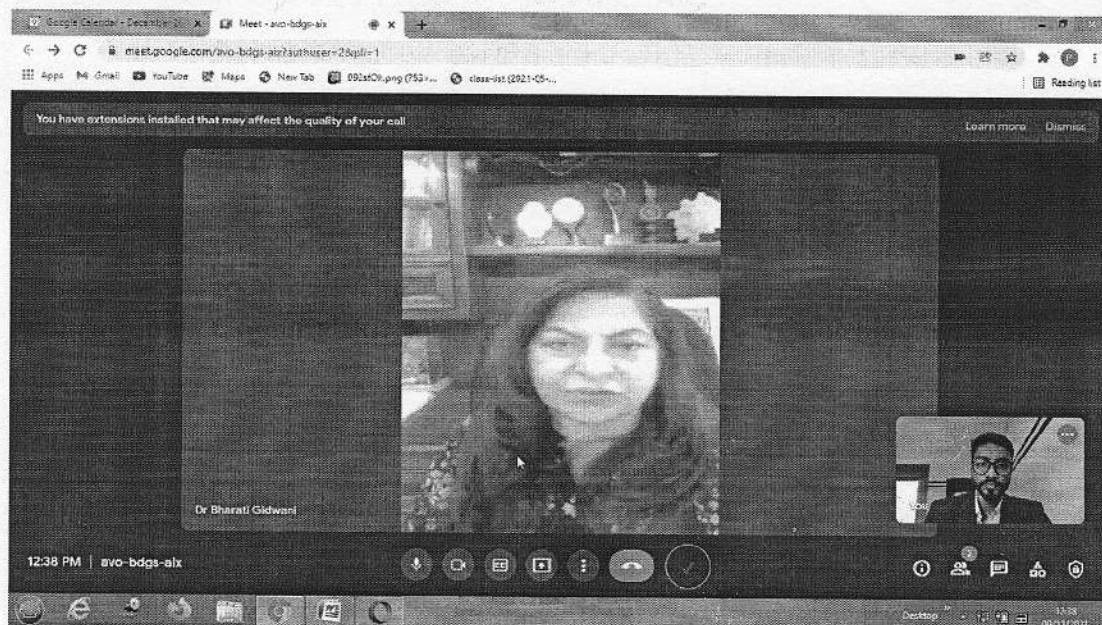
1. The Counselling session helped the students in enhancing their self-esteem.
2. Dr. Bharti Gidwani's counselling gave them a sense of security and helped them

- minimizing their stress.
3. The session had a positive impact on the overall well-being of the students.
 4. Following the feedback that we got from the students, we got to know that the counselling session enabled them to overcome anxiety, laziness, procrastination, and other crucial aspects of their overall wellbeing.

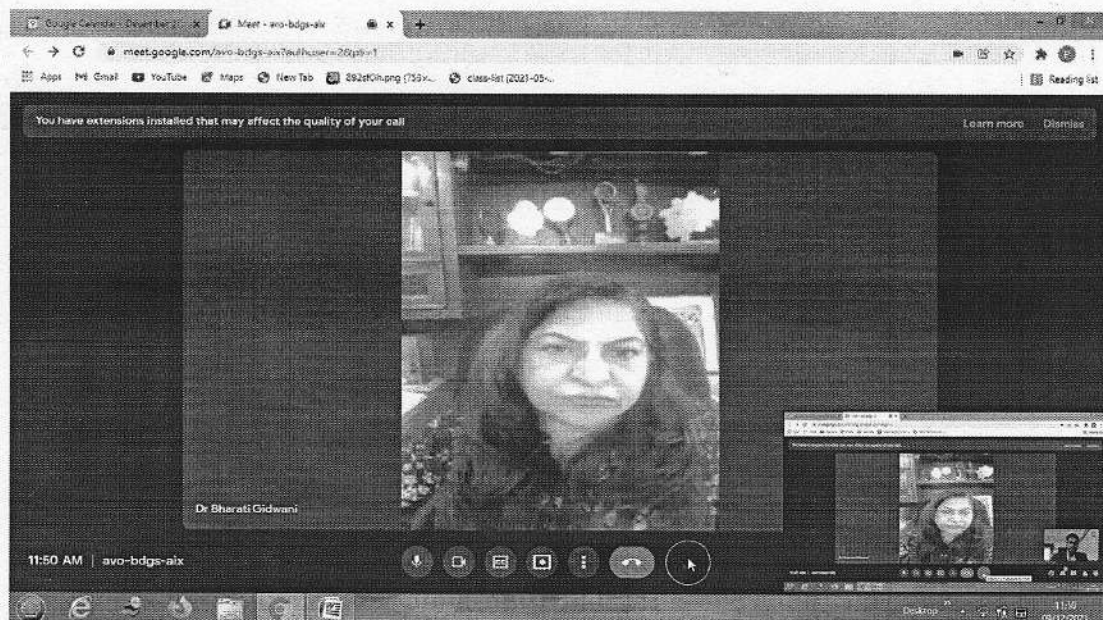
No. of Beneficiaries : 15 Students

Programme Coordinator: Dr. Priyanka Dongre, Coordinator (Counselling Committee)

Date : 8th and 9th December 2021



Mr Palash Feddewar introducing Dr. Bharati Gidwan



Dr. Bharati Gidwani

