



# **Dr S.C. Gulhane Prerna College of Commerce, Science and Arts**

Run by Prerna Sewa Mandal  
Reshimbag Square, Nagpur-24

Govt Recognized and Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University  
NAAC (UGC) ACCREDITED INSTITUTION 'B' GRADE (CGPA-2.32)  
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## **REPORT ON "COUNSELLING CELL"**

**Dr S. C. Gulhane Prerna College of Commerce, Science and Arts**

**Committee: Counselling Committee & Mentoring Committee**

**Program: Counselling**

**Topic: Counselling for students**

**Date and Time: 4<sup>th</sup> & 6<sup>th</sup> May 2023 from 10:30 am Onwards**

### **Objective:**

- To identify emotions of the students.
- To find problems of the students.
- To help students to accept actual or impending changes that are resulting from stress such as psychological, emotional, and intellectual.
- To make them understand know themselves better.
- To expose the feeling and behaviour of students.
- To help them identify the aspects of their lives that they would like to change.
- To improve their overall well being.

### **Highlights:**

- The Counselling session was conducted through offline mode.
- Ms. Aarti Goswami, HR Manager, Prerna Sewa Mandal and Ms. Roshni Narwade, Student Counsellor had one on one counselling with the students.
- They adopted customized approach to understand and resolve the issues of the students.
- They provided suggestions to the students.



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- The students actively participated in the counselling session and they discussed their issues with Goswami madam and Narwade madam.
- They made the students aware of themselves and gave them a blueprint which they can use to keep themselves away from anxiety and stress.

### **Outcome:**

- The Counselling session helped the students in enhancing their self-esteem.
- To assist the student in planning for educational & vocational choices.
- Ms. Aarti Goswami and Ms. Roshni Narwade gave them a sense of security and helped them minimizing their stress.
- The session had a positive impact on the overall well being of the students.
- The counselling session enables them to overcome anxiety, laziness, procrastination and other crucial aspects of their overall welling.

**No. of Beneficiaries: 65 Students**

**Program Coordinator: Dr Priyanka Dongre, coordinator (Counselling Committee)**





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Ms. Goswami interact with students



Ms. Roshni Narwade interact with students