



Date: 2nd Decemer2023

COUNSELLING SESSION

Date : 30th November 2023

Venue : Seminar hall, 4th Floor

Participants : 63 Students and 03 faculties

Tme : At 12.45 P.M

Objective: The objectives of this session is to recognize the factors contributing to students problems in life, while at the same time helping them to look for solutions through behavioral and psychological changes.

Introduction:

The counselling session aimed to address the academic, emotional, and career-related concerns of students. A counselor with high credentials was present to facilitate the discussions and offer personalized advice.

3. Key Discussion Points:

a. Academic Concerns:

- Time management and study techniques.
- Approaches to handle exam stress.
- Selection of electives and majors.

b. Emotional and Mental Well-being:

- Coping mechanisms for stress and anxiety.
- Addressing feelings of isolation and homesickness.
- Balancing academic pressures with personal life.

c. Career Guidance:

- Opportunities available post-graduation.
- Internship and job placement assistance.
- Skill development and workshops.

d. Financial Planning:

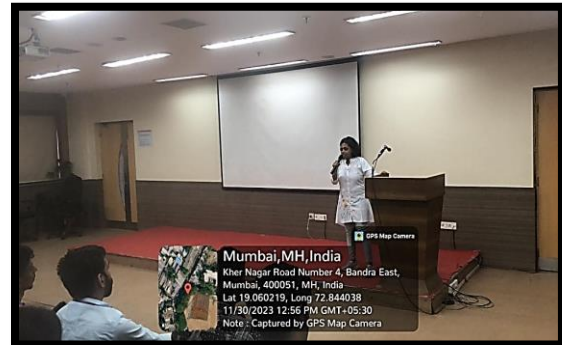
- Scholarships, grants, and financial aid.

4. Notable Observations:

- Several undergraduate students showed interest in pursuing internships but lacked knowledge about the interview process and its benefits.
- Emotional well-being emerged as a crucial concern, with many students experiencing heightened stress levels due to academic pressures.

The counselling session provided a platform for students to voice their concerns and seek guidance. Addressing academic, emotional, and career-related challenges is crucial for the holistic development of students. Future sessions should be tailored based on the feedback received from students.

GLIMPSE OF COUNSELLING SESSION



Event coordinators

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