



# **Vidya Bharati Mahavidyalaya, Amravati**

**C. K. Naidu Road, Camp, Maltekdi, Amravati,**

**Maharashtra 444603**

## **Personal Counseling Cell**

### **Activity Report 2015-16**

The Personal Counseling Cell consists of a team of psychologists, a dedicated group of student volunteers and faculty member advisors working on primary objectives: acclimatizing the fresh students to the new environment, helping students understand their strengths and potential, encouraging them to achieve their goals, and enabling them to deal with their mental health issues, if any. The aim is to also help students who encounter difficulties with academic course work by counseling, outreach, and consultation to promote psychological well-being and academic success. There are a few issues that almost everyone of your age faces initially, like academic concerns, social (family and peer) pressure etc., leading to feelings of loneliness, low confidence, anxiety, stress, anger and sadness, to name a few.

When students feel like talking to someone without judgment or fear, when they get into trouble of any kind and do not know who to talk to, or feel like isolating himself from everyone, our Personal Counseling Cell understand these common issues that teenage people face today. If not attended to at the right time, this could lead to poor performance in your academic and personal life.

So, we as Counselors encourage students to approach us for any problem that they are facing- an academic, emotional, social or financial, without any hesitation.

In the academic year 2015-16 total 71 Students have benefitted from Personal Counseling Cell.



**Student taking notes from Convener of Personal Counseling Cell**



**Power Point presentation organized for students to refreshing the students' mind**

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