



Vidya Bharati Mahavidyalaya, Amravati

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

Maharashtra 444603

Personal Counseling Cell

Activity Report 2016-17

The Personal Counseling Cell of college renders unwavering services in the area of guidance and counseling. Its services have been availed of by a number of students of the college. The Counseling Cell provides both group counseling and individual (one-on-one) counseling services and the sessions are offered in privacy and strict confidentiality. Our counselor has experience in handling issues like interpersonal conflicts (family/ friends), relationship management, anger management, emotional disturbances, peer pressure and value-based conflicts, to name a few. We also provide students with career counseling, aided by assessment techniques, in order to help them to take decisions regarding their career.

Students who require psychiatric help are referred to practicing professional psychiatrists and therapists, along with their counseling sessions in college. Many students have benefitted from these sessions, as a result of which they are now able to handle their lives with improved self-esteem and confidence.

The Personal Counseling Cell of college encourages the students to understand themselves and the issues that trouble them and guides them to resolve their problems. These problems can be personal, emotional, social, family, peer, academic, sexual, etc. This is done through individual or group counseling to help them with academic goals, social and personality development, career goals, enhancing listening skills, empathy and interpersonal skills to have healthy relationships and a healthy lifestyle.

In the academic year 2016-17 total 66 students have been benefitted from Personal Counseling Cell.



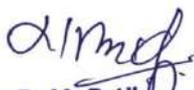
NGO visit: Personal Counseling Cell visited the Wadali, Amravati



Convener of Personal Counseling Cell sharing his views on Psychiatric Therapy



Guest Mr. Raghunath Patil Interacting with students


Dr. R. M. Patil
Co-ordinator
Internal Quality Assurance Cell
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Camp, Amravati-444 602 (M.S.)




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