

Counselling Cell Report (22-23)

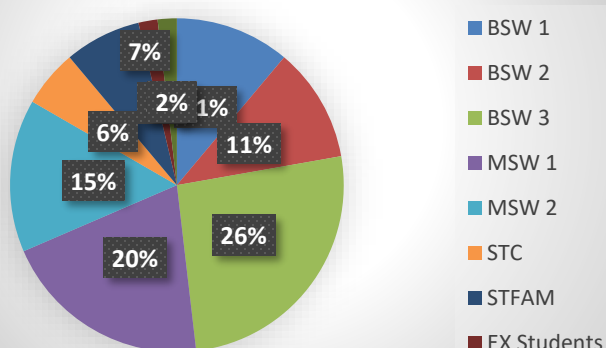
The counsellor conducted introductory lectures in BSW I and MSW I class to introduce herself and the concept of counselling and also conducted 2 workshops on counselling services.

Workshops: - 5 Workshops were conducted in this academic year.

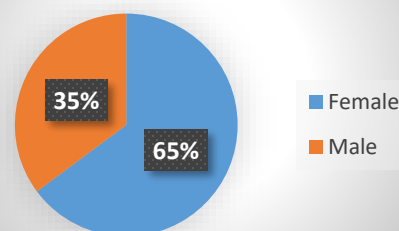
1. The counselling cell facilitated one orientation workshop for BSW I students for getting acquainted with their classmate. A Total of 55 students participated. The session started with an introductory game where they have to find out their partner and introduce her or him to the class. After the introduction a discussion on factors one should keep in mind while understanding a person was discussed and many of them shared how they had so far misjudged some of their classmates from their outward appearance. It was a very interesting discussion.
2. The counselling cell facilitated one orientation workshop for MSW I students for getting acquainted with their classmate. A Total of 54 students participated. The session started with an introductory game where they have to find their families and introduce them to whole group without talking. Since it was an introductory workshop students got acquainted to their classmates and their various hidden talents. We also had a discussion on how to understand a person, not just by his appearance but actually by talking to him, observing him, communicating with him and asking polite questions without offending each other etc.
3. Two Workshops were conducted for orientation of counselling cell by using a PPT and discussion.
4. A one hour session was conducted for the students regarding the various ways to deal with failures in life which was organized by the Student Welfare Committee for the students who are weak in their studies. In the session a lot of focus was given on how to handle exam failure or any kind of setbacks in life. Students were explain the various mechanisms both positive and negative to handle failure or setbacks in our life.

The counselling cell handled 54 cases in the academic year 2022-23... The following chart shows the various issues of students who came for counselling as well as the gender and class wise distribution of students.

category wise distribution of cases



genderwise %



In this academic year 65 % female students approach to the counsellor in comparison to male students which is 35%. The number of students of BSW III class who approach the counselling cell is highest among all classes i.e. 26%. The below chart shows that the major issues for which the students seek counselling services in this academic year was for career guidance and self-esteem /self-doubt/self-image.

