

## **STUDENT COUNSELING CELL**

Counseling is a process that aims to facilitate personal well-being of the students through support and guidance of trained counselors, for a healthy mind and body.

With the intent to address and help resolve emotional and psychological issues of the student community of SAROJINI COLLEGE OF PHARMACY, the college has initiated the "STUDENT COUNSELLING CELL" in the college premises with the help of a trained team of faculty members as Counselors.

The Counseling Cell 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 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.

The role of the Counselor is to offer support through listening and responding in a confidential, non-judgmental and timely way, ensuring that the students become productive, well-adjusted adults of tomorrow. They are trained to assess, diagnose and treat students struggling with academic stress, anxiety, depression, social addictions and other problems they face.

The goal of Counseling is to facilitate positive behavior changes, improving the student's ability to establish and maintain relationships socially, promoting their decision making process, helping the student to understand their own potential and cope effectively with the problems they face.

### **Objectives**

- 1) To help the students in solving their personal, educational, social as well as psychological problems.
- 2) To create awareness about issues and problems related to mental health of student.
- 3) To motivate faculty in counseling activities.

### **Role and Responsibilities**

- 1) Solve personal problems of student by conducting individual counseling session.
- 2) Boost self-esteem of weaker /physically challenged students.
- 3) Diagnose the learning difficulties of students and help them to overcome the same.
- 4) Help the students to overcome examination stress or fear.
- 5) Conduct training program on counseling skills for faculty & staff.
- 6) Conduct seminars for students on mental health and addiction issues.
- 7) Refer the students to professional psychiatrics or counselors in severe cases.
- 8) Inform the parents about psychological misbehavior of the student.

The Constitution of Student Counseling cell is as under:

<b>Sr. No.</b>	<b>Name of person</b>	<b>Designation</b>	<b>Position</b>	<b>Contact Nos.</b>
1	Mr. Nilesh Desai	Assistant Professor (Deg.)	In-charge	9404112656
2	Mr. Rohan Mane	Assistant Professor (Deg.)	Member	9545434234
3	Ms. Preeti Patil	Assistant Professor (Deg.)	Member	8999221732
4	Mrs. Nandita Samudre	HOD (Dip.)	Member	9921415650
5	Ms. Shraddha Nikam	Representative of Non-teaching staff	Member	8975996841
6	Mr. Anil Jadhav	Student Representative (Deg.)	Member	-
7	Ms. Aishwarya Sutar	Student Representative (Dip.)	Member	-