

Academic Year 2022-23

Name of the committee – Student Counselling Committee

Name of the Chairpersons – Mrs. Aditi Yadav

Date of the first Student Counselling Committee Meeting – 29th August 2022

Attendance of the meeting conducted –

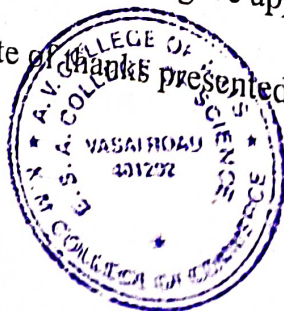
- Dr. A. W. Ubale - Principal
- Mrs. Aditi Yadav - Chairperson
- Mr. N. B. Bangar (Member)
- Mr. Piyush Rana (Member)
- Ms. Snehal Raut (Member)
- Ms. Shruti Arekar (Member)

Agenda –

- To take an activity strengthen the mental health and wellbeing of the students which was approved by the Principal.
- To offer one to one counselling to college students.
- To finalize the policy of the Student Counselling Committee.
- Any other matter with the permission of chair.

Minutes of the meeting –

1. The meeting of student counselling committee was called on Monday, 29th August 2022 at 11.00 am in conference room in the presence of Principal Dr. A. W. Ubale.
2. All Members were present.
3. Mrs. Aditi Yadav welcomed the Principal and all the members.
4. Principal Dr. Ubale raised the need to address academic and stress related matters in students and the proper counselling and therapeutic services to strengthen the mental health.
5. Principal suggested for the appointment of counsellor on visiting basis. This suggestion was welcomed by everyone.
6. Mrs. Aditi Yadav read out policy of Student Counselling Committee with important points like one free one to one counselling in academic, career, personal and developmental areas; offering therapeutic interventions; strengthening the mental health of girl students. This committee policy was approved by Principal and all the members.
7. Mr. Bangar pointed that after the covid 19 pandemic, students are experiencing performance anxiety.
8. Mrs. Aditi Yadav suggested to take up a session on meditation for students participating in upcoming youth festival final round to reduce stage fear and boost their confidence.
9. Mr. Rana agreed to be facilitator for the meditation session and Mrs. Aditi Yadav agreed to facilitate guided positive imagery for cultural participants.
10. The session was finalized on 8th September 2022 and the C. R. Rajani Auditorium was finalized as venue.
11. The Principal, Chairperson and all members gave approval for the organization of this session.
12. Meeting was ended with the vote of thanks presented by Ms. Snehal Raut.



Date of the second Student Counselling Committee Meeting – 9th December 2022

Attendance of the meeting conducted –

- Dr. A. W. Ubale - Principal
- Mrs. Aditi Yadav – Chairperson
- Ms. Neelima Mohol - Counsellor
- Mr. N. B. Bangar (Member)
- Mr. Piyush Rana (Member)
- Ms. Snehal Raut (Member)
- Ms. Shruti Arekar (Member)

Agenda –

- To plan for offering one to one counselling service for the students
- Any other matter with the permission of the chair.

Minutes of the meeting –

1. The meeting of student counselling committee was called on Monday, 9th December 2022 at 11.30 am in conference room in the presence of Principal Dr. A. W. Ubale.
2. All Members were present.
3. Mrs. Aditi Yadav welcomed the Principal, members and newly appointed counsellor Ms. Neelima Mohol.
4. Principal Dr. A. W. Ubale welcomed Ms. Mohol and stated the need to offer personal counselling for improving mental health of the students after pandemic situation.
5. The decision was taken with the approval of the Principal, Chairperson and all members that one -to -one counselling will be offered to all the needy students absolutely free of cost. Students can avail counselling service regarding academic, career, emotional distress, personal issues, relationship issues, adjustment, behavioural problems and personality development.
6. It was finalized that Ms. Mohol will visit twice a week that is on Tuesday and Friday to offer one to one counselling from 10.30 am to 12.30 pm in room no. 101 old building.
7. Ms. Mohol added that she can provide therapeutic services like behavioural therapy, art therapy, clay therapy and meditation techniques.
8. Ms. Snehal agreed to issue the notice to spread the awareness in students regarding counselling service offered in the college.
9. Mr. Bangar suggested the need to involve family members and care takers of students in the process of counselling and therapy and it was approved by the Principal and all others.
10. Mrs. Aditi Yadav suggested the need to refer the students with serious psychological disorder to professional Psychiatrist for extensive treatment which was accepted by the Principal and all others.
11. Ms. Mohol agreed to conduct follow-up sessions for students as per the need.
12. The Principal, Chairperson and all members gave approval for the organization of this session.
13. Meeting was ended with the vote of thanks presented by Mr. Piyush Rana.



Mrs. Aditi Yadav

Chairperson, Student Counselling Committee





Principal

PRINCIPAL

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