



Vidyavardhini's
Annasaheb Vartak College of Arts, K.M. College of Commerce &
E.S. Andrades College of Science

Vasai West, Vasai -401202 Dist. Palghar, Maharashtra (India)

Estd: 1971, Affiliated to University of Mumbai.

Counselling Center

Academic Year 2022-23

Student Counselling Committee

Name of the Chairpersons – Mrs. Aditi Yadav

Committee Members –

- Ms. Neelima Mohol (Counsellor and Therapist)
- Mr. N. B. Bangar (Member)
- Mr. Piyush Rana (Member)
- Ms. Snehal Raut (Member)
- Ms. Shruti Arekar (Member)

Policy of the committee –

- To provide one to one counselling for students in areas like academic, career, relationship, adjustment, stress, and personality development.
- To provide free counselling service for students.
- To offer the therapeutic service like behavioural therapy, cognitive therapy, art therapy, relaxation, family and group therapy.
- To take up the activities for reducing stress and strengthening mental health of students.

Brief Report- 2022-23

College has established a counselling Centre to address the problems of students, teaching and non-teaching staff i.e. stress, anxiety, depression, grief, trauma, relationship problems, career choices, academic, career, emotional distress, adjustments, relationship, personality development, etc. The counselling centre offers support to students to help them cope with the academic and social pressures of college life. It also encourages students to take part in extracurricular activities to help them build self-confidence and develop skills. It is absolutely free of cost service to students in various areas.


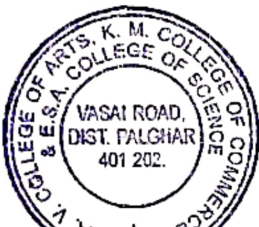
College occupies proportionately high number of girl students therefore a lady counsellor and therapist, Ms. Neelima Mohol has been appointed to address the problems of students. She offers one to one counselling to students twice a week that is on Tuesday and Friday along with follow up sessions. Total 10 students (3 male and 7 female students) registered for counselling in the academic year 2022-23 and they received appropriate therapeutic interventions by Ms. Mohol.

By understanding the changing pattern of lifestyles and lack of informal education at home. Center offers therapies like behavioural therapy, cognitive therapy, art therapy, clay therapy, family and group therapy etc.



Mrs. Aditi Yadav

Chairperson, Student Counselling Committee



Principal
PRINCIPAL
VIDYAVARDHINI'S A. V. COLLEGE OF
ARTS, K. M. COLLEGE OF COMMERCE
E. S. A. COLLEGE OF SCIENCE
VASAI ROAD, DIST. PALGHAR
MAHARASHTRA - 401 202.