

## **Title of the Practice: *Psychological Counselling***

### **Objectives:**

The main objectives of the Psychological Counselling are to-

- Help students in solving their problems
- Provide assistance to the students for knowing their interests, abilities, aptitudes and opportunities better
- Assist the students in choosing their education and professional career
- Promote and create awareness of mental health
- Help students to boost their confidence and do behavioural changes

### **The Context:**

Life of students is getting complex day by day. Counselling and guidance are needed to overcome the problems of students for optimum achievement and satisfactory adjustment in various life problems. Counselling is a process in which an individual shares his problems with the counsellor and the beneficiary is advised to cope up with his problems. Nowadays, students are facing various difficulties like anxiety, stress, family conflict, unemployment, poverty, and so on. Students are not able to share their problems with the members of their family or with their friends. All these factors affect their mental health. Considering the gravity of students' problems, the Department of Psychology has been running the counselling centre to assist the needy students. This centre is providing free of cost counselling with active participation of teaching staff. The students from various faculties approach this counselling centre for getting addressed their problems and for their own psychological testing. Till today, many students have been benefited by this facility.

Facilities under Counselling Centre-

1) Intelligence testing 2) Personality measurement 3) Guidance for improvement in study habits, memory 4) Stress management training 5) Group counselling 6) Counselling for personal problems

**Evidence of Success:** The Department of Psychology takes initiative every year to create awareness about counselling facility available in college premises. In the year 2020-21, due to the Covid lockdown period, the counselling was provided through phone (number of beneficiaries- 48). One of the faculty members (Dr. R.R. Shinde) was appointed by the local Municipal Corporation to provide counselling to the needy people from local society.