



BACKWARD CLASS YOUTH RELIEF COMMITTEE'S

# BHIWAPUR MAHAVIDYALAYA

BHIWAPUR DIST. NAGPUR- 441201

ACCREDITED WITH GRADE 'B' (CGPA-2.54) BY NAAC, BENGALURU

ISO-9001:2015

AFFILIATED TO RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY, NAGPUR

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Tel: 07106-232349

## ANNUAL REPORT

<b>ACADEMIC SESSION</b>	<b>2018-2019</b>
<b>ORGANIZER</b>	<b>Bhiwapur Mahavidyalaya, Bhiwapur</b>
<b>NAME OF THE ACTIVITY WITH TITLE</b>	<b>Annual Report of 'Students' Counseling Centre'</b>
<b>DATE OF ACTIVITY</b>	<b>The whole Academic Session</b>
<b>MODE OF ACTIVITY</b>	<b>Offline</b>
<b>ORGANIZING COMMITTEE</b>	<b>Students' Counseling Centre</b>
<b>PROGRAMME COORDINATOR</b>	<b>Asst. Prof. Dr. Vijay S. Dighore</b>
<b>COMMITTEE MEMBERS</b>	<b>Asst. Prof. Dr. A. V. Mahawadiwar Asst. Prof. Dr. Nitisha Patankar Dr. Pradip Gupta, Bhiwapur</b>
<b>NUMBER OF STUDENTS/BENEFICIARIES PARTICIPATED</b>	<ul style="list-style-type: none"><li>• 650 students were given Orientation to enhance their academic, social, emotional, personal and holistic development.</li><li>• 5 Students were given personal Counseling and resolved their psychological issues.</li></ul>



## BRIEF REPORT

To encourage and enhance students' academic, social, emotional, personal and holistic development, "Students' Counseling Centre" was established in the College for the Academic Session 2018-2019. The Centre renders selfless services to the students in resolving their genuine problems. A Meeting of the Members of "Students' Counseling Centre" was held on 16<sup>th</sup> August, 2018 under the Chairmanship of the Principal of the College. Having read and unanimously confirmed the Minutes of the previous Meeting, elaborate deliberations took place on other Agenda Items of the Meeting. The Committee adopted the *modus operandi* as per the guidelines issued by the Office of the Principal through IQAC. Notice regarding the establishment of "Students' Counseling Centre" and its functioning was circulated among the students. In all, **five students** reported their issues to the Centre and their issues were resolved through proper Counseling by Experts during the Academic Session 2018-19

The Students' Counseling Centre of our Institution, under the aegis of IQAC, organized a Counseling Session for the students on 2<sup>nd</sup> October, 2018 at 1.00 P.M on the topic 'Stress, Depression and Today's Youth'. The Counseling Session was intended to address the immediate problems of students and also to prepare them to face future problems. It was also aimed at enabling the students to concentrate on their academic development, career growth and personal and social development. The programme was chaired by the Principal of the College while Hon. Amar Damle, a renowned Psychologist from Smt. Binzani Mahavidyalaya, Nagpur, was the Keynote Speaker. In his speech, Hon. Amar Damle focused on the need for recognizing the mental issues of students and suggested a few techniques to develop coping skills. He also appreciated the



	<p>endeavours of the “Students Counseling Centre” for arranging such Counseling Sessions to develop healthy coping strategies for creating a safe environment for the students.</p> <p>Dr. Jobi George, the President of the programme, shared his experiences with the students about various career opportunities. The overall response of the students about the programme was good. Students enjoyed a lot and assured the guests that they would assimilate and implement their suggestions in shaping their career.</p>
<p><b>PROGRAMME OBJECTIVES</b></p>	<ul style="list-style-type: none"> <li>• To make the students aware of various Career Opportunities.</li> <li>• To build confidence among the students in planning their career.</li> <li>• To boost the morale of students in pursuing their studies rigorously for achieving their goals.</li> <li>• To ensure the holistic development of students.</li> <li>• To provide adequate opportunities to students to understand various career opportunities available for them.</li> <li>• To provide free and confidential in-house counseling services to the needy students with professionally qualified Counselors.</li> <li>• To sensitize students about Stress-Management.</li> <li>• To create awareness among students about mental health issues and to reduce stigma associated with mental illness.</li> <li>• To promote help-seeking behaviour and emotional well-being practices to prevent any untoward incident through individual education and outreach events.</li> <li>• To help students to assess their progress and performances so as to identify their strength and weakness.</li> <li>• To provide mental health services for students to improve their academic performances, support their mental well-being and</li> </ul>



increase their retention.

- To disseminate the message among society about the commitment of our Institution to address the issues of students regarding their mental health on and off the Campus.
- To register the involvement of the College in the noble ventures initiated by other agencies for the welfare of society.
- To educate girls how to improve communications with their partners and also how to set realistic goals for marriage..
- To train girls to develop conflict-resolution skills so as to develop positive attitude among the couples.
- To enable girls to recognize how cultural differences affect a relationship.
- To make girls aware of their issues regarding health and hygiene.
- To make girls aware of possible post-marital issues regarding their health and hygiene.
- To sensitize girl students about gender equality.

**PROGRAMME  
OUTCOMES**

- Made the students aware of various Career Opportunities.
- Built confidence among students in planning their career.
- Boosted the morale of students in pursuing their studies rigorously for achieving their goals.
- Ensured the holistic development of students.
- Provided adequate opportunities to students to understand various career opportunities available for them.
- Provided free and confidential in-house counseling services to the needy students with professionally qualified Counselors.
- Sensitized students about Stress Management.



- Created awareness among students about the diverse mental health issues and the remedies to reduce stigma associated with mental illness.
- Promoted help-seeking behaviour and emotional well-being practices to prevent any untoward incident through individual education and outreach events.
- Facilitated students to assess their progress and performances so as to identify their strength and weakness.
- Provided mental health services for the students to improve their academic performances, support their mental well-being and increase their retention.
- Disseminated the message among society about the commitment of the College to address the issues of students regarding their mental health on and off the Campus.
- Registered the involvement of the College in the noble ventures initiated by other agencies for the welfare of society.
- Educated girl students how to improve their communications with their partners and also how to set realistic goals for marriage.
- Trained girl students to develop conflict-resolution skills so as to develop positive attitude among the couples.
- Enabled girls to recognize how cultural differences affect a relationship.
- Created awareness among girls about their issues regarding health and hygiene.
- Sensitized girl students about possible post-marital issues regarding their health and hygiene.
- Girls became aware about present issues regarding their health and hygiene.
- Sensitized girl students about gender equality.



**PHOTO GALLERY  
WITH CAPTIONS**



**Principal Dr. Jobi George delivering his Presidential Address**



**The Keynote Speaker Mr. Amar Damale (Psychologist) addressing the gathering with the help of demonstrations**





**Glimpses of the demonstrations of the Keynote Speaker Mr. Amar Damale (Psychologist)**



**Glimpses of the demonstrations of the Keynote Speaker Mr. Amar Damale (Psychologist)**



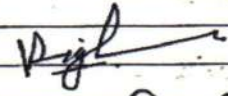
## नोटीस

Date: / / 2019



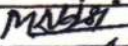






Page No.

वनस्पति महाविद्यालयीन सर्व विद्यार्थ्यांना सुचित  
कुरव्यात येते ही, वर्ष २०१८-१९ या सत्रात आपल्या  
महाविद्यालयात विद्यार्थी संयुक्ततेने केंद्राची स्थापना  
झालेली आहे. या केंद्रांतर्गत विद्यार्थ्यांच्या औद्योगिकदृष्ट्या  
मानसीकदृष्ट्या विविध समस्यांचे निराकरण केले जाणार आहे.  
ज्या विद्यार्थ्यांना अशा समस्या उपसतील त्यांनी समिती  
सदस्य सचिव प्रा. डॉ. विजय दिघोरे तसेच समिती सदस्य  
प्रा. डॉ. नितीशा पाटवडूर यांच्याकडे संपर्क साधावा.

दिनांक - २०/०८/२०१८



सदस्य सचिव वि.स. केंद्र  
भिवानूर महाविद्यालय,  
भिवानूर.

- १) वि. ए. भाग १ - 
- २) वि. ए. भाग २ - 
- ३) वि. ए. भाग ३ - 
- ४) वि. डॉम भाग १ - 
- ५) वि. डॉम भाग २ - 
- ६) वि. डॉम भाग ३ - 
- ७) वि. एच. सी. भाग १ -  (१८/११)
- ८) वि. एच. सी. भाग २ - 
- ९) वि. एच. सी. भाग ३ - 

REDMI NOTE 5 PRO  
MI DUAL CAMERA

## Circular of the Programme



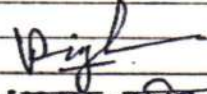


सुचना

Date: / / 201 Page No.

महाविद्यालयातील सर्व वरिष्ठ व तुनिष्ठ विभागातील विद्यार्थ्यांना कृपयाचिह्न उरव्यात येणे ही, महाविद्यालयातील विद्यार्थी समुपदेशक डेव्हें (अपव्हेरन्स' कॅम्पडव्हान्यु (center) च्या वतीने 'तान-तनाव, नैराश्य (आणि) आज्ञा विद्यार्थी या विषयावर मार्गदर्शन उरव्यातुरीया प्रा. श्री. उमर दामले, शिबडी बी.एस.सी. मरीळा महाविद्यालय, नागपूर यांचे मार्गदर्शन कार्यक्रमाचे आयोजन दिनांक ०२/१०/२०१८ ला बुधारी १:०० वा. महाविद्यालयातील इन्डोअर स्टेडिअम येथे डेव्हें आहे. तरी सर्व विद्यार्थ्यांनी या कार्यक्रमास उपास्थित राहुन मार्गदर्शनाला लाभ घ्यावा.

दिनांक - २८/०९/२०१८

  
अद्वय सचिव  
विद्यार्थी समुपदेशक डेव्हें.

- १) वि. ए. भाग १ - मरुळ
- २) वि. ए. भाग २ - मरुळ
- ३) वि. ए. भाग ३ - मि
- ४) वि. डॉम भाग १ - डे
- ५) वि. डॉम भाग २ - डे
- ६) वि. डॉम भाग ३ - डे
- ७) वि. ए. व. सी. भाग १ - मरुळ
- ८) वि. ए. व. सी. भाग २ - मरुळ
- ९) वि. ए. व. सी. भाग ३ - मरुळ



## विद्यार्थी समुपदेशन केंद्र

### वार्षिक अहवाल

सन - २०१८ - २०१९

आजच्या स्पर्धात्मक युगामध्ये विद्यार्थ्यांमध्ये अनेक प्रकारचे ताबतनाव निर्माण होत असतात. भाडे-साबतनाव दुर करव्याने. कार्य समुपदेशनाद्वारे पूर्ण करव्यात येऊ शकते. त्यामुळे विद्यार्थ्यांच्या समुपदेशनाची गरज ओळखून महाविद्यालयाने दरवर्षी प्रमाणे वार्षिक सत्र २०१८-१९ छुटीला 'विद्यार्थी समुपदेशन केंद्राची' स्थापना करण्यात आली या केंद्राची वतीने विविध कार्येद्वारे व साप्ताहिकद्वारे समुपदेशनाचे कार्य कार्येद्वारे माध्यमातून करण्यात आले.

सन २०१८-१९ ला झालेल्या स्टाफ कुंडुसिन्हा समेत होणारे विद्यार्थी समुपदेशन केंद्रातील सहस्थाची सभा दिनांक ०१/०८/२०१८ ला दुपारी १:०० वाजता आयोजित करण्यात आली. या सभेमध्ये भागीदार सभातील अहवाल वानून दारवविद्या व तो अहवाल सर्वसभ्यांनी मंजूर करण्यात आला. लंतरच्या विषयामध्ये विविध विषयावर छोट्या सर्व सहस्थांशी साधुबाधु चर्चा झाली. त्याविषयी अहवाल मा. प्राचार्य यांच्या माहितीस सादर करण्यात आला. त्यानंतर मा. प्राचार्य यांच्या सोबत दिनांक १६/०८/२०१८ रोजी दुपारी १:३० वाजता मा. प्राचार्य यांच्या कुसेत सभा घेण्यात आली. व या सभेमध्ये मा. प्राचार्य यांनी दिलेल्या डेसायमेटर व चर्चा होऊन या सभेचा विविध कार्येद्वारे तसेच नॅडकी संघर्षी दलावरून तयार करव असे ठरले. व विद्यार्थ्यांच्या भागशील समस्था ठरवा. REDMI NOTE 5 PRO त्यासाठी छय-छय दुरता येईल या विषयी MI DUAR CAMER पुचका उभ्या. या सभेच्या कार्येद्वारेनुसार



महाविद्यालयात विद्यार्थी समुपदेवाने वेदांची स्थापना (दुव्यात आले).  
 सर्वप्रथम वेदांच्या स्थापनेनंतर विद्यार्थ्यांच्या समुपदेवानासारख्या  
 मरुतवाच्या नावीडडे. लक्षा देऊन विद्यार्थ्यांच्या समुपदेवात जेव्हा  
 सदस्य सन्निध तसेच कुठेही असल्याद्वारे सोडविण्याचा प्रयत्न  
 ठरल्यात आला. याशिवाय अविद्यार्थ्यात येणाऱ्या समुपदेवावर  
 एखात्राद्वारे भात ठराव्याची याविषयी घोष्य ती दरनवळ  
 घेऊन या सभात आवश्यकतेप्रमाणे मार्गदर्शन ठरल्यात आहे.  
 यामध्ये एवढे ०५ विद्यार्थ्यांचे समुपदेवाने ठरल्यात आहे.  
 दिनांक ०२ ऑक्टोबर २०१८ ला दुपारी १:०० वाजता  
 विद्यार्थी समुपदेवाने केलेल्या माध्यमातून लागू तगाव,  
 नैराश्य आणिके आजचा विद्यार्थी या विषयावर कार्यपुत्राचे  
 आयोजन ठरल्यात आहे होते. या कार्यपुत्राचे अध्यक्षी  
 प्राचार्य डॉ. जेबी जार्ज तसेच मुख्य मार्गदर्शक (सायडोलाफीक)  
 प्रा. श्री अमर दामले, श्रीमती विज्ञानी मरिळ महाविद्यालय  
 नागपूर यांनी महाविद्यालयातील सर्व विद्यार्थ्यांना मध्यमातून  
 दारवून मार्गदर्शन केले. व वेवदी. मा. प्राचार्य यांनी अध्यक्षी  
 आपण ठरून मार्गदर्शन ठरल्यात आहे.  
 अशाप्रकारे सत्राच्या २०१८-१९ या सभात विविध उपपुत्रां  
 व कार्यपुत्रांचे आयोजन ठरून विद्यार्थ्यांना अडभास ठरवताही तसेच  
 नविन जपयुक्त ठरवताही प्रेरणा देणे जाणे. अशा रीतीने ही सत्राची  
 विद्यार्थ्यांच्या दिनांकाची मा. प्राचार्यांच्या मार्गदर्शनाप्रमाणे काम ठरवता  
 घेण्यात आले आहे.  
 दिनांक २३/१०/२०१८

*[Signature]*  
 विद्यार्थी समुपदेवाने

*[Signature]*  
 प्राचार्य / अध्यक्ष  
 भिवापुर महाविद्यालय, भिवापुर

Annual Report of the Students' Counseling Centre



*[Signature]*  
 PRINCIPAL  
 Bhiwapur Mahavidyalaya  
 Bhiwapur, Dist. Nagpur