



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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ANNUAL REPORT

ACADEMIC SESSION	2019-2020
ORGANIZER	Bhiwapur Mahavidyalaya, Bhiwapur
NAME OF THE ACTIVITY WITH TITLE	Annual Report of the 'Students' Counseling Committee'
DATE OF ACTIVITY	The whole Academic Session
MODE OF ACTIVITY	Offline
ORGANIZING COMMITTEE	Students' Counseling Committee
PROGRAMME COORDINATOR	Asst. Prof. Dr. Vijay S. Dighore
COMMITTEE MEMBERS	Asst. Prof. Dr. Nitisha Patankar Dr. Pradip Gupta, Bhiwapur
NUMBER OF STUDENTS/BENEFICIARIES PARTICIPATED	<ul style="list-style-type: none">• The entire students of the Institution were given Orientation to enhance their academic, social, emotional, personal and holistic development.• 7 Students were given personal Counseling and resolved their psychological issues.
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 2019-2020. 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 15th October, 2019 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, **seven students** reported their issues to the Centre and their issues were resolved through proper Counseling by Experts during the Academic Session 2019-2020.

**PROGRAMME
OBJECTIVES**

- To make the students aware of various Career Opportunities.
- To build confidence among the students in planning their career.
- To boost the morale of students in pursuing their studies rigorously for achieving their goals.
- To ensure the holistic development of students.
- To provide adequate opportunities to students to understand various career opportunities available for them.
- To provide free and confidential in-house counseling services to the needy students with professionally qualified Counselors.
- To sensitize students about Stress-Management.
- To create awareness among students about mental health issues and to reduce stigma associated with mental illness.
- To promote help-seeking behaviour and emotional well-being practices to prevent any untoward incident through individual education and outreach events.
- To help students to assess their progress and performances so as to identify their strength and weakness.



	<ul style="list-style-type: none"> • To provide mental health services for students to improve their academic performances, support their mental well-being and 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 • To spread awareness about the importance of 'Yoga' and 'Meditation' for leading stress-free life.
<p>PROGRAMME OUTCOMES</p>	<ul style="list-style-type: none"> • 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.

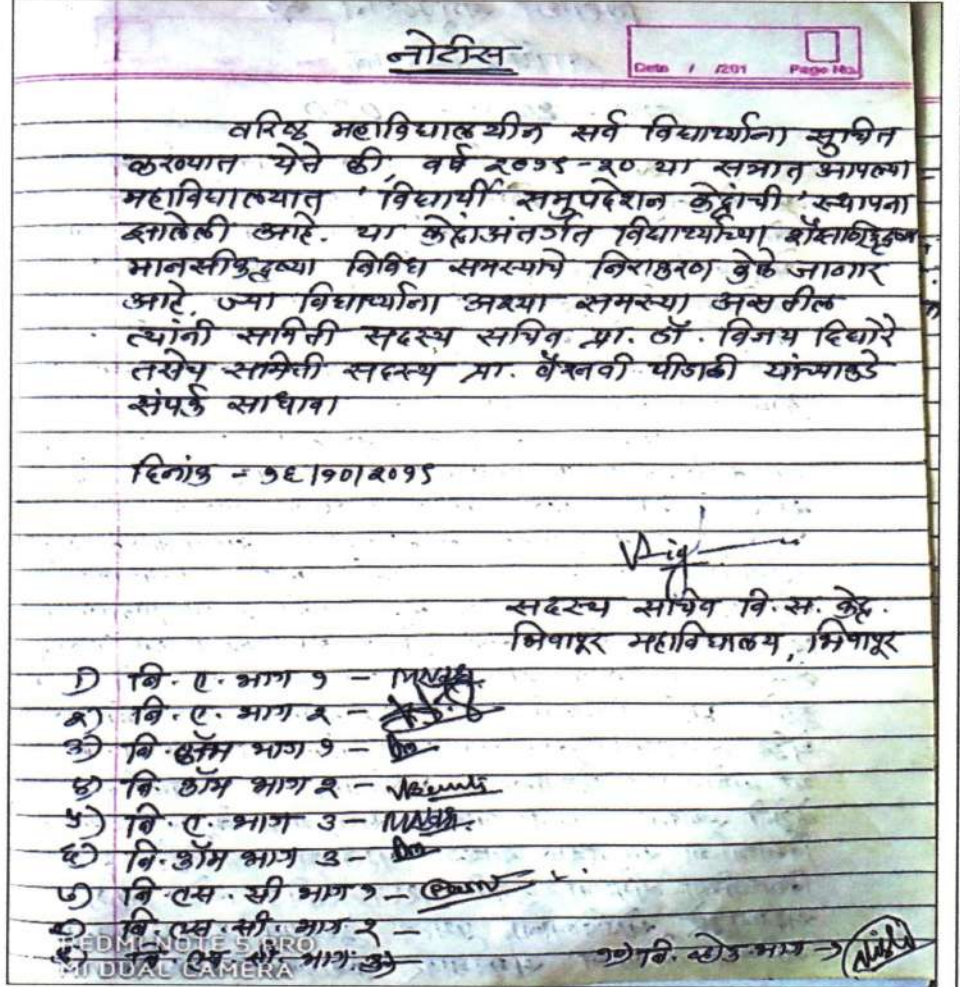
- Sensitized students about Stress Management.
- Created awareness among students about the diverse mental health issues and the remedies to reduce stigma associated with mental illness.
- Promoted help-seeking behaviour and emotional well-being practices to prevent any untoward incident through individual 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.
- Created awareness about the importance of 'Yoga' and 'Meditation' for leading stress-free life.

PHOTO GALLERY WITH CAPTIONS



Notice circulated among the students regarding the constitution of 'Students' Counseling Centre" for the Academic Session 2019-2020



विद्यार्थी समुपदेशन केंद्र

वार्षिक अहवाल

Date / / 201 Page No.

सत्र - 2019 - 2020

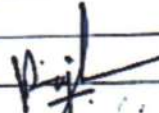
आजच्या स्पर्धात्मक युगामध्ये विद्यार्थ्यांमध्ये अनेक प्रकारचे तानतनाव, निर्माण होत असतात. हे तानतनाव ओळखून ते दूर करण्याचे कार्य समुपदेशनाद्वारे पूर्ण करण्यात येऊ शकते. त्यामुळे विद्यार्थ्यांनी समुपदेशनाची गरज ओळखून महाविद्यालयाचे दख्खी प्रमाणे यावर्षी सत्र 2019-20 हरीण विद्यार्थी समुपदेशन केंद्राची स्थापना करण्यात आली या केंद्राच्या वतीने विविध कार्यक्रमांद्वारे व समितीद्वारे समुपदेशनाचे कार्य कार्यक्रमांचे माध्यमातून करण्यात आले.

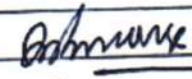
सत्र 2019-20 ला साठेल्या सहाय्य केंद्राच्या सभेत होतलेल्या निर्णयांनुसार विद्यार्थी समुपदेशन केंद्राची संरचनाची सत्रा दिने 9/1/2019 मध्ये लक्षात आणून घ्यावयाची अहवाल वाचून दाखविणे व तो अहवाल सर्वसंमतीने मंजूर करण्यात आला. नंतरच्या विषयांतुणे विविध विषयावर ठरविल्या सर्व सदस्यांनी याबाबत चर्चा झाली व. मा. प्राचार्य यांनी दिलेल्या प्रस्तावावर चर्चा होऊन या सत्रात विविध कार्यक्रमांवरून तसेच केंद्राची संरचना दस्तावेज तयार ठरणे असे ठरले. भागि विद्यार्थ्यांच्या मागणीनुसार सत्रात सुरुवात झाली याबाबतच्या कार्यक्रमांनुसार महाविद्यालयात विद्यार्थी समुपदेशन केंद्राची स्थापना करण्यात आली. सर्वप्रथम केंद्राच्या स्थापनेत विद्यार्थ्यांच्या समुपदेशना साखळ्या महाविद्यालयाच्या बाकीच्या लक्षात देऊन विद्यार्थ्यांच्या वास्त्या केंद्राची संरचना समिती लक्षात घेऊन कार्यक्रमांनुसार सत्रात सुरुवात झाली. याबाबतच्या कार्यक्रमांनुसार सत्रात सुरुवात झाली. याबाबतच्या कार्यक्रमांनुसार सत्रात सुरुवात झाली.



याविषयी योग्य ती दखल घेऊन या सत्रात आवश्यकते
 पुढाचे मार्गदर्शन दुरुव्याप्त झाले. आमध्ये एडुन ०६
 विद्यार्थ्यांचे समुपदेवान दुरुव्याप्त झाले.
 अश्याप्रकारे समीतिच्या २०१९-२० या सत्रात
 विविध उपक्रमांचे आयोजन दुरुव्याप्त विद्यार्थ्यांना प्रभास
 दुरुव्याप्तसाठी तसेच नविन जपवुड दुरुव्याप्तसाठी प्रेरीत
 वेळे जाते. अश्याप्रकारे ही समीति विद्यार्थ्यांच्या हिता-
 दुरुव्याप्त भा. प्रभासच्या मार्गदर्शनाप्रमाणे. ठाम दुरुव्याप्त
 नेहमीच प्रयत्नाशील असते.

दिनांक : ३०/०१/२०२०


 सदस्य सचिव
 विद्यार्थी समुपदेवान डेई


 प्राचार्य / अध्यापक
 भिवापूर महाविद्यालय

Annual Report of 'Students' Counseling Centre'




 PRINCIPAL
 Biwapur Mahavidyalaya
 Biwapur, Dist. Nagpur