



Rayat Shikshan Sanstha's

Savitribai Phule Mahila Mahavidyalaya, Satara

Psycho-Socio Counseling Cell

Academic Year: (2020-21)

Report

Psycho-socio Cell is formed to achieve personality development, balanced, positive mental health of the girl students and thereby to achieve their academic progress. It aims at providing guidance to the girl students to solve and overcome their problems and stress especially in the period of Covid-19. The cell worked as per the slogan "Mental Health for All" of International Mental Health organization. The counseling service was provided free of cost to face the stressful pandemic situation and attain mental health.

Sr. No	Activity	Date	Expert/Resource Persons	Beneficiaries
1	Psycho-Socio Counseling Cell and Helpline Organization of Offline and Online Counseling Sessions	2020-21	Dr. Ajit Patil, Psychiatrist, Paris Foundation, Sangli Dr. Dipak Raut Psychiatrist, Psychological Development and Counseling Centre, Phaltan Prof. Pawar D.R. (Asst. Prof. of Psychology)	36
2	Screening of the film 'Shwas' (based on the theme hoe to face obstacles in the life controlling one's emotion, self awareness) and guidance to the students to overcome stress during exam period	12/2/2021	Prof. Pawar D.R. (Asst.Prof. of Psychology)	30
3	Organization of Life-Skills Workshops on Health	22/10/2020	Dr. Chitra Dabholkar, a renowned pediatrician and a social worker from Satara	40

4	Organization of Life-Skills Workshops on Human Values	21/1/2021	Dr. Chitra Dabholkar, a renowned pediatrician and a social worker from Satara	100
5	Personal visits to the Girl Students' homes and counseling in Covid-19 situation, guidance to the parents as well	Jun-Aug 2021	Prof. Pawar D.R (Asst. Prof. of Psychology) and Members of Admission Committee	35

Counselling Session /Activity

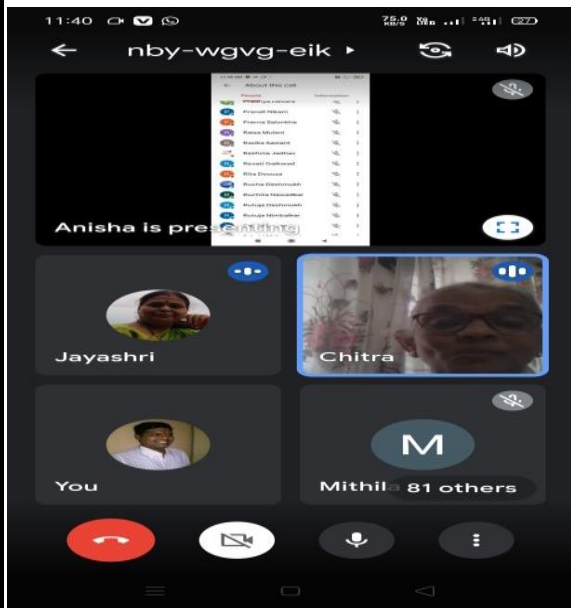




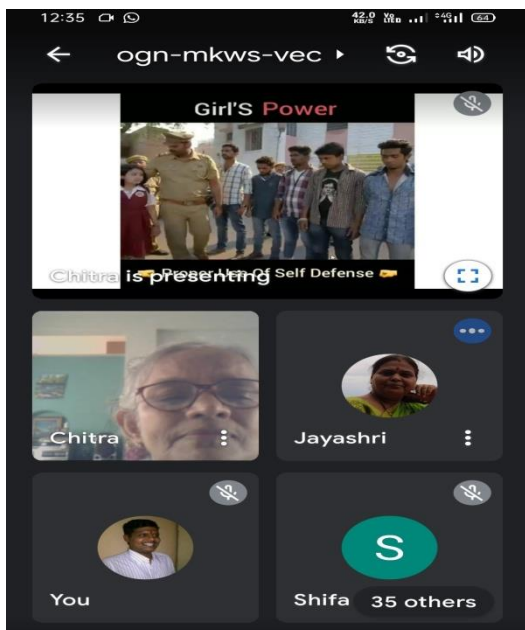
Personal Counselling Session



Organized session for Social Awareness and Self-Regulation



Life-Skills Workshops on Health Date – 22.10.2020



Life-Skills Workshops on Human Values Date – 21.01.20201



college at your doorstep -Teachers while counseling Parents students for admission



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Coordinator
Psycho-Socio Counseling Cell


Principal
Savitribai Phule Mahila Mahavidyalaya
SATARA

