



Rayat Shikshan Sanstha's

# Savitribai Phule Mahila Mahavidyalaya, Satara

## Psycho-Socio Counseling Cell

Academic Year: (2021-22)

### 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. Students are more vulnerable and may experience a heightened level of stress, anxiety and fearfulness, along with a range of other emotional and behavioral issues. It is a student support service intended to help students adapt and make the best of their learning environment and provides a platform for all to seek psychosocial support from experts from the area of mental health, counsellors, Social Workers. The main focus of Counselling Cell is to provide a nurturing environment wherein each student is empowered to face life challenges and move ahead to achieve their academic goals for Successful and Peaceful life.

#### Objectives

To provide the students of with personal, social, career and Psychological counselling service as per the need of concerted student.

To help student adopt and make the best learning environment.

To help the girl students for personality development, academic and social growth.

To give Personal Counselling to girl students.

To help the girl students enhance their decision making ability

To develop the ability with skills

In the Academic Year 2021-22, Various workshops and counseling Sessions on various different issues were conducted through the Psycho-socio cell in collaboration with Vivekvahini for the purpose of developing life skills and solving psychological problems were arranged accordingly Counselling Session by Psycho-socio cell for girl students.

Sr. No	Activity	Date	Expert/Resource Persons	Beneficiaries
1	Organization of one day workshop on Life Skills for women Empowerment	03/07/2021	Dr.Chitra Dabholkar ,Pediatrician and Social Workers Satara	70
2	Personal visit to the Girl Students' homes and counseling for higher education is provided	Aug –Sep 2021	Prof. Pawar D.R (Asst. Prof. of Psychology) and Members of Admission Committee	40
3	Psychological Personal and Group Counselling Sessions organized for Needy Students	2021-22	Mr.D.R Pawar,SPMM Satara	90
4	Organization of one day workshop on Secure Use of Social Media and Technology	02/08/2021	Mrs.Vaishali Mandape,Aroh Group, Satara	98

5	Organization one day workshop on pre-marriage counseling	18/12/2021	Dr.Chitra Dabholkar ,Pediatrician and Social Works Satara	75
5	One day Workshop on Mobile use to avoid Malpractices and Cyber Crime	13-02-2022	Mr.Ajit Jadhav ,Police Department, Satara	70
7	Organization of Life-Skills Workshops on Social Responsibility	11/03/2022	Dr. Chitra Dabholkar, a renowned pediatrician and a social worker from Satara	100

**Psycho-Socio Counseling Cell  
Counselling Session /Activity/Workshops**

**Photos**



Dt.08.04.2022 A group Counselling Session conducted the students about exam stress

❖ **‘College At Your Doorstep’**

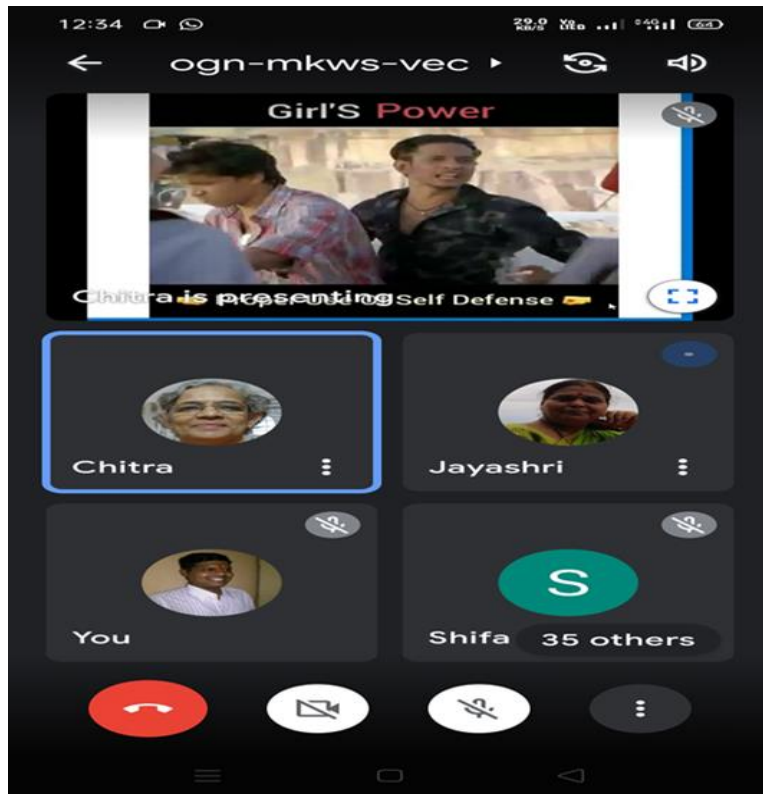


**‘College At Your Doorstep’ -Teachers while counseling Parents & students for admission**



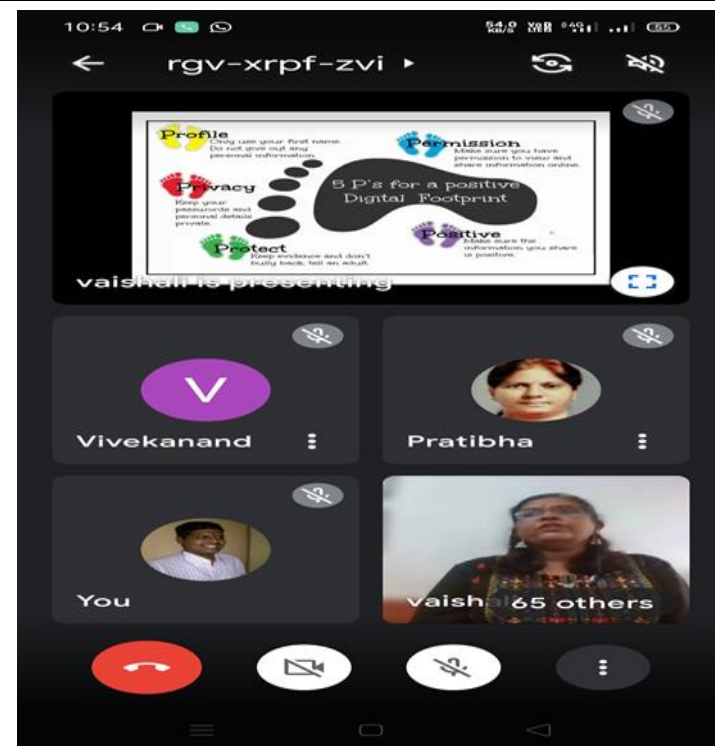
**Personal visits for admission to the Girl Students’ home and counseling their parents  
: 2021-22**

❖ workshop on Life Skills for Empowerment



03/07/2021: One day workshop on Life Skills for Empowerment

❖ workshop on Secure Use of Social Media and Technology'



Date-02/08/2021 'one day workshop on Secure Use of Social Media and Technology'  
Expert - Mrs. Vaishali Mandape

❖ Workshops on “Social Responsibility”

The collage consists of three main parts:

- WhatsApp Group Chat:** Shows a group chat with participants like Jayashri, Chitra, You, and Mithil. The group name is 'nby-wgvg-eik'. A message from 'Anisha is presenting' is visible.
- Webinar Flyer:** A flyer for a webinar titled "Spotlight on Social Awareness - Enhancing Your Life Skills". It is organized by Savitrabai Phule Mahila Mahavidyalaya, Satara. The date is 19.06.2021, and the time is 11:30 am to 12:30 pm. The flyer lists the introduction and welcome by Dr. Jayashri Aphale (IQAC Co-ordinator), the president Hom. Prita. Dr. Shivling Menkundale, and the resource person Dr. Chitra Dabholkar.
- Social Media Post:** A post from 'Explore' featuring a woman and the text "दिशा पाटनी की बहन खुशबू पाटनी इंडियन आर्मी में ऑफिसर हैं".

**Date: 11.03.2022** Life-Skills Workshops on “Social Responsibility”

Various experts conducted the Counselling Sessions /Activity/Workshops for the students through online and offline mode. The Psycho-socio counselling cell is always working for the overall personality development of the student through various student-centered activities. The principal Dr. Shivling Menkundale guided us from time to time and also for the successful organization and support is also provided by IQAC Co-ordinator Dr. Mrs. Jayashri Aphale and other committee Members.

  
 Jayashri Aphale  
 Coordinator  
 Psycho-Socio Counseling Cell

  
 Hom. Prita. Dr. Shivling Menkundale  
 IQAC  
 Co-ordinator

  
 Dr. Shivling Menkundale  
 Principal  
 Savitrabai Phule Mahila Mahavidyalaya  
 SATARA

