

Kamala Education Society's
Pratibha College of Commerce and Computer Studies, Chinchwad

Academic Year 2023- 2024

Mentoring Cell

Convener: Mrs.Snehal Varhadi

Activities Organized by Mentoring Cell:

1. Counselling Session :-

In counseling's session Madhuri Nikam (Counsellor) had communicated with students. In this session students discussed their problems and thoughts with Counsellor. Counsellor understood their problems and gave proper suggestion to them.

In this Counselling session, she guided students regarding solving their problems of academics and provide confidence to improve their quality of life.

2. Mentor Mentee Meet:-

For Fulfilling all these roles, firstly teacher Mentors are assigned.

Secondly Personal interaction is done between Mentor and Mentee to accelerate the growth.

Thirdly Mentees has to fill online mentoring form 2023-24

Lastly .Mentor guides their mentee if they are facing academics, personal, financial problem. And if any students facing such problems they are been sent to counsellor for proper counselling.

3.Guest Lecture:-Topic Happiness and Mental Health:-

Mentoring Cell had organized Guest Lecture on "Happiness and Mental Health". Mr. Vinay focused on the key aspects of Yoga supporting Stress Management, mental health, mindfulness, healthy eating and quality sleep. Mrs. Saurabhi Tanaji Kalbhor focused on aspects of various techniques of meditation regarding how students can develop the ability to cope with stress and boosting their emotional competency, confidence self-esteem and will power.

4. Online Session For Mind Health and Mind Exercise:-

By attending this session the participants were able to understand importance of meditation, yoga and how to improve aspects of health related lifestyle that may be driven by emotional distress.