

Janardan Bhagat Shikshan Prasarak Sanstha's

CHANGU KANA THAKUR

Arts, Commerce and Science College, New Panvel (Autonomous)

Re-accredited A+ Grade by NAAC (Third Cycle-CGPA-3.61)

'College with Potential and Excellence' Status Awarded by UGC

'Best College Award' By University Of Mumbai

Counseling Cell - Academic Year 2023-2024


| S.R. NO | NAME OF WORKSHOP ORGANIZED | DURATION | START DATE | END DATE | BENEFICIARIES | CLASSIFY THE ACTIVITY |
|---------|--|------------|--------------------------------|--------------------------------|---------------|---|
| 1. | Yuva Manasrang Club established by Manasrang and CKT college | 2 days | 24 th July.23 | 25 th July'23 | 53 | To create mental health awareness, College Staff, students received training of basic skills required in Mental health field (Preventing suicides) |
| 2. | Celebrated World mental health day | 4 days | 10 th October' 2023 | 10 th October' 2023 | 163 | Celebrated World Mental Health Day with distributing bookmarks, performing street play and singing songs |
| 3. | Password to Success | 10 to 2 pm | 7 th November | 11 th November | 90 | Life skills development programme for students development. (Following were the topics : Communication and listening skills Screen Addiction, Anger Management, |

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| | | | | | | Pre-marital education) |
| 4. | Orientation to Counseling , Jina Isika Naam hai session for BAF students | 3 HRS PER DAY | 21 AUG & 22 AUG | 21 AUG 22 AUG | 127 168 | To introduce students regarding counseling facility at college. And about Jina Isika naam Hai programme is to accept the things, to get ready for change and appreciate what we do have. |
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| 5 | Activities conducted by students of Manasrang Team (Documentary screening for suicidal prevention) | 1 and half hour | 22 nd August September October | | | Sessions conducted for BAF, CS and IT departments |
| 6 | Pradnya Parisar Prkalp Two days training Programme of 2 nd phase | 2 days | 12 th and september | 13 th September | 06 | 2 nd phase Designing experience of life |
| 7. | Follow up of the activities conducted by Manasrang students in 2023 Session by Manasrang resource persons on Love, Attraction and Friendship | 7 hrs. 1 day | 30 th December | 30 th December | 20 Student Manasrang Team | 1 day follow up session and healthy discussion done for students by Parivartan Trust Team |
| 8. | Lifeskills mastery: Blueprint to success for girls | 3 HRS PER DAY | 24 th JAN | 27 th Jan | 50 | This programme was conducted for girls only. The sessions were :POSH ACT, Prevention of Cybercrime and Menstruation health and Yoga and healthy lifestyle. |
| 9. | Mansik Arogya Jatra | 7 HRS | 16 TH FEB | 16 TH FEB | 264 | To spread the mental health awareness, Yuva Manasrang Club conducted street |

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| | | | | | | plays, poster competition and stalls in college campus. Dr. Hamid Dabholkar renowned psychiatrist visited this project. |
| 10 | Day to Day Counseling Intense Cases Other Cases | | 2023 | 2024 | 11 50 | Total 61 students approached counselling cell |


IQAC Coordinator




Prof. Dr. S.K. Patil

C.K.T.A.C.S. New Panvel
(Autonomous)

