Student Enrichment Activity Approval Form

Department: B.COM

Program: Orientation session by Counseling Centre, speaker Ms. Nikita Kubal, Ms. Unnati Doshi & Ms.Adishri Shetty (counsellor).

Objectives:

To introduce students to the Counseling centre.

To help students attain self-awareness and adjust emotionally, socially, and psychologically.

To help students to help themselves.

Need: The aim is to provide them with the right guidance required to help the students overcome various problems faced by them.

Content: The Speakers are expected to orient students with the activities undertaken by the counseling centre. There will be discussion on various problems faced by today's generation and give them guidance on how to cope up with different situations they tend to face in their life.

Resource Person: Ms. Nikita Kubal, Ms. Unnati Doshi & Ms.Adishri Shetty (Counselor). Date: 20-06-2023 Time: 8:20 am Venue: 607: SYBCOM (A) 610: SYBCOM (B) 608 : TYBCOM (B) 614 : TYBCOM (B) Cost/Budget: N/A

Proposed by: B.COM Coordinator **Verified by:**

CS (Prof.) Sandesha Shetty Vice principal & B.COM Coordinator

6 - Shi

Dr Sridhara Shetty Principal

Minutes of the meeting - Duty Allocation

DATE: 19-06-2023 Venue: 607: SYBCOM (A) 610: SYBCOM (B) 608 : TYBCOM (B) 614 : TYBCOM (A) 614 : TYBCOM (B) Cost/Budget: N/A Agenda: Duty allocation for Orientation session by counselling centre.

A meeting was held to allocate duties to the professors for the Orientation session by the Counselling centre. CS (Prof.) Sandesha Shetty gave the following roles to the respective professors.

The meeting concluded with best wishes from the Coordinator.

Sr. No.	Faculty Name	Work Assigned
1	Asst. Prof. Dr	Preparation of Feedback & Attendance Link, and Action taken report,
	Vijay	Vote of Thanks, compiling documents as per NAAC Format
	Vishwakarma	
2	Respective	Hosting, Handling the Question & Answer session, Report preparation.
	Class Teachers	

Members present for the meeting :

CS Sandesha Shetty- Vice Principal and B.Com Coordinator	Sand
Asst. Prof. Dr Vijay Vishwakarma SY B.Com A Class In charge	
Asst. Prof. Namrata Dube - FY B.Com B Class Incharge	Namrata V. Dube

B.Com Department

Notice

Date: 19-06-2023

All the students of FYBCOM are hereby informed that an Orientation session by the Counseling center is convened on 20th June 2023 at 8:20 am in your respective class. The attendance is compulsory for all.

Venue:

607: SYBCOM (A) 610: SYBCOM (B) 608 : TYBCOM (A) 614 : TYBCOM (B)

Coordinator and Vice principal

zahi

Principal

Department of Accountancy and Financial Management

Presents

ORIENTATION SESSION BY COUNSELING CENTRE

Date: 20th June 2023 Time: 8:20 am

Program Schedule

	Ms Priya Nadar, Mr John Menezez, Dr Vijay
Welcome Address	Vishawakarma, Ms Remya George
(SYBCOM –A, B, TYBCOM – A, B)	Faculty, Dept. of Accountancy and Financial Management Bunts Sangha's S.M.Shetty College of Science, Commerce & Management Studies, Powai
Technical Service 1	Ms. Nikita Kubal, Ms. Unnati Doshi & Ms.Adishri Shetty
Technical Session - 1	COUNSELOR.
3	Bunts Sangha's S.M.Shetty College of Science, Commerce &
	Management Studies, Powai
Question & Answer	Respective Class Teachers
Session	Faculty, Dept. of Accountancy and Financial Management
and	Bunts Sangha's S.M.Shetty College of Science, Commerce &
Vote of Thanks	Management Studies, Powai
COLLECT	CONNERCE AND
Question & Answer	Respective Class Teachers
Session	
	Faculty, Dept. of Accountancy and Financial Management
and	Bunts Sangha's S.M.Shetty College of Science, Commerce &
Vote of Thanks	Management Studies, Powai

Report of the Counseling Center Orientation Session

Date: 20th June 2023

The counseling center orientation session for SYBCOM & TYBCOM division A and B students was organized on 20th June 2023 from 8.20 to 9.20 am in their respective classes.

Ms. Nikita Kubal, Ms. Unnati Doshi & Ms.Adishri Shetty led a beautiful session through interactive activities. Participants were discussed the importance of self-care and stress management techniques. They also explored ways to recognize and address negative thought patterns. Topics like depression, anxiety, suicide, were covered up by the counseling team. The session concluded with a guided relaxation exercise to promote mindfulness and emotional wellbeing. The counseling team opened the floor to questions, where they addressed issues raised by students about loss and grief, suicide, mental health, anxiety and fears, and how to deal with these sensitive issues. The session was very helpful, how can we analyze the symptoms of anxiety, depression, etc and even how can we help out others, in the following situations. The session was ended with the vote of thanks by received class teachers. Feedback from the students were also collected.

PHOTOS













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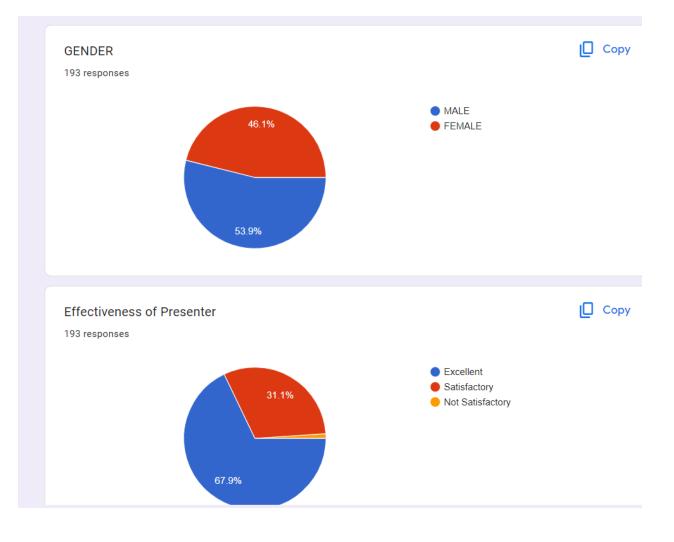
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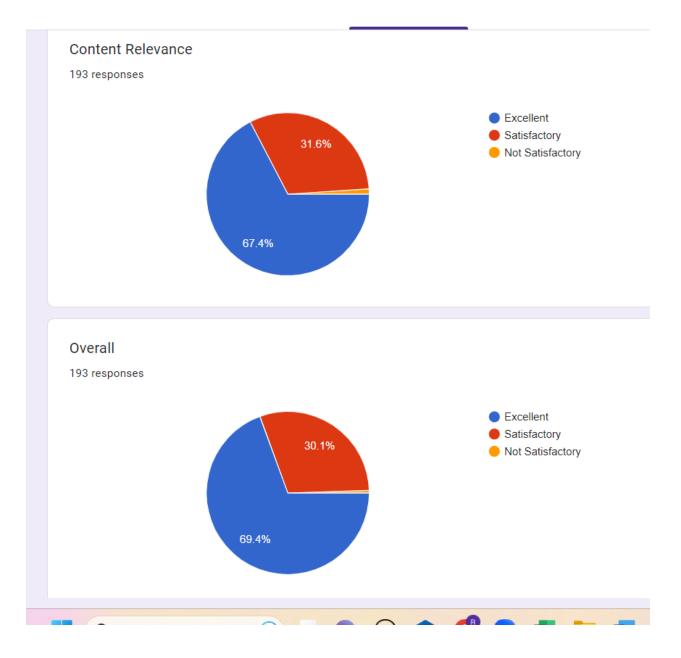
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Feedback Analysis





Any Suggestions

104 responses

Nothing as such

Best

Very good experience

.....

NA

No suggestion

...

Over all good

No any suggestions

ACTION TAKEN REPORT

Actions taken by the B.COM Department for the feedback provided for the **Orientation Session by the Counseling Center:**

DATE	Feedback Received	Action Taken
20-06-2023	 Participants appreciated the intention behind the event and gained immensely from the same. They expressed a desire to attend more of such sessions in the future. They felt refreshed by the activities taken up in the session. 	B.COM Department will organize more such events for students.