



Created On :14/07/2025

Activity Proposal

Participation/Organization

:Organization

Event Id

:P2501341

Event Name

:Introduction to Counselling for College Students

Academic Year

:2025-26

Activity Type

:Workshops / Training Programmes

Reach of the Event

:Local

Mode of the Event

Offline

Date of the Event

:2025-07-16 To 2025-07-19

No of Day(s)

:Four Days

Objective of the Event

:Introduction of the counsellor to the First year students of both the departments, to introduce the process of counselling services provided in the college and how they can approach the counsellor to avail the same.

Outcome of the Event :

The students are aware of the presence of the counsellor in the campus, one to one interaction with the counsellor and understanding of the counselling process.

A brief write-up about your Event (in about 300 words) :

Counseling services in colleges are essential for supporting students' mental health and overall well-being. They provide a confidential space for students to address issues like anxiety, depression, and stress, helping them develop coping strategies and improve their academic performance. By offering guidance and support, counseling services foster a supportive campus environment and contribute to students' personal and academic success.

Participants Details



Local	State	National	International	Total Delegates
150	0	0	0	150

Resource Person Details

Name of the Resource Person :Ms. Shrishti S. Tamankar

Institutional Affiliation :Vidya Prabodhini College of Commerce, Education, Computer and Management, Parvari Goa

Expertise :Counselling Psychology

Any Other Details :Provides Personal and Group Counselling

Proposed Registration Fee to be Collected from Delegates

Sr. No	Delegates	Amt. Per Person
1	Local Delegate	0
2	State Delegate	0
3	National Delegate	0
4	International Delegate	0
	Total Registration Fees	0

Proposed Source of Funds

Sr. No	Particulars	Amt.
1	Registration Fees :	0
2	Sponsorship :	0
3	Support from funding agencies/ departments/ institutions :	0
	TOTAL Funds in Rupees	0

Proposed Expenditure



Sr. No	Particulars	Amt.
1	Hall/Venue Booking :	0
2	Remuneration/Honorarium :	0
3	Accommodation	0
4	Local Conveyance	0
5	Food and Refreshments	0
6	Travelling Expenses	0
7	Printing, Stationary, Seminar Kit, Stage decoration etc.	0
8	Miscellaneous	0
	Total Expenditure in Rupees	0

Co-ordinator Details

Name of the Event Co-ordinator :Ms. Shrishti Tamankar

Co-ordinator Department :Working Committee

Event Co-ordinator Mobile Number :9028500121

Working Committee :GUIDANCE AND COUNSELING CELL

Keywords :, Quality initiative, Human Values

Date:14-07-2025

Remarks

HOD Remark : APPROVED

IQAC Remark : Approved

Principal Remark : Approved

Head Clerk's remark by the Principal :

Accountant's remark by the Principal :

Signatures



User Signature :

HOD Signature :

IQAC Signature :



Principal Signature :

PRABODHAN EDUCATION SOCIETY'S
VIDYA PRABODHINI COLLEGE

OF COMMERCE, EDUCATION, COMPUTER AND MANAGEMENT
VIDYANAGAR, ALTO- PARVARI, GOA

NOTICE
(STUDENTS AND TEACHERS)
(2025-2026)

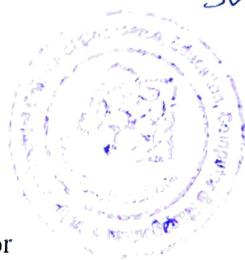
This is to inform that the Guidance and Counselling Cell is organising a workshop on 'Introduction to Counselling'. The workshop will be conducted by the College Counsellor Ms. Shrishti S. Tamankar for the classes FY B.A.B.Ed (A & B) and F.Y. B. Com (A & B) from 16th July, 2025 to 19th July, 2025.

All the students are instructed to be present for the same.

Date: 16/07/2025



Ms. Shrishti S. Tamankar
College Counsellor, Co-ordinator



Subject to approval from
respective Heads of the
programme.



Prof. (Dr.) Bhushan V. Bhave
Principal

Classes:

F.Y. B. Com A: Shrishti

F.Y. B. Com B: Bandhye

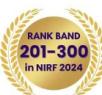
F.Y. B.A.B.Ed A: Shrivardhan

F.Y. B.A.B.Ed B: Sheetal



॥ विद्या सर्वस्य भूषणम् ॥

PRABODHAN EDUCATION SOCIETY'S
VIDYA PRABODHINI COLLEGE OF COMMERCE, EDUCATION, COMPUTER AND MANAGEMENT
Vidyanagar, Alto- Parvari, Goa
Accredited by NAAC with 'A+' Grade (3.42 CGPA, Second Cycle in 2024)
Ranked among 300 colleges by NIRF in 2024
Excellence.. Everywhere.. Everytime...



Guidance & Counselling Cell

Introduction to Counselling



Ms. Shrishti S. Tamankar
Coordinator, College Counsellor

Dr. Ujvala M. Hanjunkar
Vice Principal & HOD Commerce

Prof. Bhushan V. Bhave
Principal

 16/07/2025- 19/07/2025



Social Media Coverage

Activity name: Introduction to Counselling.

Link: <https://www.instagram.com/p/DNfaoy5Mygp/?igsh=Z3QzYTY5czhmanhl>





Created On :12/09/2025

Activity Report

Event Id : A2501205**Event Name :** Introduction to Counselling for College Students**Academic Year :** 2025-26**Activity Type :** Workshops / Training Programmes**Reach of the Event :** Local**Mode of the Event :** Offline**Date of the Event :** 2025-07-16 To 2025-07-19**No of Day(s) :** Four Days**Venue :** First Year B.Com A & B First Year B.A.B.Ed A& B**Objective of the Event :** Introduction of the counsellor to the First year students of both the departments, to introduce the process of counselling services provided in the college and how they can approach the counsellor to avail the same.**Outcome of the Event :** The students are aware of the presence of the counsellor in the campus, one to one interaction with the counsellor and understanding of the counselling process.**A brief write-up about your Event (in about 300 words) :** Counseling services in colleges are essential for supporting students' mental health and overall well-being. They provide a confidential space for students to address issues like anxiety, depression, and stress, helping them develop coping strategies and improve their academic performance. By offering guidance and support, counseling services foster a supportive campus environment and contribute to students' personal and academic success.



Participants Details

Local	State	National	International	Total Delegates
155	0	0	0	155

Resource Person Details

Name of the Resource Person : Ms. Shrishti S. Tamankar

Institutional Affiliation : Vidya Prabodhini College of Commerce, Education, Computer and Management, Parvari Goa

Expertise : Counselling Psychology

Any Other Details : Provides Personal and Group Counselling

Co-ordinator Details

Name of the Event Co-ordinator : Ms. Shrishti Tamankar

Co-ordinator Department : Working Committee

Event Co-ordinator Mobile Number : 9028500121

Working Committee : GUIDANCE AND COUNSELING CELL

Keywords : , Quality initiative, Human Values

Date: 12-09-2025

Remarks

HOD Remark: APPROVED

**IQAC Remark:** Approved**Principal Remark:** APPROVED**Signatures**
User Signature :
HOD Signature :
IQAC Signature :**Principal Signature :**

