



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 To2025-07-19
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



|| विद्या सर्वस्य भूषणम् ||

PRABODHAN EDUCATION SOCIETY'S  
**VIDYA PRABODHINI COLLEGE**

OF COMMERCE, EDUCATION, COMPUTER AND MANAGEMENT,  
VIDYANAGAR, ALTO-PARVARI, GOA. (INDIA) 403521

(APPROVED BY GOVT. OF GOA, AFFILIATED TO GOA UNIVERSITY AND RECOGNIZED BY NCTE)  
(RECOGNIZED BY U.G.C. UNDER SECTION 2(F) AND 12 (B) OF THE UGC ACT 1956)

ACCREDITED BY NAAC WITH 'A+' GRADE (3.42 CGPA, SECOND CYCLE, 2024) ON A SEVEN POINT SCALE UNDER NEW FRAMEWORK

Excellence Everywhere Everytime

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



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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



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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)

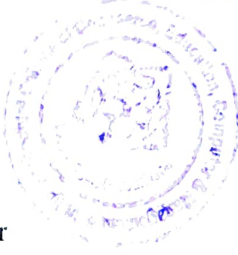
This is to inform that the Guidance and Counselling Cell is organising a workshop on 'Introduction to Counselling'. The workshop will be conducted by the College Counsellor Ms. Shrishti S. Tamankar for the classes FY B.A.B.Ed (A & B) and F.Y. B. Com (A & B) from 16<sup>th</sup> July, 2025 to 19<sup>th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


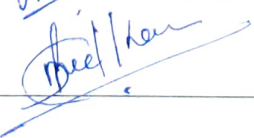
Prof. (Dr.) Bhushan V. Bhav  
Principal

Classes:

F.Y. B. Com A: 

F.Y. B. Com B: 

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

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



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**Vidyanagar, Alto- Parvari, Goa**

Accredited by NAAC with 'A+' Grade (3.42 CGPA, Second Cycle in 2024)

Ranked among 300 colleges by NRF in 2024

**Excellence.. Everywhere.. Everytime...**



Guidance & Counselling Cell

# Introduction to Counselling

Resource Person:

**Ms. Shrishti S. Tamankar**

College Counsellor

VIDYA PRABODHINI COLLEGE OF COMMERCE,  
EDUCATION, COMPUTER AND MANAGEMENT, PARVARI GOA



16/07/2025- 19/07/2025



**Ms. Shrishti S. Tamankar**

Coordinator, College Counsellor

**Dr. Ujvala M. Hanjunker**

Vice Principal & HOD Commerce

**Prof. Bhushan V. Bhawe**

Principal





## 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.

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## Resource Person Details

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

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

**Expertise :** Counselling Psychology

**Any Other Details :** Provides Personal and Group Counselling

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**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 :**



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