

Created On :06/08/2024

Activity Proposal

Participation/Organization	:Organization
Event Id	:P2401048
Event Name	:Introduction to Counselling
Academic Year	:2024-25
Activity Type	:Workshops / Training Programmes
Reach of the Event	:Local
Mode of the Event	Offline
Date of the Event	:2024-07-09 To2024-07-22
No of Day(s)	:one day
Objective of the Event	:To introduce 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 counselling.

Outcome of the Event :

The students are aware of the presence of 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
0	200	0	0	200



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, Positive Psychology

Any Other Details :

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



Sr. No	Particulars	Amt.
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 Comittee

Event Co-ordinator Mobile Number :9028500121

Working Committee :GUIDANCE AND COUNSELING CELL

Keywords :, Human Values

Date:06-08-2024

Remarks

HOD Remark : Approved

IQAC Remark : Approved

Principal Remark : Approved

Head Clark Remark :

Accountant Remark :

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)
(2024-2025)


This is to inform that a workshop on **"Introduction to Counselling"** will be conducted by the College Counsellor Ms. Shrishti S. Tamankar for the classes of FY B.A.B.Ed (A&B) and F.Y. B.Com (A&B).



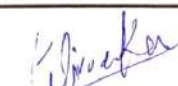

All the students are instructed to be present on the below mentioned dates.

Date: 12 / 07 / 2024


Ms. Shrishti S. Tamankar
College Counsellor




Dr. Bhushan V. Bhawe
Principal

CLASS	DATES	TEACHER'S SIGN
F. Y. B. A. B. Ed A	22 nd July, 2024	
F.Y. B. A. B. Ed B	17 th July, 2024	
F.Y B.Com A	09 th July, 2024	
F.Y. B.Com B	16 th July, 2024	



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workshop on

'Introduction to Counselling'

Resource Person:

Ms. Shrishti S. Tamankar

College Counsellor

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

Ms. Shrishti S. Tamankar
Coordinator, College Counsellor



09/07/2024- 22/07/2024

Dr. Bhushan V. Bhawe
Principal

Activity: Introduction to counselling

FY-B.COM(B)

Class: FY B.COM(B)

9/07/2024

Date: 09/07/2024

Name	Roll No	Sign
1) Ayan Bellewji	2403231	<u>Ayan Bellewji</u>
2) Vibhuti Keni	2403257	<u>Vibhuti Keni</u>
3) Mousami Nazari	2403239	<u>Mousami Nazari</u>
4) Ekta Jogipetkar	2403206	<u>Ekta Jogipetkar</u>
5) Manjula Manooor	2403207	<u>Manjula Manooor</u>
6) Arfanah Banasi	2403203	<u>A.R. Banasi</u>
7) Saloni Halgi	2403250	<u>Saloni Halgi</u>
8) Ranish Yadav	2403244	<u>Ranish Yadav</u>
9) Neha Halgi Nevrekar	2403240	<u>Neha Nevrekar</u>
10) Savita Hebbar	900 2403252	<u>Savita Hebbar</u>
11) Shabana Saudegar	2403253	<u>Shabana Saudegar</u>
12) Natasha Talekar	2403223	<u>Natasha Talekar</u>
13) Kavisha Parab	2403236	<u>Kavisha Parab</u>
14) Payal Sutar	2403224	<u>Payal Sutar</u>
15. Prachi	2403241	<u>Prachi</u>
16 Dheew. S. Naik	2403220	<u>Dheew. S. Naik</u>
17 Ruchi Kumbhar	2403210	<u>Ruchi Kumbhar</u>
18 Dikshita Arlekar	2403205	<u>Dikshita Arlekar</u>
19 Shreyash Salgaonkar	2403227	<u>Shreyash Salgaonkar</u>
20 Kihan Raza Khan	2403245	<u>Kihan Raza Khan</u>
21 Yash Parvatkar	2403230	<u>Yash Parvatkar</u>
22 Priya Goudar	2403242	<u>Priya Goudar</u>
23 Sujata Malik.		<u>Sujata Malik</u>
24. Kiran Nishad.	2403202	<u>Kiran Nishad</u>
25 Aliya Govnur.	2403222	<u>Aliya Govnur</u>
26 Sauraj Mesarkar	2403248	<u>Sauraj Mesarkar</u>
27 Prachet S. Mandurekar	2403225	<u>Prachet S. Mandurekar</u>
28 Varad Vengulekar.	2403229	<u>Varad Vengulekar</u>
29 Vivek Kulkarni Kulkarni	2403215	<u>Vivek Kulkarni</u>
30 Swapnesh Kulkarni	2403213	<u>Swapnesh Kulkarni</u>

09/07/2024

Activity: Introduction to counselling.

Class: FY B10M(B)

Date: 09/07/2024.

31.	Prashant Aaulka	2403208	Shabali
32.	Bhavesh. Graunekar	2403218	Shabali
33.	Sanju	2403251	Shabali
34.	Harjith Harjeth	2403221	Shabali
35.	Swapnil	2403256	Swapnil
36.	Yeshwant	2403259	Shabali
37.	Chanda Singh	2403219	Shabali
38.	Sineen Badekhan	2403261	Sadekhan
39.	Harsh Khandeparkar	2403235	Harsh
40.	Saurav Kuttiker	2403212	Kuttiker
41.	Zohaib .K. Balikar	2403238	Balikar
42.	Vivek Vivek Gautam	2403258	Shabali

Name of coordinator: Ms. Shwasti S. Tamankar

sign

Shwasti S. Tamankar

Shwasti S. Tamankar
05/07/2024



Date: 16/07/2024.

Class: FY B.COM(A) FY B.COM(A)


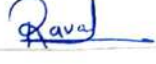
	Name	Roll No	Sign
1	Bhooni V. Karkar	2403153	<u>Karkar</u>
2	Shradha C. Kalangutkar	2403131	<u>Kalangutkar</u>
3	Renuka N. Ganorkar	2403121	<u>Ganorkar</u>
4	Pratibha B. Yadav	24031018	<u>Yadav</u>
5	Vaibhavi Dhawakar	2403141	<u>Dhawakar</u>
6	Bhawika Gaddekar	2403104	<u>Gaddekar</u>
7	Shradha G. Shirodkar	2403130	<u>Shirodkar</u>
8	Kiran. E. Amnekar	2403113	<u>Amnekar</u>
9	Ameya Devgude	2403147	<u>Devgude</u>
10	Fofan. Pathan	2403110	<u>Pathan</u>
11	Nikita Navik	2403114	<u>Navik</u>
12	Msana Shaikh	2403127	<u>Shaikh</u>
13	Samia Nawar	2403128	<u>Nawar</u>
14	Sahishta Jamadar	2403124	<u>Jamadar</u>
15	Saniya Khan	2403129	<u>Khan</u>
16	TANISHA R Adgal	2403138	<u>Adgal</u>
17	Nisha R. Prasad	2403115	<u>Prasad</u>
18	Rakshita Borat	2403119	<u>Borat</u>
19	Ruchi Kabar	2403123	<u>Kabar</u>
20	Catherine Rodrigues	2403233	<u>Rodrigues</u>
21	Salina Vernekar	2403249	<u>Vernekar</u>
22	ANUSHKA RAJ	2403149	<u>Raj</u>
23	Sumit Desai	2403135	<u>Desai</u>
24	Ratik Kondalkar	2403120	<u>Kondalkar</u>
25	Gayanan Dewlathkar	2403107	<u>Dewlathkar</u>
26	Prakash Pujar	2403116	<u>Pujar</u>
27	Hetanshu Meher	2403108	<u>Meher</u>
28	Sujal Jadhav	2403158 2403158	<u>Jadhav</u>
29	Aparna Tilve	2403150	<u>Tilve</u>
30	Sujal Sutar	2403134	<u>Sutar</u>


Activity: Introduction to Counselling

Date: 16/01/2024

Class: FYB COM(A)

FYB COM(A)

	Name	Roll No	Sign
31	Riya D. Navvekar	2403122	
32	Juhi Raval	2403159	

Name and Sign of Coordinator: 

Ms. Shrushti S. Tamankar



03/02/2025



Activity: Introduction to counselling

17/07/2024

Date: 17/07/2024

Class: FYB.A.BEd (B)

	Name		Sign
1	Tejaswi Naik	2418249	<u>ENaik</u>
2	Pooja Gavs	2418241	<u>Pavs</u>
3	Ritika Pilyekar	2418227	<u>Pilyekar</u>
4	Sneha Velip	2418231	<u>Selip</u>
5	Siya Halarnkar	2418230	<u>Halarnkar</u>
6	Maya Gaonkar	2418209	<u>Gaonkar</u>
7	Disha G. Gaonkar.	2418213	<u>Gaonkar</u>
8	Swara Raut Deccai	2418202	<u>Deccai</u>
9	Reeti Komarpant	2418244	<u>ReetiKomarpant</u>
10	Reshma Shateuja	2418226	<u>Reshma</u>
11	Sanchita Nagvekar	2418228	<u>Nagvekar</u>
12	Payal Prajapat	2418222	<u>Prajapat</u>
13	Pragati Singh	2418223	<u>Pragati</u>
14	Prasiddi Naik	2418242	<u>Naik</u>
15	Neer Pujari	2418221	<u>Pujari</u>
16	Dinya Kubal	2418239	<u>Kubal</u>
17	Renuka Nagvekar	2418245	<u>Nagvekar</u>
18	Bhakti Marshelkar	2418211	<u>Marshelkar</u>
19	Naidahi Madgaonkar	2418204	<u>Naidahi</u>
20	Grushma Gaonkar	2418217	<u>Gaonkar</u>
21	Vaibhavi Naik	2418203	<u>Naik</u>
22	Astha Parab	2418210	<u>Parab</u>
23	URMI PEDNEKAR	2418235	<u>Pednekar</u>
24	MIZYANA SHAIKH	2418229	<u>elmy</u>

Name and Sign of coordinator:



Shruti
Ms. Shrushti S. Tamankar

03/02/2024



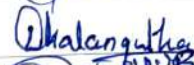

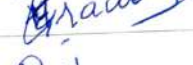




Activity: Mindfulness meditation activity Date: 22/07/2024
 using a singing bowl.
 + Introduction to counselling
 FY B.A. B.Ed (A)


class:


	Name	Roll No	Sign
1)	Swastik Kumari	2418121	<u>Swastik</u>
2)	Sanika Mainkar	2418116	<u>Sanika</u>
3)	Anjali Chauhan	2418126	<u>Ana</u>
4)	Prarthana Chari	2418141	<u>Prarthana</u>
5)	Sidra Farooqui	2418117	<u>Sidra</u>
6)	Shradha Gaude	2418146	<u>Shradha</u>
7)	Smriti Velingkar	2418149	<u>Smriti</u>
8)	Harshada Langote	2418131	<u>Harshada</u>
9)	Ruthvi Usapkar	2418143	<u>Ruthvi</u>
10)	Durva Naik	2418104	<u>Durva</u>
11)	Prerana Morajkar	2418113	<u>Prerana</u>
12)	Akansa Sopte	2418126	<u>Akansa</u>
13)	Srushti Dhuri	2418120	<u>Srushti</u>
14)	Beyonce Fernandes	2418102	<u>Beyonce</u>
15)	Vidhula Dhuri	2418123	<u>Vidhula</u>
16)	Sanjana Morajkar	2418145	<u>Sanjana</u>
17)	Raisha Naik	2418142	<u>Raisha</u>
18)	Shreyal Gosavi	2418147	<u>Shreyal</u>
19)	Pragati Awarakar	24/8/27 2418106	<u>Pragati</u>
20)	Niki Desouza	24/8/27 2418112	<u>Niki</u>
21)	Sindiya Desai	24/8/27 2418119	<u>Sindiya</u>
22)	Prachi D. Groverkar	2418138	<u>Prachi</u>
23)	Yashmeen Khan	2418124	<u>Yashmeen</u>
24)	Aliya Velip	2418137	<u>Aliya</u>
25)	Nihira Naik	2418136	<u>Nihira</u>
26)	Lakshita Vengurtekar	2418133	<u>Lakshita</u>
27)	Richa Sawant	2418114	<u>Richa</u>
28)	Prachi Gaude	2418140	<u>Prachi</u>
29)	Karuna Maulingkar	2418132	<u>Karuna</u>

03/02/2025

Activity: Mindfulness meditation activity using a singing bowl
 + Introduction to counselling
 Date: 22/07/2024 Class: P4B-AB-Ed(A)

SKNO	NAME	ROLLNO	SIGN
30	Kimaya Parab	2418110	
31	Swarnija Khen	2418115	
32	Lavisha B. Kalangutkar	2418134	
33	Kasthuri Naikar	2418109	
34	Tuhina Kujur	2418122	
35	Maryam Gracious	2418111	
36	Axila Dias	2418101	
37	Shaheen Fernandes	241081 2418118	
38	Hazel Vaz	2418108	
39	Harshada Pawara	2418107	
40	Diksha Salam	24181029	
41	Chelsy Fernandes	2418103	

Name and sign of coordinator: 
 Ms. Shrishti S. Tamankar


 03/07/2024





vpc_goa_



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workshop on

'Introduction to Counselling'

Resource Person:

Ms. Shrishti S. Tamankar

College Counsellor

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

Ms. Shrishti S. Tamankar

Coordinator, College Counsellor



09/07/2024- 22/07/2024

Dr. Bhushan V. Bhave

Principal



vpc_goa_ "Empowering minds and fostering well-being! 🌱 ✨ A workshop on Counselling was held for our first-year B.Com and B.A.B.Ed students, guided by our college counsellor, Ms. Shrishti S. Tamankar. With 131 students in attendance, the session focused on the importance of counselling, confidentiality, and holistic development. Students also received valuable self-care tips for their daily well-being. 💡 💬 #CounsellingWorkshop #StudentSupport #HolisticDevelopment #SelfCare #VidyaPrabodhiniCollege

5 days ago



Created On :04/02/2025

Activity Report

Event Id : A2501060

Event Name : Introduction to Counselling

Academic Year : 2024-25

Activity Type : Workshops / Training Programmes

Reach of the Event : Local

Mode of the Event : Offline

Date of the Event : 2024-07-09 To 2024-07-22

No of Day(s) : one day

Venue : F.Y B.A.B.Ed (A) & F.Y.B. A. B.Ed (B) F.Y. B.Com (A) & F.Y. B.Com (B)

Objective of the Event : To introduce the counselor to the First year students of both the departments, to introduce the process of counseling services provided in the college and how they can approach the counselor to avail counseling.

Outcome of the Event : The students are aware of the presence of 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
139	0	0	0	139

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 : , Human Values, Best Distinctive practice

Date: 04-02-2025

Remarks

HOD Remark: APPROVED

IQAC Remark: Approved

Principal Remark: APPROVED



Signatures

User Signature :

HOD Signature :

IQAC Signature :



Principal Signature :