

# **AZAD MAHAVIDYALAYA, AUSA**

## **Counselling Committee**

Counselling is an integral part of the total educational enterprise. The purpose of the Counselling committee at our college is to facilitate wise choices and decisions and to promote adjustment and mental health. The psychological purpose of counselling is to facilitate development. The more a person becomes aware of the structures she has built up through previous development – abilities and talents, social assets and liabilities, emotional strengths and weaknesses. Wishes, values and aspirations – the more she is able to influence her own subsequent development by the choices she makes. The main purposes of counselling are to promote this kind of awareness, to facilitate this kind of choice.

Counselling Committee helps students to work constructively toward life/career planning and help them to anticipate, plan, and react constructively to developmental issues and transitions through integrate thinking, feeling, and behaviour into a congruent expression of the self. Students will be able to respond productively to stress and reduce its negative impact on their lives and they can develop effective interpersonal skills so that relationships with peers, family and others can have constructive potential. They can assess strengths and identify weaknesses so that they may develop self-awareness and develop more choices in their lives, with accompanying skills to make constructive decisions.

### **OBJECTIVES:**

- To identify the problem areas or difficulties of individuals, their potentialities and limitations
- To help students develop their potentialities through a greater self understanding to enable them to take full advantage of the environmental resources
- To help mitigate suffering, reach appropriate solutions, take responsible decisions, and enable students to become self-actualized individuals.

**FUNCTIONS:**

- Identify students who require help
- Conduct counselling sessions
- Refer students to experts for guidance
- Organize lectures/seminars/workshops by experts and professionals
- Administer, score, and interpret psychological tests.

**Counselling Committee**

SN	Name of Staff	Designation
1	Dr R V Suryvanshi	Chairman
2	Dr MA Barote	Member
3	Dr N K syed	Member
4	Dr S S Korde	Member
5	Dr J D Salunke	Member