

Lokmanya Skikshan Jankalyan Shikshan Santstha, (LTJSS)

PRIYADARSHINI CENTRE OF EXCELLENCE

Introduction:

Priyadarshini Centre Of Excellence (PCOE) aims at empowering and synergizing human resources to achieve excellence in one's life and in the process improve the quality of life of others. It acts as a catalyst in the journey of self-exploration to self-empowerment through its unique training programs for faculty members and students.

PCOE plays a pivotal role in bringing about the required transformation amongst the students, teachers and trainers via its nine wings:

Human Excellence Department

Soft Skills Training Department

The ISE Club (I Speak English Club)

Counseling and Testing Cell

Grooming Club

Music Club / Musical Bonanza

The Literary Club

The Rotaract Club

Maple Leaves - Art & Movie Club

VISION

Centre of excellence strives to encourage thought process, educate mind, enhance growth & enrich lives.

MISSION

1. To empower & synergize students & faculty members to achieve excellence in one's life & in the process improve the quality of life of others.
2. To act as a catalyst in the journey of self exploration to self empowerment through its unique training programs.
3. To prepare students for the challenges of the world by equipping them with soft skills, employability skills & values like integrity, loyalty, honesty.
4. To provide psychological counseling for all so that they develop positive outlook, discover personal strength, regain the sense of control & pleasure in life.

Counseling and Testing Cell

Background:

During the last decade, university and colleges around the world have noticed the growing number of students seeking counseling services. The psychological counseling services were active from the initiation of Priyadarshini center of excellence. With growing needs and spectrum of the concerned areas the requirement of a formal body was sensed. Thus, the Counseling and Testing Cell, under the aegis of Priyadarshini Centre of Excellence was inaugurated on August 6th, 2015 in Priyadarshini Institute of Engineering and Technology. The event was manifested with a Mental Health Awareness Exhibition and was inaugurated by **Dr. Rupashree Khubalkar**, Head P.G. Dept. of Psychology, RTMNU. **Dr. Sudhir Bhave**, renowned Psychiatrist of Central India and **Dr. Rozina Rana**, Head PCoE had graced the occasion.

Vision: To address the psychological concerns of students and faculty for positive mental health.

Aim & Objectives:

The Counseling and Testing Cell (CTC) aims to provide individual, group and family counseling to assist students and faculty members in addressing their academic and psychological health concerns. The objectives are:

- To help the students and faculty in solving their personal, educational, social as well as psychological problem.
- To help the student and staff for making appropriate adjustment to the

current situation.

- To develop more positive outlook among the clientele.
- To learn more about the habits that lead to the emotional and behavioral problems.
- To assist the clientele to regain a sense of control and pleasure in life.
- To assist the clientele to discover personal strengths and succeed in personal, academic and professional life.

Need & Purpose:

As a student, you may encounter academic, emotional and social concerns at some point. One can commonly hear student say, "I don't need counseling because I'm not crazy". The student may seek counseling for a wide range of issues that may interfere with their daily life activities, some of which may include low academic performance, stress, poor time management, procrastination, anxiety, relationship problem, loneliness, depression, adjustment issues, identity issues and suicidal thoughts. Contrary to the myth, student who seek counseling are not "weak", they have strength and courage to recognize when they may need help, which is the first step in solving any difficulty.

The counseling and Testing Cell strive to help student and faculty to cope and work towards self-understanding and improvement of psychological, academic and interpersonal functioning.

Methodology:

Counseling: Individual and Group Counseling.

Cognitive- Behavioral Therapy (CBT). Humanistic approach.

Detail Case History taking. Assessment, Interventions, Feedback and follow ups.

Further Case studies, Brainstorming.

Testing:

Self-report Inventories for anxiety, depression, and locus of control.

Priyadarshini College of Engineering, Nagpur

Mentoring system

Teacher Guardian Scheme

Institute has developed mentoring system for guiding students on different issues. One of the important mentoring system which is being implemented is Teacher Guardian Scheme. The implementation process of this scheme is described below.

1. Each faculty member is a mentor of 15 to 20 students. A teacher-Guardian scheme File is maintained for each student by the faculty, where details like, Personal Information, Previous Record, Academic Performance, Competitive Examination Details, Details of Internship and Industrial Training, paper presentations, Scholarships Received, Co-Curricular and Extra-Curricular activities are maintained
2. The number of students allocated to each of the teacher-Guardian is limited to 15-20.
3. The teacher-Guardian meets the students periodically and monitors their performance and their activities. Guidance regarding the lagging issues is provided. Occasionally teacher-Guardian meeting with the parents is conducted based on the requirement.
4. Any personal problem of the student is also discussed and the student is directed to professional counselors, if required. The parents are always been informed regarding the progress, of the students.
5. One full time counselor is available in the college. The students are at liberty to approach any time for help and guidance. This mentoring system in the College is very effective for the development of the students.

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□ Number of students per mentor: 15 – 20

□ Frequency of meeting : Fortnightly



Dr. S.S. Shriramwar
(Dean Academics)