

## **Self-Development Centre**

**Teacher In-charge:** Vice-Principal Mrs. Kavita Jajoo

**Consultant:** Mrs. Poonam Ghadigaonkar

The Self Development Centre was very active the entire year. Sessions were conducted every Thursday. Both Career and Personal Counselling Sessions were offered to the staff and the students.

The objectives of the center are:

- Personal counselling
- Developmental sessions
- Career counselling
- Personality assessment
- Group sessions, all of which mainly aim at holistic development

Overall, 138 sessions were conducted with students, parents and staff members.

115 Personal counselling sessions and 23 career counselling sessions were held for students of junior and degree college. Orientation sessions for the students were held. During this year, various issues were handled by the psychologist. Their concerns ranged from family issues, personal issues, exam stress, low concentration issues and study related problems. Few parents also approached the psychologist personally about their ward's academic, career and personal issues. The counsellor had parenting sessions with them for the same.

12 workshops of Stress Management were also conducted for the degree college students in August, 2018 which were intensive and discussion based. Discussion focused on making the students understand the reasons and natures of stress and the various symptoms and physiological reactions, feelings, thoughts and behavior one undergoes during a period of stress was also highlighted. The session also focused on teaching students to combat stress by discussing the coping strategies and appropriate stress management techniques. Stress management strategies like meditation, yoga, relaxation, exercise, drawing activities, proper diet, realistic goal setting and time management were focused upon in these sessions.

A workshop was conducted for all the women professors on the 12<sup>th</sup> December, 2018 by Ms. Shital Ravi (Director, Disha Counselling). The workshop focused on 'Managing the Emotional side of PMS' which was a step towards improving overall well-being of women's health. A session on 'Exam Anxiety and Concentration' was also conducted for the students of H.S.C. on 17<sup>th</sup>, January 2019. It focused on ways to handle exam anxiety/stress, setting study goals by maintaining a time table, time management, following a healthy diet and adopting good concentration techniques. Besides this, various queries from students were answered about courses, their eligibility, entrance exams and institutes. Information was also given about career options to choose from after HSC as well as graduation.