

Counselling and Vocational Guidance Cell

The Counselling and Vocational Guidance Cell is an activity of the Department of Psychology. Head of the Department of Psychology, Dr Sadhana Natu works as the Senior Counsellor and is assisted by Ms. Sandhya Zope and colleagues from the Department.

Objectives of the Cell are:

1. To provide Personal and One to One Counselling on familial, psychological, emotional, and academic issues
2. To provide Vocational Guidance and Career Counselling
3. To provide Referral to Psychiatrists and NGOs on a case-to-case basis

Regular Activities: -

1. Personal One to One Counselling is provided **free of cost** to Students of all the faculties, Teaching and Administrative Staff Members, Alumni and Parents on Appointment. For appointment send an email to psydepmcgk@gmail.com
2. Vocational Guidance and Academic Guidelines are given to Current Students and Alumni. Sessions on Careers after BA, MA and Pre-Placement Guidance Sessions are conducted regularly.
3. Interactive Sessions on Mental Health are conducted during the Induction Program for Staff and Students every year.
4. Workshops on Life Skills, Study Skills, Capacity and Confidence Building, Relationship Counselling, Goal Setting are conducted at regular intervals for UG and PG students of various faculties.
5. Workshops on Work-Life Balance, Conflict Resolution, Leadership Management, Motivation and Professionalism, Parenting are conducted for teaching staff members.
6. Disha the Speak Out and Peer Support Group meets every month with discussions around emotional, psychological, and psychosocial issues that are of concern for the students from diverse background. The group is facilitated by students and curated and anchored in the Department of Psychology.

7. UMEED is an initiative for the Mental Health Self Care of the tertiary staff members.

In this way the Counselling and Vocational Guidance Cell functions in the prevention, promotion and treatment of mental health in the College Campus and has been recognized as a Best Practice of the College for all the stakeholders.