



**MARATHA VIDYA PRASARAK SAMAJ'S**  
**ARTS & COMMERCE COLLEGE, VADNER BHAIRAV, TAL- CHANDWAD (NASHIK)**  
**Counseling Center–Mental Health Counseling Program for Students**

**REPORT - 2017-18**

Maratha Vidya Prasark samaj's Arts and Commerce College, Vadner Bhairav established Students c center in the college under Psychology Department. Department of Psychology has organized counseling program on Mental health counseling for Students. The department has counseling for students on mental health for students due to various factors keeping in mind mental health plays important role in their academic success. Their mental balance needed in many situations, such as family problems, homesickness, identity, loss of motivation, problems with food or body image, lonely less etc.

Following are the objectives of the Mental Health counseling to students

1. The goal of mental health counseling is to enhance student's mental health, which is a key part of successful life and overall well-being.
2. To assist students improve and maintain mental health, it is the source of their collective and individual ability so as to reach out their full potential.
3. To guide students in mental health refers to the way in which they are aware of their own abilities and cope well with the difficulties in academic life.
4. To teach them to overcome common mental health problems such as anxiety, sadness, feeling hopeless, self-esteem & Confidence, suicidal thoughts, adjustment & homesickness, feelings of anger.

For Mental Health counseling above objectives following different activities organized.

1. Counseling session was held to the students by the department of psychology.
2. Guest lecturers of expert counselors organize for the student as well as faculty.
3. Individual student counseled by the concerned subject teacher and HOD's.

The above activities are useful to help the students in Career opportunities.

**(Prof. Sarika Daund)**

**Head Counseling Center**

**(Prin. A.L. Bhagat )**

**PRINCIPAL**  
Arts & Commerce College  
Vadner Bhairav  
Tal. Chandwad (Nasik)