

The counselling Process at SXIE is continuous and caters to group as well as individual needs. Students are introduced to the college visiting counsellor , who gives a group session to the students regarding what could they expect through the counselling. The counsellor also tells about the various areas that she would deal with in group counselling as well as how individual counselling would take place. Every month there is a time allotted to the counsellor wherein depending on the requirement group/ individual counselling is conducted.

The report of the students are then shared by the counsellor with the head of the institution and the faculty coordinator. Students find it easy to speak to the counsellor and request is sent by them if there a need to meet the counsellor other than on the assigned days .

Following days the counselling sessions were conducted in the year 2021-2022. The zoom platform was used due to the Covid-19 situation

1. Date: 29/06/2021

Time: 2.50 pm to 3.15pm

Name: Lester Frias

F.Y.B. ED

Presenting Problem:

Queries on taking up counselling along with teaching

Suggested:

Courses both certificate and diploma that can be taken up along with teaching.

Centres and places suggested.

2. Date: 29/06/2021

Time: 3.15 pm to 3.30pm

Name: Daniella Pinto

F.Y.B. ED

Presenting Problem:

Facing issues with interpersonal relationships

Mood swings due to pandemic and unpredictability

Suggested:

Reframing activity taught and practiced.

Techniques for introspection and making choices taught.

3. Date: 29/06/2021

Time: 3.30 pm to 3.50pm

Name: Deepika

F.Y.B. ED

Presenting Problem:

How to make decisions

Suggested:

Decision making strategies demonstrated.

4. Date: 24/07/2021

Time: 2.50 pm to 3.15pm

Name: Daniella Pinto

F.Y.B. ED

Presenting Problem:

Follow up on previous session.

Overthinking with lots of negativity

Suggestions:

Maintain a diary to drain out negative thoughts

Deep breathing exercises

Verification of thoughts

5. Date: 04/02/22

Session: Study skills

Duration: 1 hour SYBED

6. Date: 10/05/22

Session: Counselling Introduction

Duration: 1 hour FYBED



Dr. Sosamma Samuel
Principal




Dr. Shadab Paloji
Faculty Coordinator

