



MAITRI COUNSELLING CELL REPORT **2020-2021**

COMPOSITION:

CHAIRPERSON: Dr. Sr. P. Amrutha

FACULTY MEMBERS:

Mrs. S. Sujani Head, Department of Psychology

Mrs. Zainab Saleem Lecturer, Department of Psychology

STUDENT MEMBERS: Misha Murtuza (PEP)

Ayesha Siddiqua (PEP)

EXTERNAL MEMBER: Mrs. Sameeha Fatima Counselor

OBJECTIVES:

- To identify the problem areas or difficulties of individuals, their potentialities and limitations.
- To help students develop their potentialities through a greater self-understanding to enable them to take full advantage of the environmental resources.
- To help mitigate suffering, reach appropriate solutions, take responsible decisions, and enable students to become self-actualized individuals.

FUNCTIONS:

- Identify students who require help
- Conduct counseling sessions
- Refer students to experts for guidance
- Organize lectures/seminars/workshops by experts and professionals
- Administer, score, and interpret psychological tests.



ACTIVITIES (Online):

A joint session was taken place with the Psychology lecturers and psychology students, with some alumni of the college; about introduction to counselling and career options after Bachelor's degree is completed. Gist of different topics like Cognitive Behavioural Therapy and Psychoanalysis was also discussed.



Counseling sessions were taken online for the later part of the year 2020, considering the need of coping through the pandemic and lockdown.