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Counselling

Centre Document

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D. E. Society's Fergusson College, Psychology Department, Pune 411004

MAANAS

Center for Psychological Testing and Counselling

Ph. No. 020-6765050/51/52; E-mail: counselling@fergusson.edu

Date: 2nd September 2021

To,
Principal,
D. E. Society's Brijlal Jindal College of Physiotherapy,
Pune

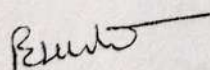
Subject: - Your request letter no.214 (a/2021-22) dated 31/08/2021

Respected Ma'am,

With respect to your letter no. 214 (a/2021-22) dated 31/08/2021, I would like to inform you that we will be conduct session for newly admitted UG and PG students of your college every year.

The counselling on Individuals basis will be conducted for the students you identify on whosoever approaches us. These counselling sessions will be free of cost.

Warm regards,

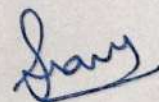


Mrs. Himani Raichur

Assistant Professor and Counsellor

Department of Psychology

Fergusson College, Pune



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College of Physiotherapy,
Pune.

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Case No:

Date:

Name of the person:

Age:

Occupation:

Place of the occupation:

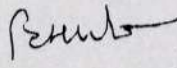
Contact No:

Address:

Reasons for taking a counseling session:

Signature of the counselee:

Name of the counselor: Himani Raichur

Signature of the counselor: 

Notes by the counselor:



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Pune.



Stress

Management

Workshops



D.E. Society's
BRIJLAL JINDAL COLLEGE OF PHYSIOTHERAPY

Name of Activity: - **STRESS MANAGEMENT WORKSHOP FOR STUDENTS**

Name of Resource person: **Ms. Shweta Sahasrabudhe**

Name of Coordinator: Diptee Bhole

Department: Student Welfare

Date:- 27/08/21; 28/08/21; 03/09/21; 04/09/21

Place:- Physiology Lab, Ground Floor, DESBJCOP

Online / Offline:- Offline

Outline of activity:-

- a) Objective: Discuss reasons and strategies for the management of stress amongst students
- b) Participants/ Attendees: The course was open for all under and post graduate students. Those who volunteered to participate, attended the course. Total number: 12
- c) Outcomes: Find attached in the Feedback form

Signature of resource person:

Coordinator's signature: -

Participant's signature: Separate sheet attached.



ID	Name	Class	Time management	Content covered	Hands-on skills	Quality of presentation	Fulfillment of objectives	Usefulness to you	Overall learning experience	Any suggestions that you would like to give.	Column1	Column2
											Yes	No
1	Sejal Mehta	2nd year	4	4	5	4	5	5	5	No	Yes	Yes
2	Siddhi Desai	MPT 1	4	4	2	4	4	4	3	No suggestions	No	No
3	Sharayu Raybole	1st year MPT	4	4	3	5	5	5	4	Organise a follow up session as well.	Yes	No
4	Amruta Bajantri	1MPT	4	3	3	4	4	5	4	none	No	No
5	Janhavi Manjrekar	Mpt 1	4	4	4	4	4	4	4	IT WAS AN AMAZING EXPERIENCE.	No	Yes
6	Shriprabha Thube	MPT 1	3	3	2	3	3	2	2	Nice workshop but should teach more techniques	No	Yes
7	Manasi Bagul	1 Year MPT	3	4	4	4	4	4	4	No.	Yes	No
8	Bijal Pasad	Mpt-1	3	4	3	3	3	3	3	Overall a very informative session going to be very useful in long run. Using techniques taught since 4 days and looking forward to continue.	Yes	Yes
9	Komal Valesha	1 MPT	4	4	5	4	4	4	4	Thank you	Yes	Yes
10	Arjun Mhadgut	Mpt1	4	4	4	3	5	4	5	None	Yes	Yes
11	Venkatesh Mane	1yr MPTh	4	4	4	4	4	4	4	No	Yes	Yes
12	Riya Jain	Mpt1	4	4	5	4	4	4	4	Thankyou	Yes	Yes
										Followup sessions	Yes	Yes

Column 1: Interested in follow up sessions on this topic?

Column 2: Interested in participating in a support group, if initiated within the college framework?

DES's Brijlal Jindal College of Physiotherapy, Pune

STRESS MANAGEMENT WORKSHOP FOR STUDENTS

Resource Person: Ms. Shweta Sahasrabuddhe

Sr. No.	Name of participant	Year	27-08-2021	28-08-2021	03-09-2021	04-09-2021
1	Janhavi Manjrekar	I MPT				
2	Siddhi Desai	I MPT				
3	Mansi Bagul	I MPT				
4	Komal Valesha	I MPT				
5	Venkatesh Mane	I MPT				
6	Shriprabha Thube	I MPT				
7	Arjun Mhadgut	I MPT				
8	Riya Jain	I MPT				
9	Amruta Bajantri	I MPT				
10	Sharayu Raybole	I MPT				
11	Bijal Pasad	I MPT				
12	Sejal Mehta	II B.P Th.				

Sign of activity co-ordinator

Sign of resource person



DES's Brijlal Jindal college of Physiotherapy

Name of Activity: -Stress management workshop (faculty)

Name of Coordinator: Snehal Joshi

Department: -IQAC

Date:-14th September 2021-15th September 2021

Place:-D.E.Society's Brijlal Jindal College of Physiotherapy ,Pune

Online / Offline:-offline

Outline of activity:-

- a) **Objective-1.to make the faculty members aware about stress reduction techniques**
- b) **Total participants/ Attendees –13 teaching faculty members**
- c) **Outcomes-At the end of the workshop faculty was aware of few techniques to reduce stress and were motivated to implement them.**

Photographs:-





GRGR+P23, Shivajinagar, Pune, Maharashtra 411004, India

Pune
Maharashtra
India

26°C
79°F

2021-09-14(Tue) 03:22(pm)



GRGR+P23, Shivajinagar, Pune, Maharashtra 411004, India

Pune
Maharashtra
India

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BRIJLAL JINDAL COLLEGE OF PHYSIOTHERAPY

A workshop on **Stress Management** was conducted for the

Undergraduate students: II, III and IV B.P.Th

Dates:

Session 1: Date: 10th August 2019, Saturday, 1 pm to 5pm

Session 2: Date: 24th August 2019, Saturday, 1 pm to 5pm

Resource person: Dr. Anand Godse (Ph.D. Psychology)

The sessions were highly interactive and were conducted exclusively for the students and involved no involvement from the staff (apart from that required in the organisation) in order to enhance their uninhibited participation. The workshop was well received by the students of all classes. The attendance and feedback of the respective batches is attached to the report.

Feedback from the II B.P.Th. students

We all liked the session conducted by Godse sir. It was interactive, productive and really helpful. It helped us to reduce our inferiority complex as we realized that we are facing similar problems. It gave us an insight and helped us in increasing self awareness.

The session improved our thinking pattern. He suggested how to improve interaction will benefit us in the coming years. Sir taught us mind body interdependence in a very simple and friendly way. On the whole, sir covered many important topics which will be of great help to us.

We would like to have more sessions in the year to come.

Feedback from the III B.P.Th. students

Varied activities were conducted which made us realize how often we complicate simple situations. Throughout the session there wasn't even a single dull moment.

We played a few games that made us realize that we are a part of a chain/ society and need to be an active participant and blend with others and live in harmony.

One of the students attained the position of 'Shirsasan' and we discussed about the importance of balance. The correlation between physical balance and ability to attain balance in emotional aspect is equally important.

Overall, the session was enjoyed thoroughly and we all had something to take back home. We would love to be a part of many such sessions. It was a complete stress buster and something different from the monotonous routine.

Feedback from the IV B.P.Th. students

One of the highlights of the session was understanding the significance of mental practice through assumption of seemingly difficult yoga positions and the wrestling activity. Both of these offered a much needed glimpse of the importance of self awareness and focus. It was unanimously felt that the light and transparent nature of the workshop allowed everyone to be uninhibited and therefore more engaged. Various aspects were touched upon, which included stress and time management and self awareness amongst others.

However, what could have helped more was coming up with easily applicable and practical day to day life strategies to better manage stress.

The Question Answer session was the most appreciated and of help. A session at the beginning of the year and another midyear would be of help.





Sign of coordinator



Sign of Principal

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WORKSHOP ON STRESS MANAGEMENT

Resource person: Dr. Anand Godse

Dates: 10th and 24th August 2019

IV B.P.Th.

Sr. No.	Name of student	Session I/II	Sign
1	Agash Manik	II	<i>Agash</i>
2	Apte Neha	II	<i>Neha</i>
3	Apte Rutuja	II	<i>Rutuja</i>
4	Athavale Vishwali	II	<i>Vishwali</i>
5	Berad Shravani		
6	Bhave Neha	II	<i>Neha</i>
7	Chhajed Nikita	II	<i>Nikita</i>
8	Gokhale Aaditi	II	<i>Aaditi</i>
9	Himani Deo	II	<i>Himani</i>
10	Ingle Mayuri		
11	Majmudar Aayushi	II	<i>Aayushi</i>
12	Mangoankar Aditee	II	<i>Aditee</i>
13	Mengle Varada		
14	Nakul Nawale	II	<i>Nakul</i>
15	Natu Pranjali	II	<i>Pranjali</i>
16	Oak Devashree	II	<i>Devashree</i>
17	Patil Ronit	II	<i>Ronit</i>
18	Patkar Anagha	II	<i>Anagha</i>
19	Rajpurohit Manav		
20	Rebello Hazel	II	<i>Hazel</i>
21	Mahek Soni	II	<i>Mahek</i>
22	Akanksha Shah		
23	Shengal Shweta	II	<i>Shweta</i>
24	Shraddha Kanade	-	<i>A -</i>
25	Thakar Shweta	II	<i>Shweta</i>

III B.P.Th.

Name of student	Session I/II	Sign
Bhavika Agrawal	I	<i>Bhavika</i>
Komal Agrawal	I	<i>Komal</i>
Shreeya Athavale	I	<i>Shreeya</i>
Vinita Bagul	I	<i>Vinita</i>
Mahi Bhandarkar	I	<i>Mahi</i>
Rujuta Bhave	I	<i>Rujuta</i>
Surabhi Bhote	I	<i>Surabhi</i>
Nidhi Chikhhal	I	<i>Nidhi</i>
Mihir Chitale	I & II	<i>Mihir</i>
Neha Deshmukh	I	<i>Neha</i>
Siddhant Deshmukh		
Bhargawi Dhokane	I	<i>Bhargawi</i>
Harshita Dhruv	I	<i>Harshita</i>
Taruna Gambhir	I	<i>Taruna</i>
Ranjeet Ghatge	I	<i>Ranjeet</i>
Akshay Gujar	I	<i>Akshay</i>
Koyal Jadhav	I	<i>Koyal</i>
Sanyukta Jagtap	I	<i>Sanyukta</i>
Vaishnavi Kausadikar	I	<i>Vaishnavi</i>
Neha Kelkar	I	<i>Neha</i>
Krishna Kolhatkar	I	<i>Krishna</i>
Neha Kulkarni	I	<i>Neha</i>
Shivani Mhaskar	I	<i>Shivani</i>
Rhutuja More	I	<i>Rhutuja</i>
Abhay Nayak	I	<i>Abhay</i>
Apoorva Ozarkar	I	<i>Apoorva</i>
Tanvi Parikh	I	<i>Tanvi</i>
Issac Salve	I	<i>Issac</i>
Tanika Sane	I	<i>Tanika</i>
Aashika Shah	I	<i>Aashika</i>
Antara Shah	I	<i>Antara</i>
Rashmi Thakkar	I	<i>Rashmi</i>
Uma Tulapurkar	I	<i>Uma</i>
Rhushikesh Ujade		

WORKSHOP ON STRESS MANAGEMENT

Resource person: Dr. Anand Godse

Dates: 10th and 24th August 2019

II B.P.Th.

Sr. No.	Name of student	Session I/II	Sign
1	Anand Sakshi		
2	Bagul Prachi	II	Prachi Bagul
3	Baria Siddhi	I	Siddhi Baria
4	Bekte Sheetal	I	Sheetal Bekte
5	Bendre Purva	I	Purva Bendre
6	Borse Pooja		
7	Deolasi Mansi	I	Mansi Deolasi
8	Deshpande Falguni	I	Falguni Deshpande
9	Deshpande Rhea	I	Rhea Deshpande
10	Dombe Aishwarya		
11	Dupare Sweejal		
12	Gomes Charnelle	I	Charnelle Gomes
13	Jadhav Rujula	I	Rujula Jadhav
14	Jain Kashish	I	Kashish Jain
15	Joshi Gayatri	I	Gayatri Joshi
16	Katte Mrunmayee	I	Mrunmayee Katte
17	Kende Vaishanavi		
18	Khandwala Rushabh	II	Rushabh Khandwala
19	Kunte Shirin	-	Shirin Kunte
20	Mane Akshata	II	Akshata Mane

Sr. No.	Name of student	Session I/II	Sign
21	Megh Thakar	II	Megh Thakar
22	Modak Mugdha	II	Mugdha Modak
23	Navathe Shubham		
24	Paliwal Priyanshi	II	Priyanshi Paliwal
25	Patel Pooja	II	Pooja Patel
26	Rasane Purva	II	Purva Rasane
27	Rashmeet Gurudatta	II	Rashmeet Gurudatta
28	Rathi Bharat		
29	Rege Vedika	II	Vedika Rege
30	Sankav Anushka	II	Anushka Sankav
31	Sathe Isha	II	Isha Sathe
32	Sathe Swarangee	I	Swarangee Sathe
33	Satte Tanvi	II	Tanvi Satte
34	Shirse Diksha		
35	Solapurkar Srushti		
36	Surana Rishabh	II	Rishabh Surana
37	Tamhankar Shruti	II	Shruti Tamhankar
38	Tarpe Neha		
39	Thakare Dinkar	II	Dinkar Thakare
40	Waghmode Mayuri		
41	Shah Nirali		



D.E.Society's Brijlal Jindal College of Physiotherapy, Pune

Activity Report

Date: 03.06.2018

Stress Management Workshop

A stress management workshop was organised for the faculty of the college from 31st May to the 3rd of June. The resource person was Dr. Anand Godse. Different activities to enhance team building were done, along with a drum circle session and a reflective art session.

Dr. Godse discussed different causes of stress, methods to reduce stress and improve working conditions at an individual level.

All faculty appreciated the workshop.

Sign of Coordinator

Sign of Principal

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D.E.Society's Brijlal Jindal College of Physiotherapy, Pune

Date: 31.07.2018

Anapana Meditation Workshop

A meditation workshop was planned for the students of the college and conducted on the 31st of July, 2018 at the college.

Shri Laukik Korgaonkar, a Vipassana sadhak, who has attended courses at the Igatpuri Vipassana centre, directed the students through this activity. The programme started at 10:15 am and ended at 10:45 am.

All the staff and students of D.E.Society's Brijlal Jindal College of Physiotherapy attended this session and appreciated it.



A. Ashale
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