



Shri Wagheshwar GramvikasPratishtan's

Shri Vasantao Pharate Patil Arts, Commerce and Science College

MandavganPharataTai: Shirur, Dist: Pune, Pincode: 412211.

Affiliated to Savitribai Phule Pune University, Pune (ID No
PU/PN/AC/392/2009)

AISHE Code: C-41832 Unipune ID: CAAP014910 Tel.No-(02137) 262222

Website-www.svppcollege.com E-Mail-acscollge09@gmail.com

Date :- 5/1/2018

REPORT 2017-18 Counseling Center–Mental Health Counseling Program for Students

Shri Vasantao Pharate Patil Arts, Commerce and Science College, organized counseling program on counseling for students on mental health. 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.



PRINCIPAL
SHRI VASANTAO PHARATE-PATIL ART'S, COMMERCE
& SCIENCE COLLEGE, MANDAVGAN PHARATA
TAL. SHIRUR, DIST. PUNE 412211