

St. Xavier's University, Kolkata

SENSITIZATION FOR COUNSELLING PROGRAMME

ORGANIZED BY IQAC

With the intent to address and help resolve emotional and psychological issues of the student community, the IQAC organized a counselling session for the faculty on 14th and 15th November. This session continued for, around two hours and was held in the Amphitheatre (223) of the University. In this session, the faculties and administrative officers took part. Ms. Gargi Dasgupta and Mrs. Kapila Mundra, the counsellors of St. Xavier's University, are conducted the session respectively.

On 14th November, the session started with an introductory and welcome note by Prof. Ashis Mitra, the Registrar of the University. The session conducted Ms. Gargi Dasgupta along with the active involvement of the faculty, helped us to have a clear understanding of how to diagnose academic stress, anxiety, depression, etc. in order to facilitate a positive behavioural change by helping the students to understand their own potential and cope effectively with the problems they face.

On 15/ 11/2019 the session was conducted by Mrs. Kapila Mundhra, the counsellor of St. Xavier's University. Different questionnaires were given to the audience making it a participatory session. Audience were asked to share their experiences and the problems faced during teaching – learning process. The audio-visual tool used was very informative. The session was useful one. It was followed by vote of thanks and the event concluded with tea and snacks.

Feedback:

We really enjoyed a lot and dispersed with a sincere hope that such sessions should be organized time and again giving the faculty a place to consult and discuss their problems and experiences.

Prof. Krishna Roy
Faculty, Xavier Law School

Faculty members being the medium of shaping up the academic goals, bringing a change in social and personality development and interpersonal skills of the students, organizing such counselling sessions is required.

I strongly feel that such counselling sessions are required to be organized every semester for both the faculty/officers and non-teaching staff of the university to orient them in this regard.

Prof. Sovik Mukherjee
Faculty, Commerce and Management