

**PARIVARTHANA**

**STUDENTS COUNSELLING COMMITTEE**



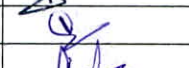
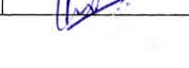
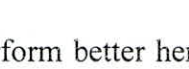
**NOTIFICATION**

Date: 22/8/2014

This is to notify that the college management has decided to constitute student counseling committee

**Students Counselling Committee – “Parivarthana”**

Following persons are hereby nominated as the members of student counseling committee

Sl. No.	Name	Designation	Role	Signature
1.	PrashanthKumar.H.P	Assistant Professor	Convener	
2.	Rekha S N	Associate Professor	Member	
3.	Bindu M G	Assistant Professor	Member	
4.	Roopa K P	Assistant Professor	Member	
5.	Ramya.R	Assistant Professor	Member	

**Objective:**

Now a days it is common that the students are in tremendous stress to perform better hence many students may be stressed because of this and may be disillusioned. Hence the committee is formed to address such students and give to identify the stressed students and counsel them.

**Roles & Responsibilities**

- The committee should be in constant touch with the Proctors and arrange the consultants
- The Committee should inform opinion of the consultant to the Proctors who inturn should inform to the Parents/Guardians
- Meeting shall be conducted at least twice in a semester and report should be submitted to the Principal & IQAC

Wishing all the best,

  
Principal  
Sapthagiri College of Engineering  
Chikkasandra, Hesaraghatta Road  
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Principal  
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# SAPTHAGIRI COLLEGE OF ENGINEERING

#14/5, Chikkasandra, Hesaraghatta Main Road, Bengaluru – 560057

## Students Counseling Committee - Parivarthana

### Strategic Perspective Plan for Year 2014-15

Sl. No.	Chronology	Plan	Description	Strategy	Funds/Budget	Remarks
1	22-08-2014	To identify Counselors	To identify the Counselors from SIMS & RC	To conduct a meeting to request Principal to write a letter to SIMS&RC to identify Counselors and to plan the number of events for the year 2014-15	Refreshments	
2	19-Sep-14	To organize an event	To create awareness among the Student Community Pick and Speak event is organized	The topic for the event will be notified one week before the event		
3	10-Oct-14	To conduct an event	To create awareness among the student community, it is planned to conduct an event "Factors Contributing mental health"	To arrange the resource person from SIMS & RC	Refreshments for the Guest	
4	12-Dec-14	Odd Semester Report	To prepare odd semester Report	To prepare a report on no students counselled during this semester		
5	13-Mar-15	To conduct an event	To create awareness among the student community, it is planned to conduct an event "Alcoholic abuse"	An event is organized by SCC for 1st Year students	Refreshments for participants	
6	10-Apr-15	To conduct an Workshop	"To conduct an Workshop on Student Counselling Skills"	To address the counsellors	Refreshment for resource person &	

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7	22-May-15	Final report	To prepare final report of the Students Counseling Committee and submit to IQAC	To prepare a report on no students counselled during this year and to suggest the improvisation required for the coming year		
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Convener

  
Principal

  
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## Student Counselling committee

### “Parivarthana” organises

**Pick and Speak event**

**2014-15 (ODD SEM)**

Following are the details of conduction of Pick and Speak event with the 2nd year students of Sapthagiri College of Engineering

The Student Counselling Committee had organized Pick and Speak event on 19-09-2014.

The “pick and speak “ event was successfully organised by Sapthagiri College of engineering, in association with Student Counselling committee on 19-9-2014 in seminar hall ,Faraday block. 20 students participated in the event, from the all the department.

The convener of Student counselling committee Prof. Prashanth Kumar H P. presided the event. In the event, students had to select a topic from the set of topics to give a three minute presentation on the same without any preparation. The event lasted for about one hour, with the students for the topics like Drug abuse, Substance abuse, Yoga for stress management.

The event was an attempt to instill a sense of spontaneity in the students, and helps them overcome their Inhibitions about public speaking .

#### **Few glimpses of the event:**



Students participated in pick and speak event

  
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## Student counseling committee -“Parivarthana”

Student counseling committee-Parivarthana formed under the Chairmanship of Principal, Strategic plan is prepared on 22/08/2014. As per the strategic plan the following members are identified as student counselors.

Sl. No.	Name	Department
1	Dr. Sharanabasappa	Psychiatry Dept., SIMS&RC, Bangalore
2	Dr. Varsha	Psychiatry Dept., SIMS&RC, Bangalore

### Event 1: Pick and Speak event.

The “pick and speak” event was successfully organized by Sapthagiri College of Engineering, in association with Student Counseling committee on 19/09/2014 in seminar hall, Faraday block, SCE. 1 year students participated in the event from all the department. The convener of student counseling committee Prof. Prashanth Kumar presided the event.. The event lasted for about one hour with the students for the topics like Drug abuse, Substance abuse, Yoga for stress management etc, The event was an attempt to instill a sense of spontaneity in the students, and helps them overcome their Inhibitions about public speaking.



Students participated in pick and speak event

  
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## **Event 2: Talk on "Factors Contributing mental health" by Dr.Sharanabasappa, SIMS &RC, Bangalore**

The "Factors Contributing mental health "event was successfully organized by Sapthagiri College of engineering, in association with student counseling committee on October 10<sup>th</sup> 2014 in the college premises. students participated in the event, from all the department. The convener of student counseling committee Prof. Prashanth Kumar., Dept. of BT presided the event. In the event, the resource person enlightened the students by creating the awareness among the students of our college about the factors contributing mental health.



**Dr. Sharanabasappa, SIMS &RC, Bangalore, delivered talk on Factors Contributing mental health**



**Students participated in talk delivered by Dr. Sharanabasappa**

  
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### **Event 3: Talk on "Alcoholic abuse" by Dr.Varsha, SIMS &RC, Bangalore**

The Student Counselling Committee had organized a talk on "Alcoholic abuse" on 13-3-2015 by Dr. Varsha, SIMS & RC, Bangalore in seminar hall, Faraday block, SCE Campus.. The resource person enlightened the students by creating the awareness among the students of our college about Alcoholic abuse. Around 20 first year students from all the departments were benefitted from this event.



**Dr. Varsha, SIMS &RC, Bangalore, delivered talk on Alcoholic abuse**



**Students participated in talk delivered by Dr. Varsha**

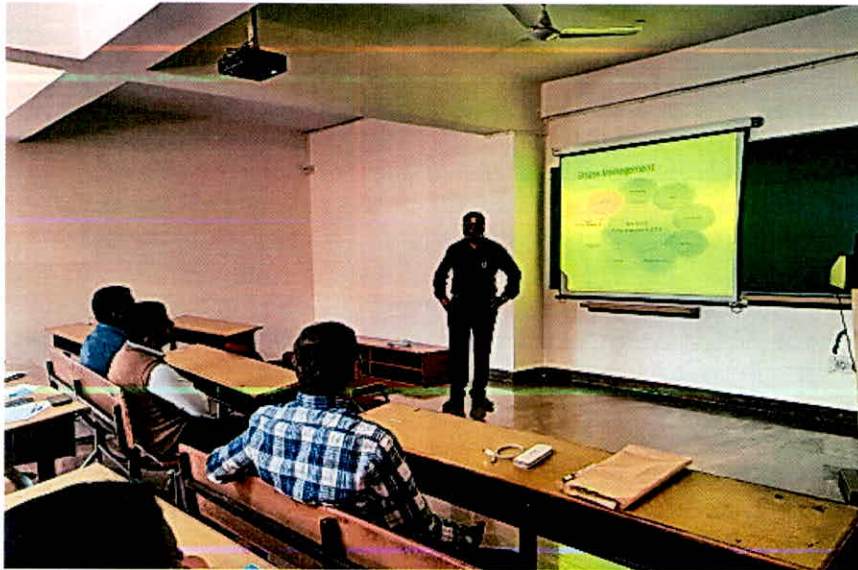
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#### Event 4: Workshop on Student counselling skills

The Student Counselling Committee had organized a workshop on "Students Counselling skills" on 10-4-2015 by Dr. Sharanabasappa and Dr. Varsha, SIMS& RC, Bangalore in ALH 306,SCE Campus.

Counsellors use counselling skills to help them better understand and listen to clients. Through active **listening**, rapport is built, trust forms and the speaker feels heard and understood by the counsellor or listener.




Dr. Sharanabasappa, SIMS &RC, Bangalore, delivered talk on Student counselling skills



Dr. Varsha, SIMS &RC, Bangalore, delivered talk on Student counselling skills

  
Convener

  
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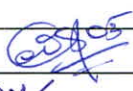
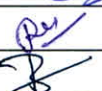





## Students Counselling Committee – “Parivarthana”

### MEETING NOTICE

Date: 10/9/2014

This is to inform that a meeting of student counseling committee, Sapthagiri College of Engineering has been called on 15/9/2014 at Principal's office to discuss about the following agenda

Sl. No.	Name	Designation	Role	Signature
1.	Prashanth Kumar.H.P	Assistant Professor	Convener	
2.	Rekha S N	Associate Professor	Member	
3.	Bindu M G	Assistant Professor	Member	
4.	Roopa K P	Assistant Professor	Member	
5.	Ramya.R	Assistant Professor	Member	

### Agenda

- To finalize student counselors
- To discuss about strategic plans
- Conduction of events per semester

If any other matter related to student counselling committee



**Convener**



**Principal**

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## Students Counselling Committee – “Parivarthana”

### MINUTES OF THE MEETING

Date:15/9/2014

A meeting of student counseling committee held at the Principal's Office to discuss the following agenda in presence of the following members.

Sl. No.	Name	Designation	Role	Signature
1.	PrashanthKumar.H.P	Assistant Professor	Convener	
2.	Rekha S N	Associate Professor	Member	
3.	Bindu M G	Assistant Professor	Member	
4.	Roopa K P	Assistant Professor	Member	
5.	Ramya.R	Assistant Professor	Member	

The meeting has been started with welcome speech by Principal. The following resolutions were made

#### Agenda 1

##### Resolution

- Prof. Prashanth Kumar H P has been assigned to draft the strategic plan of the committee

#### Agenda 2

##### Resolution

- SIMS principal assigned the following student counselor for the academic year 2014-15
  - i) Dr. Sharanabasappa --- Psychiatrist
  - ii) Dr. Varsha --- Psychiatrist

#### Agenda 3


##### Resolution

- The following events are decided to conduct
  - a) Pick and Speak
  - b) Alcoholic Abuse
- Conduct student counseling training for faculty members

The meeting was concluded with the vote of thanks by the convener

  
Convener

  
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