








Students Counseling Committee –Parivarthana

NOTIFICATION

Date: July 2, 2018

This is to notify that the college management has decided to constitute **STUDENTS COUNSELING COMMITTEE** keeping in mind that lot of students need counseling as they will be under lot of stress.

Following persons are hereby nominated as the members of STUDENTS COUNSELING COMMITTEE

Sl No	Name	Designation	Role	Sign
1	Anuradha Badage	Asst. Prof.	Convener	
2	Shilpa V	Asst. Prof.	Member	
3	Gayathri R	Asst. Prof.	Member	
4	Harshitha. M.R.	Asst. Prof.	Member	
5	Prathibha P	Asst. Prof.	Member	
6	Kavitha G	Asst. Prof.	Member	
7	Nandini	Asst. Prof.	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 in turn should inform to the Parents/Guardians
- Meeting shall be conducted at least once in a semester and report should be submitted to the Principal & IQAC

Wishing all the best,

Principal



Copy to

Principal
Sapthagiri College of Engineering
14/5, Chikkasandra, Hesaraghatta Main Road
Bengaluru - 560 057

1. All the Committee Members
2. Office of IQAC



Principal
Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road
Bangalore-560 057



SAPTHAGIRI COLLEGE OF ENGINEERING

(Affiliated to Visvesvaraya Technological University, Belagavi & Approved by AICTE, New Delhi)

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

Phone: 080-28372800/1/2

www.sapthagiri.edu.in

Fax: 080-28372797

Students Counseling Committee - Parivarthana

Strategic Perspective Plan for Year 2018-19

Sl. No.	Chronology	Plan	Description	Strategy	Funds/Budget	Remarks
1	12-Jul-18	To identify Counselors	To identify the Counsellors from SIMS & RC	To conduct a meeting to request Principal to write a letter to SIMS&RC to identify Counsellors and to plan the number of events for the year 2017-18	Refreshments	
2	21-Sep-18	To conduct an event	To create awareness among the Student Community pick and speak will be organized	The topic for the event will be notified one week before the event	Not required	
3	17-Nov-18	To organize an event	To create awareness among the student community, it is planned to conduct an event "Commitment and Confidence"	The resource person will be decided later	Refreshments for the Guest	
5	15-Mar-19	To conduct an event	To create awareness among the Student Community arranged talk on : "Positive emotions and success"	An event is organized by SCC for II Year students	Refreshments for participants	
6	26-Apr-19	To arrange a talk	A talk on "Personality and happiness" Resource person to be identified	To address the I year students	Refreshment for resource person &	

Principal
Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road
Bangalore- 560 057

7	10-May-19	Annual 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		
---	-----------	---------------	---	--	--	--


Convener


Principal
Sapthagiri College of Engineering
14/6, Chikkasandra, Hesaraghatta Main Road
Bengaluru - 560 057


Principal
Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road
Bangalore-560 057

Student Counselling Committee

“Parivarthana” organises

Pick and Speak event

2018-19 (ODD SEM)

Following are the details of conduction of Pick and Speak event with the 1st year students of Sapthagiri College of Engineering. The Student Counselling Committee had organized Pick and Speak event on 21-09-2018. The “pick and speak “ event was successfully organised by Sapthagiri College of engineering, in association with Student Counselling committee on 21-9-2018 in seminar hall ,Faraday block. 25 students participated in the event, from the all the department.

The convener of Student counselling committee Prof. Anuradha Badage 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 Creative problem solving, Interpersonal and intrapersonal communication, 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



Principal
Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road
Bangalore- 560 057



Principal
Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road,
Bangalore-560 057

ANNUAL REPORT (2018-19)

Students Counseling Committee - Parivarthana

Student counseling committee-Parivarthana formed under the Chairmanship of Principal, Strategic plan is prepared on 10/05/2019. As per the strategic plan the following members are identified as student counselors.

Sl. No.	Name	Department
1	Prof. Sudha M S	ECE
2	Rekha S N	EEE
3	Latha A	CSE
4	Sowmya C	BT
5	Padmanabha G	ME
6	Yousuf Madar R	EEE
7	Shashikala	Physics
8	Anusuya	Chemistry
9	Roopa K P	Chemistry
10	Gayathri R	ISE
11	Prashanth Kumar H P	BT
12	Sangeetha K Siri	ECE
13	Nanda	CSE

Event 1: pick and speak event.

The Student Counselling Committee had organized pick and speak event on 21-09-2018.

The “pick and speak “ event was successfully organised by Sapthagiri College of Engineering, in association with student counselling committee on 21-9-2018 in seminar hall ,Faraday block. 25 students participated in the event, from the all the department.

The convener of student counselling committee Prof. Anuradha Badage. 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 creative problem solving, Interpersonal and intrapersonal communication, stress management. Etc.


Principal
Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road
Bangalore- 560 057



Students participated in pick and speak event


Principal
Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road
Bangalore- 560 057

Event 2: Talk on "Commitment and Confidence" by Dr. Sudhir Hebbar SIMS &RC, Bangalore

The Student Counselling Committee had organized a talk on "**Commitment and Confidence**" on 17-11-2018 by Dr. Sudhir Hebbar, Psychiatrist, Sapthagiri Institute of Medical Sciences and Research Centre in seminar hall, Faraday block.

On this occasion Prof. Anuradha Badage., Convener, Student counselling committee addressed the students about the program.

Commitment and Confidence Commitment to a goal is inherently about something in the future. Most leadership activities are about how we get or "enroll" people to do tasks and feel good about doing things they may not otherwise want to do. Getting people to "self-enroll" and take ownership for the future is the first step to creating personal commitment.

Around 25 I year students were benefitted from this event.



Expert delivered talk on commitment and confidence


Principal
Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road
Bangalore-560 057



Expert delivered talk on commitment and confidence

Event 3: Talk on “Positive emotions and success” by Dr.Sudhir Hebbar, SIMS &RC, Bangalore

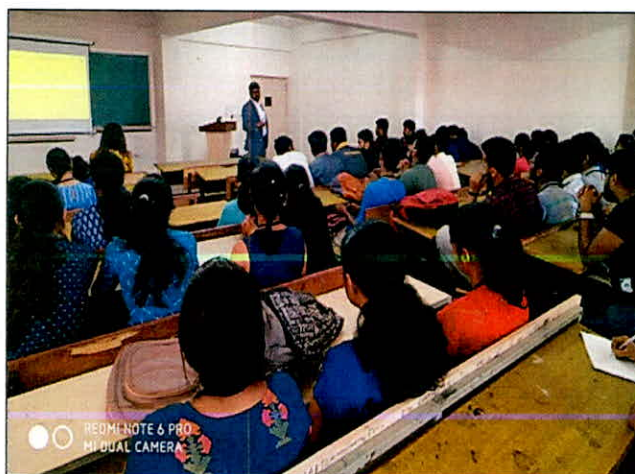
The Student Counselling Committee had organized a talk on **“Positive emotions and success”** on 15-3-2019 by Dr. Sudhir Hebbar, Psychiatrist, Sapthagiri Institute of Medical Sciences and Research Centre in seminar hall, Faraday block.

On this occasion Prof. Anuradha Badage., Convener, Student counselling committee addressed the students about the program.

Positive emotions and success: Feeling both positive and negative emotions is a natural part of being human. While positive emotions like gratitude, compassion, and pride can encourage us to be more persistent in reaching our goals—and help us stay away from immoral behavior—they all have another benefit: nourishing our social relationships, which leads to more success and happiness. In fact, this is the primary reason socially oriented emotions that build self-control exist in the first place: They foster social connection, which often requires cooperation and self-sacrifice..

Around 25 I year students were benefitted from this event.


 Principal
 Sapthagiri College of Engineering
 Chikkasandra, Hesaraghatta Road
 Bangalore- 560 057



Talk on positive emotions and success delivered by Dr. Sudhir Hebbar

Event 4: Talk on “Personality and happiness “by Dr.Sudhir Hebbar, SIMS &RC, Bangalore

The Student Counselling Committee had organized a talk on **“Personality and happiness “on 26-4-2019** by Dr. Sudhir Hebbar, Psychiatrist, Sapthagiri Institute of Medical Sciences and Research Centre in seminar hall, Faraday block.

On this occasion Prof. Anuradha Badage., Convener, Student counselling committee addressed the students about the program.

All aspects of our personality have links with different aspects of our well-being, but one personality trait that seems particularly important is extroversion. Extroversion describes the degree to which one behaves in a bold, assertive, gregarious, and outgoing way. Several studies have shown people who are more extroverted enjoy higher levels of well-being.

Around 25 I year students were benefitted from this event.



Talk on personality and Happiness

Principal
Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road
Bangalore-560 057



Students participated in talk on personality and Happiness delivered by Dr. Sudhir Hebbar


Convener


Principal


Principal
Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road
Bangalore- 560 057








Principal
Sapthagiri College of Engineering
14/5, Chikkasandra, Hesaraghatta Main Road
Bangalore - 560 057

Students Counseling Committee –Parivarthana

MEETING NOTICE

Date: July 5, 2018

This is to inform that a meeting of Students Counseling Committee, Sapthagiri College of Engineering has been called on July 9, 2018, Monday at Principal's office to discuss about the following agenda

Sl No	Name	Designation	Role	Sign
1	Anuradha Badage	Asst. Prof.	Convener	
2	Shilpa V	Asst. Prof.	Member	
3	Gayathri R	Asst. Prof.	Member	
4	Harshitha. M.R.	Asst. Prof.	Member	
5	Prathibha P	Asst. Prof.	Member	
6	Kavitha G	Asst. Prof.	Member	
7	Nandini	Asst. Prof.	Member	

Agenda

1. To prepare Strategic Planning for the Academic Year 2018-19
2. To identify Counselors.
3. To organize pick and speak event to first year students
4. Miscellaneous subject with the permission of the Chairperson


Convener

Copy to

1. The office of the Principal
2. Office of the IQAC


Principal

Sapthagiri College of Engineering
14/5, Chikkasandra, Hesaraghatta Main Road
Bengaluru - 560 057



Principal








Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road
Bangalore-560 057

Students Counseling Committee –Parivarthana

MINUTES OF THE MEETING

Date: July 9, 2018

Today on July 9, 2018, Monday from 3:30 pm onwards a meeting of Students Counseling Committee, Sapthagiri College of Engineering held at the Principal's Office to discuss the following agenda in presence of the following members.

Sl No	Name	Designation	Role	Sign
1	Anuradha Badage	Asst. Prof.	Convener	
2	Shilpa V	Asst. Prof.	Member	
3	Gayathri R	Asst. Prof.	Member	
4	Harshitha. M.R.	Asst. Prof.	Member	
5	Prathibha P	Asst. Prof.	Member	
6	Kavitha G	Asst. Prof.	Member	
7	Nandini	Asst. Prof.	Member	

Principal gave opening remarks to the members. The following resolutions were made

Agenda 1: To prepare Strategic Plan for the Academic Year 2018-19

Resolution : It is decided that Prof. Nandini B J will prepare the Strategic Plan of the Committee for the current academic year.

Agenda 2: To identify the Counselors

Resolution : It is decided to request Sapthagiri Institute of Medical Sciences & Research Center, Bengaluru to assign two Counselors to Counsel needy students

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


Convener

Copy to

1. Office of the Principal
2. Office of IQAC


Principal

Principal
Sapthagiri College of Engineering
14/5, Chikkasandra, Hesaraghatta Main Road
Bengaluru - 560 057


Principal
Sapthagiri College of Engineering
Chikkasandra, Hesaraghatta Road
Bangalore-560 057