

JINDAL COLLEGE FOR WOMEN

(Managed By Pragun Jindal Philanthropic Organization)

Affiliated To Bangalore University, Jnanabharathi Campus & Naac Accredited

Jindal Nagar, Tumkur Road, Bengaluru-73



STUDENT'S GRIEVANCE REDRESSAL AND COUNSELING CELL

ANNUAL REPORT

(2020-21)

LIST OF ACTIVITIES:

- Guidance and counseling.
- Revision classes undertaken during offline sessions.

REPORT OF THE ACTIVITIES:

Guidance and counseling:

The novel corona virus (COVID-19) pandemic is a situation that is affecting Student's physically as well as psychologically. The pandemic has caused strong feelings such as sadness, fear, anxiety, helplessness, uncertainty, loss of interest and hopelessness.

The counseling cell intimated the faculty members to identify students who require help and conduct counseling sessions to boost up their confidence level.

Faculty in charge helped students to dissect their problems and help them figure out how to solve the problems on their own. In many ways, counseling helps to align everything into a place and shape students into responsible and confident adults.

The class teachers and concerned subject teachers counseled the students by giving tips to balance their own mental health and self care needs.

- To limit exposure to constant news updates (negative) and seek accurate information.
- To focus on getting enough sleep, eating healthy foods and practicing good hygiene.
- To focus on facts rather than fear, consider the most likely outcome rather than the worst possible outcome.
- To develop positive mindset.

Revision classes undertaken during offline sessions.

- The class teachers and concerned subject teachers recognized the students who were not able to attend the classes because of network issues and lack of handsets. They opted alternative means of reaching students by forwarding the recorded videos
- Students were given revision classes of different question papers during the offline sessions.

CONCLUSION:

The counseling cell provides a happy and comfortable environment for students to discuss their problems regarding their academic and social life. The students are helped to work through their problems, to develop self-awareness and overcome anxiety & stress.

PHOTO GALLERY:



