

**Pune District Education Association's
Seth Govind Raghunath Sable College of Pharmacy, Saswad**

Student Counselling Committee

Aim: To provide emotional, psychological, and academic support to students, ensuring their overall well-being, personal development, and academic success.

Objectives:

1. To support students facing academic, personal, or emotional challenges.
2. To promote mental health awareness and well-being among students.
3. To provide guidance on career, academic decisions, and personal issues.
4. To encourage a supportive environment where students can discuss concerns without judgment.
5. To create a safe space for students to seek help for issues like stress, anxiety, or relationship problems.

Mechanism and Functions:

- Counseling Sessions: One-on-one or group counseling based on students' needs (in-person or virtual).
- Regular Workshops/Seminars: Sessions on mental health, stress management, time management, career planning, etc.
- Referral System: Referring students to professional mental health services when necessary.
- Peer Support: Training peer counsellors or student mentors to assist their classmates.
- Confidentiality: Ensuring that all counseling sessions are private and non-judgmental.
- Emotional and Psychological Support: Helping students manage stress, anxiety, and personal challenges.
- Academic Guidance: Assisting with time management, study skills, and academic decisions.
- Career Counseling: Offering guidance on career choices, internships, and job preparation.
- Promote Mental Health Awareness: Raising awareness about mental health issues and reducing stigma.

Expected Outcomes:

- Improved mental well-being and emotional resilience in students.
- Better academic performance through reduced stress and improved time management.
- Clearer career direction and decision-making skills.
- Increased self-awareness and personal growth.
- A supportive campus culture with students feeling safe to seek help


Dr. Rajashree Chavan
PRINCIPAL
PUNE DISTRICT EDUCATION ASSOCIATION
SETH GOVIND RAGHUNATH SABLE
COLLEGE OF PHARMACY, SASWAD
TAL. DHURGADE, DIST. DHULE 431 001

**Pune District Education Association's
Seth Govind Raghunath Sable College of Pharmacy, Saswad**

Student Counselling Committee

Academic Year 2025 -26

Sr.No.	Name of the Members	Designation
1.	Dr. R. S. Chavan	Chairman (Principal)
2.	Dr.S. J. Pawar	Member (Associate Professor)
3.	Mr. S. A. Shinde	Member (Prof. in Psychology, PDEA'S Waghire College, Saswad)
4.	Mr. A. P. Kale	Member (Class Teacher,F.Y.B. Pharm)
5.	Ms. J. R. Jagtap	Member (Class Teacher,S.Y.B. Pharm)
6.	Mr. S. K. Musale	Member (Class Teacher,T.Y.B. Pharm)
7.	Ms. S. M. Deshmukh	Member (Class Teacher,Final Year B.Pharm)
8.	Ms. J. G. Nale	Member (Lecturer)
9.	Mrs. P.A. Patil	Member Secretary (Assistant Professor)


Dr. Rajashree Chavan
PRINCIPAL
PUNE DISTRICT EDUCATION ASSOCIATION
SETH GOVIND RAGHUNATH SABLE
COLLEGE OF PHARMACY, SASWAD
"AL. PURANIKAR, PCT. DISEASE"