

EXTENTION ACTIVITY REPORT

PSYCHOLOGY DEPARTMENT

S.R.R&C.V. R Government degree college (A)

An autonomous & ISO 9001: 2015 Certified Institution Ranked by NIRF in 101-150 band at NIRF -2020 & 151-200 band in NIRF 2019 NAAC accredited Institution with grade B+ with CGPA 26 during March 2017.

**Machavaram, Vijayawada, krishna district, AP-
520004**

STUDENTS COUNSELLING CENTRE





DEPARTMENT OF PSYCHOLOGY



OBJECTIVES

- 1. Understanding self.**
- 2. Masking impersonal decisions.**
- 3. Setting achievable goals which enhance growth.**
- 4. Planning in the present to bring about desired future.**
- 5. Effective solutions to personal and interpersonal problems.**
- 6. Coping with difficult situations.**
- 7. Controlling self-defeating emotions.**
- 8. Acquiring effective transaction skills.**

SRR&CVR GOVT DEGREE COLLEGE (A)
VIJAYAWADA

 **DEPARTMENT OF PSYCHOLOGY** 

STUDENTS COUNSELLING CENTRE

OBJECTIVES OF COUNSELING

1. Understanding self
2. Making impersonal decisions
3. Setting achievable goals which enhance growth
4. Planning in the present to bring about desired future
5. Effective solutions to personal and interpersonal problems
6. Coping with difficult situations
7. Controlling self defeating emotions
8. Acquiring effective transaction skills
9. Acquiring positive self- regard and a sense of optimism about one's own ability to satisfy one's basic needs

Goals of Counselling

- Promoting growth & Development
- Exploring Difficult Feelings
- Improving Relationships
- Enhancing coping skills
- Facilitating behaviour change
- Exploring choices & making decisions

GOALS OF COUNSELLING

1. Facilitating behavior change.
2. Improving relationship.
3. Promoting decision making
4. Development goals.
5. Preventive goals.
6. Enhancement goals.

CONTEXT

Student counselling Centre can provide the learning skills, memory skills and examination skills. Development of personality in their environment, aware and achievement of high standards of students life. Students can understand their problems and how to overcome it and understand the physical and psychological development. counselling Centre facilitating behavioral change and improve their ability to maintain relationship.

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DEPARTMENT OF PSYCHOLOGY

date	23-11-2022
<u>Conducted</u>	<u>department</u>
<u>Nature of activity</u>	<u>Students counselling centre</u>
<u>Title of the activity</u>	<u>Student counselling</u>
<u>Name of the department</u>	<u>Department of psychology</u>
<u>Name of resource person (designation ect)</u>	<u>Dr. G. SAMARAM. MBBS. Specialist in sex psychologist.</u>

<u>Participants</u>	<u>243</u>
<u>Remarks</u>	<u>Inagarated by sri DILLIO RAO IAS.</u> <u>District collector and magistrate.</u>