

## WORKSHOP VENUE



**Room: G-1 (Ground Floor)**  
**R. A. Podar College of  
Commerce & Economics  
(Autonomous)**  
**L.N. Road**  
**Matunga, Mumbai-19**

### Team:

**Chief advisor:**  
**Principal Dr. Shobana  
Vasudevan**

**Self Development Centre  
Faculty-in-charge:**

**Kavita Jajoo**  
**9920524905**



**Member:**  
**Sudarshana Saikia**  
**9819844116**



## WORKSHOP SCHEDULE

8:30 AM - 9:00 AM:



9:00 AM-9:45 AM:

**Inaugural Session-**  
**Keynote Speaker-**  
**Dr. Anuradha Sovani**  
**Psychologist and**  
**Psychotherapist**

9:45 AM-11:30 AM:

**Session-I- Teacher**  
**as a Counselor**

11:30 AM - 11:45 AM:



11:45 AM - 1:00 PM:

**Session-II- Skills of a**  
**Counselor**

1:00 PM - 1:45 PM:



1:45PM - 3:45 PM:

**Session-III- Basic**  
**hands on tools and**  
**techniques**

3:45 PM- 4:00 PM:



4:00 PM- 6:00 PM:

**Session-IV- Brief**  
**crisis intervention**  
**strategies**

6:00 PM-6:15 PM:

**Concluding remarks**



S.P. MANDALI'S

**R. A. Podar College**  
**of Commerce & Economics (Autonomous)**



**Self Development Centre**  
**Under the aegis of RUSA 2.0**  
**in collaboration with**  
**Disha Counseling Centre**

**organises**  
**One day state level workshop**

**Empowering Young**  
**Minds- A workshop on**  
**Basic Counseling Skills**  
**for Teachers**

**WEDNESDAY 23 NOVEMBER**  
**2022**



**9:00AM- 6:15 PM**

**An IQAC initiative**

Scan to know more about R.A.  
Podar College of Commerce  
& Economics (Autonomous)



## ABOUT COLLEGE

S. P. Mandali's R. A. Podar College of Commerce & Economics (Autonomous) is one of the oldest educational institutions in the state of Maharashtra spearheading education in the field of commerce and economics for the last 80 years. Located in Matunga, a central suburb of Mumbai, the College is a single faculty Commerce college and is affiliated with the University of Mumbai. The college offers six UG programmes, five PG programmes and four PhD programmes.

At R. A. Podar College, the philosophy of education may be summed up in two sentences:

"Samaani va aakooti samaanaa hridayaani vaham" (One in Mind & One in Heart).

"Na hi gnyaanen sadrasham pavitramiha vidyate" (There is nothing in this Universe as pure as Knowledge)

By nurturing intellect and creating personalities, the college has developed its learners who are known achievers in diverse fields. In recognition of the valuable academic achievements and participation of the college teachers in the university system through various bodies of the University, the college has been recognized and felicitated with the Best College Award.

We encourage you to log onto [www.rapodar.ac.in](http://www.rapodar.ac.in) for a detailed profile.

## ABOUT WORKSHOP

A large part of a student's life is directly or indirectly influenced by teachers in most aspects of their lives. To fulfill their roles heartfully most often teachers become a sturdy support system to their students. Sometimes they wear the hat of a firm disciplinarian, sometimes they become a mirror of the world. Sometimes a teacher dons the hat of a kind friend and other times a hat almost of a semi-parent. One essential aspect that a teacher embodies subtly is that of imparting guidance and counseling to students.

In the current times the demand for counseling and guidance is at an all-time high. No one age group can be singled out and yet the concerns of our student population, who are our tomorrow is a niggling worry.

It is hence paramount that teachers be equipped with basic and first-aid tools to provide base-work supportive skills to students. The aim of the Basic Counseling Programme for Teachers is two pronged:

- (1) to initiate teachers in the basic counseling skills so as to respond to students' emotional, psychological and relationship issues, and
- (2) to learn to recognize students who may require additional personal counseling.

## ABOUT WORKSHOP

The focus of the program will be on the following:

- What is and is not Counseling?
- Aims and benefits of Counseling.
- Teacher as a Counselor
- Skills of a Counselor
- Basic hands on tools and techniques to use in the classroom setting as well as one-on -one for typical student related issues.
- Understanding the evolving space of classrooms in post-Covid times & brief crisis intervention strategies for the same.
- When to refer to a professional counselor?

The aim is not to create counselors in a day but help teachers be better equipped and feel confident to handle a number of student related issues.

[Click here to register](#)

***A teacher affects eternity; He can never tell where his influence stops.- Henry Adams***