

S.P. Mandali 's
R.A Podar College of Commerce and Economics (Autonomous)
Self Development Center
Online Counseling
2020-21

Self Development Cell was established in our college in June 1999 to provide guidance and counseling services to the students. The aim, objective and persistent effort of the counseling cell has been to provide counseling and support in the various areas of their life like academics, career, social, psychological, emotional as well as interpersonal issues.

However, due to the restrictions on face to face consultations in the COVID-19 pandemic; it has become paramount to identify and utilize alternative information technologies and deliver counseling and guidance support to our students.

We would like to inform every student & parents that the Self-Development Cell will be operational Online for consultation.

Students can avail for career guidance, personal counseling, parental counseling, peer counseling, relationship management skills, personality developmental skills, study skills training, self-developmental sessions and other areas of psychological interventions with the College Counsellor Mrs. Sukhada Kelkar.

The online counseling and guidance consultation will be conducted on every week on Thursdays between 10.30 am – 2.30 pm.

The students need to contact Mrs. Kelkar and secure a prior appointment for the session. Accordingly they will be informed with the scheduled time slot for the counseling session.

KINDLY NOTE:

- Students can email their session requests during office hours **10.00 am to 5.00 pm**
- **Email Id:** sukhadag.disha@gmail.com
- **Counseling Session Engagement Day:** Thursdays
- **Prior Appointments required for scheduling a counseling session.**
- **Mode of session: Online Consultation on MS Teams**

Mrs. Sukhada Kelkar
Counseling Psychologist
CAREER COUNSELING CENTER & SELF-DEVELOPMENT CELL
R.A PODAR COLLEGE OF COMMERCE and ECONOMICS (Autonomous)