



**N. L. Dalmia®**  
**College of Arts, Commerce & Science**  
(A School of Excellence of N. L. Dalmia Educational Society)

Affiliated to University of Mumbai | College Code: 1088

Tue 21 Jan 2025

**NOTICE**

**Counselling Cell on Campus**

We are pleased to inform you that **Ms. Lipika Koley** will be available on campus to offer **Counselling Sessions** from **January 2025 to February 2025**. You can directly walk in for a session.

**Ms. Lipika Koley** is an ex-student of **NL Dalmia College** and is currently pursuing her **MA in Counselling Psychology** from **Wilson College**. She has developed a keen **interest** and **expertise** in addressing issues and difficulties faced by **adolescents and young adults**.

**Details of Availability:**

**Duration** : Jan 2025 to Feb 2025

**Days** : Tuesdays, Wednesdays, and Thursdays

**Timings** : 1100 am to 0300 pm

**Location** : Room No. 803 NLDC Building

Psychology Club

(Convener)



Dr Ganesh Pawar

(Principal)

21/01/2025

# N. L. Dalmia College of Arts, Commerce & Science

## Activity Report

**Name of Activity: Counselling Cell**

**Conducted by: Ms. Lipika Koley**

**Date, Time & Venue:**

**January to February, three days a week (Tuesday, Wednesday, Thursday)**

**11:00 a.m. to 3:00 p.m., Room No. 803**

**Name(s) of Teacher(s) In-Charge: Asst. Prof. Radheya Surve, Asst. Prof. Tejaswi Shetkar**

**No. of Participants:**

**Male: 0**

**Female: —**

**Other: —**

**Description:**

The **Psychology Department** arranged **one-on-one counselling sessions** for students to offer them a supportive and confidential space to discuss personal and academic concerns. These sessions were designed to **enhance mental well-being**, build **self-confidence**, manage **anxiety**, and foster **self-love**. Students were encouraged to explore the deeper meaning of their challenges, gain clarity, and build resilience. A variety of therapeutic techniques were used to promote **self-reflection**, challenge **negative thought patterns**, and develop effective **coping strategies**. The sessions also focused on **goal setting**, **emotional regulation**, and cultivating a **positive self-concept** to support holistic well-being.

**Feedback Analysis:**

The sessions received **positive feedback**, with students engaging actively and benefiting significantly from the interventions. Many expressed a desire to continue the sessions beyond the original timeline, citing the process as **valuable and meaningful**. The success of the activity can be attributed to the counselor's **competence**, **professionalism**, and **empathetic approach**, which created a **safe, non-judgmental environment**. Her ability to tailor interventions to individual needs, promote **self-awareness**, and offer **insightful guidance** contributed greatly to the success of the initiative.

**Expenses Incurred for the Activity: NIL**

**Review of Activity with Suggestions:**

Continue organizing counseling sessions in future, as some students may require prolonged support. Increase awareness regarding such initiatives, **especially among male students and those from a commerce background**, as many were not aware of the facility.

**Signature of In-Charge:**

