

ZANTYE BROTHERS EDUCATIONAL FOUNDATION'S  
NARAYAN ZANTYE COLLEGE OF COMMERCE  
BICHOLIM-GOA.

**Annual Counselling Cell Report**  
July 2025 – June 2026

## **Introduction**

The Counseling Cell of Narayan Zantye College of Commerce remained committed to fostering the emotional, psychological, and social well-being of students through a series of structured programmes and awareness initiatives conducted during the period July 2025 – June 2026. The activities were designed to create a supportive campus environment, promote mental health awareness, develop life skills, and strengthen students' capacity to deal with personal and academic challenges. The following report presents a detailed account of the sessions and programmes conducted under the Counseling Cell during the reporting period.

### **1. Counseling Cell and POSH Orientation Program**

Date	10th & 15th July 2025
Resource Person	Ms. Mrinal Valke
Organized By	Counseling Cell & POSH Committee
Duration	60 Minutes
Participants	95 (36 Male, 59 Female) – F.Y.B.Com (A, B, C)

The Counseling Cell and POSH Orientation Program was organized to familiarize newly admitted students with the role, objectives, and services of the Counseling Cell. The session highlighted the importance of counselling in supporting emotional, personal, and academic well-being while emphasizing confidentiality and accessibility of services. Students were also sensitized to POSH guidelines, mechanisms for addressing harassment, and the significance of maintaining a safe and respectful campus environment. The programme encouraged students to perceive the Counseling Cell as a supportive and approachable space for guidance and assistance.

### **2. Handling Peer Pressure Positively**

Date	14th July 2025
Resource Person	Ms. Mrinal Valke
Organized By	Counseling Cell

Duration	60 Minutes
Participants	50 (24 Male, 26 Female) – S.Y.B.Com (A & B)

This session focused on helping students understand the nature and impact of peer pressure on behaviour, self-perception, and decision-making. Through interactive discussions and practical insights, students were guided to identify both positive and negative forms of peer influence and develop strategies to respond confidently and responsibly. The session aimed to strengthen independent thinking, enhance self-confidence, and encourage value-based decision-making among students.

### **3. Debate Activity – Speak Up, Speak Right: Exploring Healthy Communication Through Debate**

Date	17th July 2025
Resource Person	Ms. Mrinal Valke
Organized By	Counseling Cell
Duration	60 Minutes
Participants	35 (6 Male, 29 Female) – F.Y.B.Com (A)

The debate activity was designed to strengthen communication skills by encouraging students to express their views in a structured, respectful, and informed manner. The programme promoted critical thinking, public speaking, and the ability to appreciate differing perspectives. Through active participation, students developed logical reasoning, persuasive communication, and constructive dialogue skills that are essential for both academic achievement and professional growth.

### **4. Empowering Persons with Disabilities – Awareness and Inclusion**

Date	17th July 2025
Resource Person	Ms. Mrinal Valke
Organized By	Counseling Cell
Duration	60 Minutes
Participants	29 (18 Male, 11 Female) – S.Y.B.Com (C)

This sensitization programme aimed to develop empathy and awareness regarding the experiences and challenges faced by Persons with Disabilities (PwDs). The session encouraged students to reflect on their role in fostering inclusion and accessibility within the campus community. By discussing social and psychological dimensions of disability, the activity promoted values of acceptance, advocacy, and equal participation.

## 5. The Boundary Box – Understanding Healthy Boundaries

Date	17th July 2025
Resource Person	Ms. Mrinal Valke
Organized By	Counseling Cell
Duration	60 Minutes
Participants	39 (21 Male, 18 Female) – T.Y.B.Com (A)

The session on healthy boundaries guided students in understanding the importance of establishing and respecting personal limits in relationships, academics, and daily interactions. Emphasis was placed on self-respect, emotional well-being, and healthy interpersonal relationships. Students were encouraged to reflect on personal experiences and were equipped with strategies to communicate boundaries assertively and respectfully.

## 6. Orientation Session on Counselling

Date	9th August 2025
Resource Person	Ms. Mrinal Valke
Organized By	Post Graduate Department, Narayan Zantye College of Commerce
Duration	60 Minutes
Participants	13 – M.Com Part I

The orientation session for M.Com Part I students introduced the counselling process and emphasized the importance of mental health support within the academic environment. The programme focused on resilience, self-awareness, stress management, and decision-making skills while also addressing concerns related to sexual harassment, abuse, legal safeguards, and reporting procedures. The session aimed to support holistic student development by promoting emotional stability and informed help-seeking behaviour.

## 7. Hope Hunt – World Suicide Prevention Day

Date	16th September 2025
Resource Person	Ms. Mrinal Valke
Organized By	Counseling Cell
Duration	60 Minutes
Participants	12 (2 Male, 10 Female) – F.Y.B.Com, S.Y.B.Com & T.Y.B.Com

Conducted in observance of World Suicide Prevention Day, this programme aimed to raise awareness regarding mental health, emotional distress, and suicide prevention. Students were encouraged to build supportive peer networks, recognize warning signs of emotional difficulties, and seek timely assistance when needed. The session promoted open dialogue, reduced stigma surrounding mental health concerns, and reinforced the importance of compassion and early intervention.

## **Conclusion**

The activities conducted by the Counseling Cell during the reporting period reflect a sustained commitment towards student welfare, psychosocial development, and inclusive campus engagement. Through orientations, awareness programmes, interactive activities, and commemorative initiatives, the Counseling Cell successfully addressed important themes such as mental health, peer influence, communication, inclusion, healthy boundaries, and suicide prevention. These programmes not only enhanced student awareness but also contributed to creating a culture of empathy, resilience, and support within the institution. The Counseling Cell continues to remain dedicated to promoting holistic student development and strengthening mental health support services within the college community.

Ms. Mrinal Valke

Prof. (Dr.) Rajendra Kumbharjuvenkar

College counselor

Principal