

Report on Counselling Sessions

“Skills, Mindfulness, Self-Realisation and Well-being”

The series of guest sessions on “*Skills, Mindfulness, Self-Realisation and Well-being*” was successfully conducted for different batches of students with the primary objective of enhancing their practical skills and promoting mental well-being.

A total of five sessions were organized, each thoughtfully designed to focus on essential life skills along with mindfulness practices. The sessions witnessed active and enthusiastic participation from students, making them highly interactive and engaging. The resource person effectively integrated theoretical concepts with practical applications, enabling students to relate the learning to real-life situations.

The sessions covered the following key areas:

- **Communication Skills** – Enhancing verbal and non-verbal expression
- **Decision-Making Skills** – Developing logical and critical thinking abilities
- **Stress Management** – Managing academic and personal pressures effectively
- **Mindfulness Techniques** – Improving concentration, emotional balance, and self-awareness

Each session incorporated interactive activities, group discussions, and practical exercises, fostering experiential learning and active student involvement. Mindfulness practices such as breathing techniques, short meditation sessions, and focus exercises were conducted to help students enhance mental clarity and emotional stability.

The progressive structure of the five sessions enabled students to gradually build their understanding and apply the concepts effectively. By the end of the series, students demonstrated:

- Improved focus and concentration
- Better emotional regulation and stress management
- Enhanced communication and decision-making skills
- Increased self-awareness and confidence

Overall, the guest lecture series proved to be highly beneficial and impactful. It encouraged students to adopt a positive and balanced approach towards personal and professional challenges, thereby contributing to their holistic development.

The sessions were conducted by **Professional Counsellor Ms. Vaishali Capsi-Seth**, whose expertise and engaging delivery greatly enriched the learning experience. The entire series was efficiently coordinated by **Dr. Rupa Gilda**, ensuring smooth organization and successful execution of all sessions.

DAYANAND COLLEGE- COUNSELING SESSION FORM (Weekly Use)

1. College & Administrative Details

- College Name: Dayanand College
- Department / Branch: Commerce College Senior
- Week / Date of Session: 9-01-26 Week 2
- Session Day: Friday 11 a.m - 12 p.m
Time
- Counsellor Name: Vaishali Sheth
- Administrative In-Charge: Gilda Mann
- Contact Number / Email: _____

2. Session Details

- Year / Semester: 2025-2026
- Topic / Theme of Session: Skills & Mindfulness
- Purpose / Objective: _____

• Focus Areas: (Tick)

- ☒ Academic Stress ☒ Study Skills ☐ Career Guidance
- ☒ Emotional Well-being ☐ Discipline ☐ Time Management
- ☐ Peer/Hostel Issues ☐ Other: _____

3. Attendance & Participation

- Total Students in Class: 40-50, 1st year commerce
- Students Present: Approx 50
- Participation Level:
☐ High ☒ Moderate ☐ Low
- Venue and Additional information :

Commerce College (Sr)

Signatures:

Counsellor Signature: _____

Date: 9-01-26

Admin Signature & Stamp: X _____

Date: 9-01-26





DAYANAND COLLEGE- COUNSELING SESSION FORM (Weekly Use)

1. College & Administrative Details

- College Name: Dayanand College
- Department / Branch: Senior college of Commerce
- Week / Date of Session: 11/02/2026, week 2
- Session Day: Wednesday, 12 P.m to 1 P.m
- Counsellor Name: Vaishali Sheth
- Administrative In-Charge: Gilda Mann
- Contact Number / Email: _____

2. Session Details

- Year / Semester: 2025 - 26
- Topic / Theme of Session: Life Goals & General well-being
- Purpose / Objective: To self-realise Life Goals

• Focus Areas: (Tick)

- ☒ Academic Stress ☒ Study Skills ☐ Career Guidance
☒ Emotional Well-being ☒ Discipline ☐ Time Management
☐ Peer/Hostel Issues ☐ Other: _____

3. Attendance & Participation

- Total Students in Class: 50 - 60, 2nd year
- Students Present: Approx 50
- Participation Level:
☐ High ☒ Moderate ☐ Low
- Venue and Additional information :

Senior college of Commerce.

Signatures:

Counsellor Signature: _____

Date: 11/02/2026

Admin Signature & Stamp: x _____

Date: _____

DAYANAND COLLEGE- COUNSELING SESSION FORM (Weekly Use)

1. College & Administrative Details

- College Name: Dayanand College
- Department / Branch: Senior College of Commerce
- Week / Date of Session: 11/02/2026, week 2
- Session Day: Wednesday, 11 a.m to 12 p.m
& Time
- Counsellor Name: Vaishali Sheth
- Administrative In-Charge: Aida Mann
- Contact Number / Email: _____

2. Session Details

- Year / Semester: 2025 - 2026
- Topic / Theme of Session: Life Goals & General well-being
- Purpose / Objective: To self-realise life goals

• Focus Areas: (Tick)

- ☒ Academic Stress ☒ Study Skills ☐ Career Guidance
☒ Emotional Well-being ☒ Discipline ☐ Time Management
☐ Peer/Hostel Issues ☐ Other: _____

3. Attendance & Participation

- Total Students in Class: 70 - 80, 2nd year A, B,
- Students Present: Approx 70
- Participation Level:
☒ High ☐ Moderate ☐ Low

• Venue and Additional information :

Senior College of Commerce

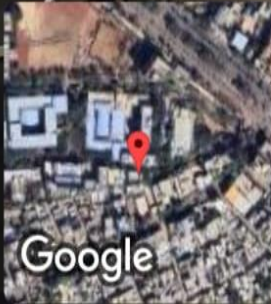
Signatures:

Counsellor Signature: _____

Date: 11/02/2026

Admin Signature & Stamp: x _____

Date: 11/02/2026



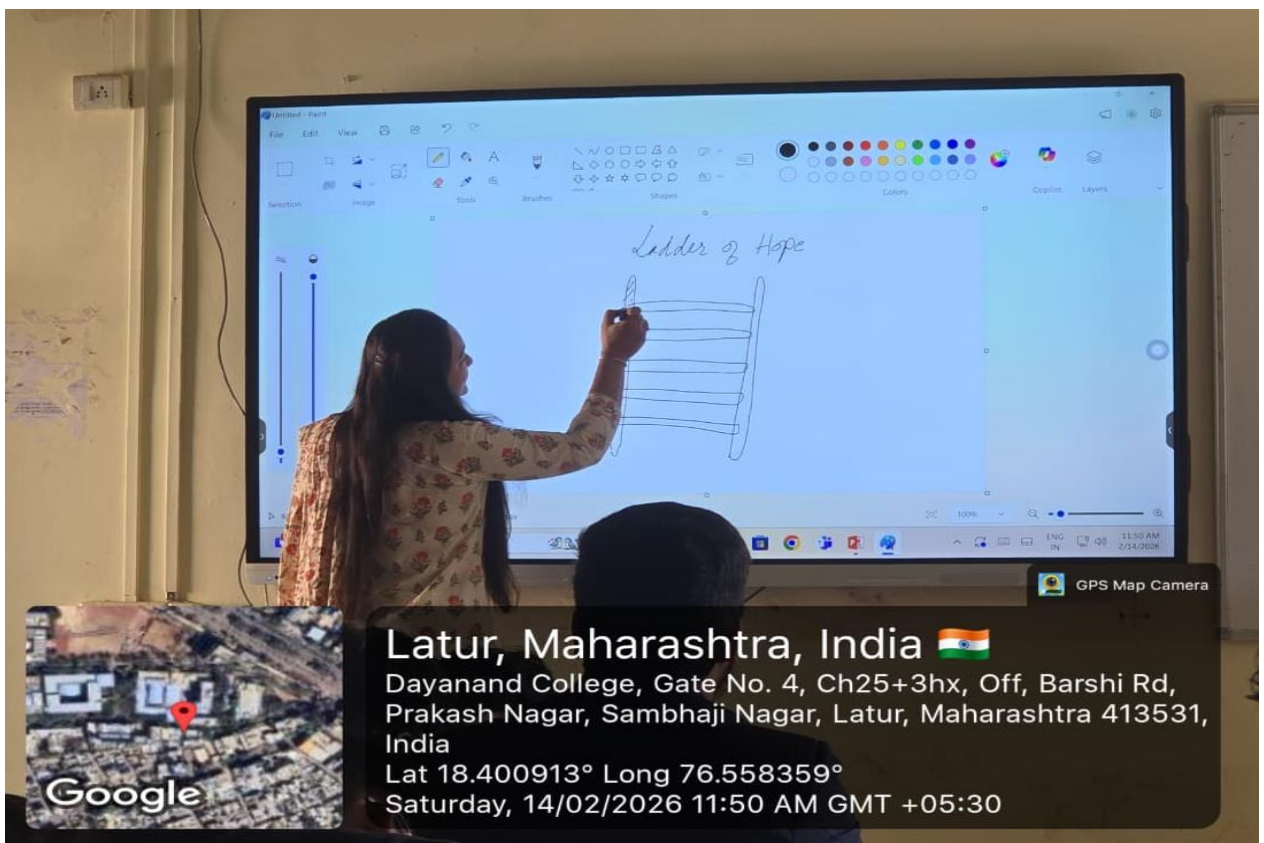
Latur, Maharashtra, India 🇮🇳

Dayanand College, Gate No. 4, Ch25+3hx, Off, Barshi Rd,
Prakash Nagar, Sambhaji Nagar, Latur, Maharashtra 413531,
India

Lat 18.400929° Long 76.558491°

Saturday, 14/02/2026 11:44 AM GMT +05:30

GPS Map Camera



Latur, Maharashtra, India 🇮🇳

Dayanand College, Gate No. 4, Ch25+3hx, Off, Barshi Rd,
Prakash Nagar, Sambhaji Nagar, Latur, Maharashtra 413531,
India

Lat 18.400913° Long 76.558359°

Saturday, 14/02/2026 11:50 AM GMT +05:30

GPS Map Camera



DAYANAND COLLEGE- COUNSELING SESSION FORM (Weekly Use)

1. College & Administrative Details

- College Name: Dayanand College.
- Department / Branch: Senior college of commerce
- Week / Date of Session: 14/02/2026, week 2
- Session Day: Saturday, 12 PM to 1 PM
& Time
- Counsellor Name: Vaishali Sheth
- Administrative In-Charge: Aida Mam
- Contact Number / Email: _____

2. Session Details

- Year / Semester: 2025-26
 - Topic / Theme of Session: Life Goals & well being
 - Purpose / Objective: To self realise goals & well being
-
- Focus Areas: (Tick)
 - ☒ Academic Stress ☒ Study Skills ☐ Career Guidance
 - ☒ Emotional Well-being ☒ Discipline ☐ Time Management
 - ☐ Peer/Hostel Issues ☐ Other: _____

3. Attendance & Participation

- Total Students in Class: 50-60, BBA 1st, 2nd & 3rd year
- Students Present: Approx. 50
- Participation Level:
 - ☒ High ☐ Moderate ☐ Low
- Venue and Additional information :
Senior college of Commerce

Signatures:

Counsellor Signature: _____

Date: 14/02/26

Admin Signature & Stamp: X

Date: 14/02/26


Program Coordinator


IQAC Director
Internal Quality Assurance Cell
Dayanand College of Commerce, Latur.


Principal
Principal
Dayanand College of Commerce,
LATUR.

