

People's Education Trust (R)

SHANKARAGOWDA COLLEGE OF EDUCATION, MANDYA

Accredited by NAAC/Recognized by NCTE/Affiliated to University of Mysore

Guidance and Counselling Cell

A Guidance and Counselling Cell is a support system within an educational institution designed to foster the holistic development of students. It serves as a safe space where students can seek assistance with various academic, personal, and emotional challenges.

Objectives of Guidance and Counselling Cell

The primary objective of a Guidance and Counselling Cell in our college is to support the holistic development of student teachers, preparing them to be effective and empathetic educators.

Personal and Social Development:

- To foster emotional intelligence, self-awareness, and resilience.
- To enhance interpersonal communication, teamwork, and leadership skills.
- To address personal and relationship issues that may impact academic performance.

Academic Success:

- To provide academic guidance and support to improve student performance.
- To identify and address learning difficulties.
- To offer time management and study skills development.

Career Guidance:

- To assist students in exploring various career paths in education and beyond.
- To provide information about higher studies and competitive examinations.
- To facilitate placement and internship opportunities.

Mental Health and Well-being:

- To create a supportive environment for students to address mental health concerns.
- To offer stress management techniques and coping strategies.
- To provide crisis intervention and referral services when necessary.

Professional Development:

- To enhance teaching methodologies and classroom management skills.
- To promote ethical and professional conduct among student teachers.
- To foster a positive attitude towards the teaching profession.

By achieving these objectives, the Guidance and Counselling Cell contributes to the overall success of student teachers and their future impact on the education system.

EXECUTIVE COMMITTEE:

- Chairman** - **Dr. Channakrishnaiah K (Principal)**
- Chief in charge** - **B.C. Hemanth Kumar (Asst. Professor)**
- Members** - **Dr. Varun M (Asst. Professor)**
Sri. Harshavardhan.C (Asst. Professor)
Smt. Sujatha (Office Assistant)

Initiatives of Guidance and Counselling Cell in the Institution 2018-19

A meeting was held on April 11th 2018 to discuss about the shortcomings/problems regarding academic issues and also any kind of personal problems that our students are facing.

Second meeting was held on 10th May 2018 and the regularity of the students was discussed and it was found that two students Anusha B.R and Roopa M were not attending the classes regularly and finding difficult in coping with the training. Thus on counselling, these students revealed the problems they were facing. Anusha B. R left the college inspite of the solution suggested by the committee and Roopa M continued in the college after the timely guidance provided by us and completed her training successfully.

GUIDANCE AND COUNSELLING CELL ACTIVITIES - 2019-2020

A meeting was held on 4th December 2019 to discuss about the shortcomings/problems regarding academic issues and also any kind of personal problems that our students are facing.

Second meeting was held on 15th February 2019 and the regularity of the students was discussed and it was found that two students Pooja H.G and Ayesha Farheen were not attending the classes regularly and finding difficult in coping with the training. Thus on counselling, these students revealed the problems they were facing. Pooja H.G left the college inspite of the solution suggested and action taken by the committee and Ayesha Farheen continued in the college after the timely guidance provided by us and completed her training successfully.

GUIDANCE AND COUNSELLING CELL ACTIVITIES – 2021-2022

EXECUTIVE COMMITTEE:

- Chairperson** - **Dr. Suvarna V.D (Principal)**
- Chief in charge** - **B.C Hemanth kumar (Asst. Professor)**
- Members** - **Dr. Varun M (Asst. Professor)**
Sri. Harshavardhan.C (Asst. Professor)
Smt. Sujatha (Office Assistant)

Workshop on SCIENCE BEHIND SUPERSTITION

A workshop was organized on 9th of September 2022 in our college on the topic of “SCIENCE BEHIND SUPERSTITION”. The programme was inaugurated by Dr. SUVARNA V D, Principal of Shankaragowda College of Education, Mandya along with Prof. NARENDRA NAYAK, President of federation of Indian rationalists & Resource person. Teacher trainees were educated about the Science behind the miracles performed by self-proclaimed Godman.

Objectives of the programme

- To Create awareness about the Science behind Superstition
- To Promote Rationalism among the Teacher trainees
- To Develop scientific temper in prospective Teachers.

Prof. Narendra Nayak explored scientific reasons behind each and every action or the miracles performed by the godman. According to law of conservation of mass, “Matter can neither be created nor be destroyed” Godman creating a Chain and Ashes out of nothing is a miracle to many people. But, there are certain tricks and logics performing such acts. This was concretely shown by Mr.Narendra Nayak through demonstration and meanwhile he raised a question to the audience that “Why does the Godman won’t create an object which is huge in size? Why do they stick on to the creation of objects which are smaller in size that could in their hand?” This changed the mindset of the teacher trainees who were running behind the superstition so far. The resource person also spoke about the newly emerged concept called “Gandhari Vidye” which means an individual can recognize the objects with blindfolded and meanwhile they can read the text being blindfolded. By the end of the session, the objectives of the Program were completed. The Resource person of the event helped us in developing scientific temper and succeeded in creating an awareness about the presence of scientific reasons behind every superstitions.



PET(R)

**Shankaragowda College of Education,
Mandya.**

**In association with alumni
association Organizing
PERSONALITY DEVELOPMENT PROGRAM
A WORKSHOP ON SCIENCE BEHIND SUPERSTITION**

**Time - 10:30 am
Date - 09/09/2022**

Resource person
PROF. NARENDRA NAYAK
President of federation of Indian rationalists
[FIRA]

Presidency
Dr. Suvarna V.D
Principal
Shankaragowda College of Education,
Mandya.

**Hands on training
Need of scientific temper
Superstition and their deleterious effect**

**Venue: lecture hall, S.G.C.Ed.
Mandya.**
You're cordially invited



WORKSHOP ON PERSONALITY DEVELOPMENT

On 16th & 17th of May 2023 Community living Camp was held in Morarji Desai Residential School Tumbakere, Mandya by Shankaragowda college of Education, Mandya. On 17th of May Personality development program was held by the Guidance and counselling cell, the programme was presided by Smt. Victoria Roche Assistant Professor SGCEd, with the resource person Sri. Venu Gopal H. S spiritual thinker and Sammohini expert who addressed the gathering about utilization of unconscious mind in our daily life and how it will help us to emulate our personality traits. Dr. Hemanth Kumar, B.C, the coordinator of Guidance and Counselling cell. Dr.Suvarna V.D, Principal of SGCEd, and all the teaching and non-teaching staffs and, B.Ed. students were present in this program.

OBJECTIVES OF THE PROGRAM:

To create awareness about

- Types of mind
- Power of subconscious mind
- Scientific analysis of the subconscious mind

Sri Venu Gopal addressed the gathering about the amazing power of the subconscious mind. According to him, our mind is nothing but bundle of thoughts. And the thought is combination of colour, image, sensation, feeling and also energy. The inner mind controls all the functional activities of the body and obeys all clear instructions from the outer mind without fail. So that we have to guide our mind in a proper way. Our inner mind doesn't know the difference between reality and fantasy and that's why we have to get help from the mind in the effective and useful way to achieve success in our life.





ಜನತಾ ಶಿಕ್ಷಣ ಟ್ರಸ್ಟ್ (೦)
ಶಂಕರಗೌಡ ಶಿಕ್ಷಣ ಮಹಾವಿದ್ಯಾಲಯ, ಮಂಡ್ಯ.



ಸಾಮುದಾಯಿ ಕಜೀವನ ಶಿಬಿರ-2023

ಆನ್‌ಲೈನ್ ನೆಟ್ವರ್ಕ್

16 ಮತ್ತು 17ಮೇ 2023.

ಸ್ಥಳ: ಶ್ರೀ ಮೊರಾರ್ಜಿದೇಸಾಯಿ ವಸತಿ ಶಾಲೆ, ತುಂಬಕೆರೆ,
ಮಂಡ್ಯತಾ||ಮಂಡ್ಯಜಿಲ್ಲೆ.

ಶ್ರೀ/ಶ್ರೀಮತಿ:

ಶಿಬಿರದ ನಿರ್ದೇಶಕರು
ಡಾ.ಸುವರ್ಣ.ವಿ.ಡಿ
ಪ್ರಾಂಶುಪಾಲರು
ಶಂಕರಗೌಡ ಶಿಕ್ಷಣಮಹಾವಿದ್ಯಾಲಯ,
ಮಂಡ್ಯ.

ಶಿಬಿರದ ವ್ಯವಸ್ಥಾಪಕರು
ಶ್ರೀ.ಬೀರಲಿಂಗಯ್ಯಜಿ
ಸಹಾಯಕ ಪ್ರಾಧ್ಯಾಪಕರು
ಶಂಕರಗೌಡ ಶಿಕ್ಷಣ ಮಹಾವಿದ್ಯಾಲಯ,
ಮಂಡ್ಯ.

ಸರ್ವರಿಗೂ ಸುಸ್ವಾಗತ

ದ್ವೈಪ್ರಜ್ಞೆ ಸಮಿತಿ ಪ್ರಜ್ಞೆಯಲ್ಲಿ ಉತ್ಸಾಹದಿಂದ ಸಾಮುದಾಯಿಕ ಬದುಕು ಸುಂದರವಾಗಿರುತ್ತದೆ.

ದಿನಾಂಕ: 17-05-2023

ಕಾರ್ಯಾಗಾರ

ಜೇಷ್ಠ : 10.30ರಿಂದ
05.00 ವರೆಗೆ.

ವಿಷಯ : "ಸುಪ್ತ ಮನಸ್ಸಿನ ವಿಸ್ಮಯ ಶಕ್ತಿ-ಮರೆತು ಹೋದ ಮಹಾನ್ ವಿದ್ಯೆ"

ಉಪನ್ಯಾಸ : ಶ್ರೀ.ವೇಣುಗೋಪಾಲ್. ಹೆಚ್.ಎಸ್.
ಆಧ್ಯಾತ್ಮಿಕಚಿಂತಕರು ಹಾಗೂ ಸಮ್ನೋಹಿನಿ ತಜ್ಞರು.

ಆಧ್ಯಕ್ಷತೆ : ಶ್ರೀಮತಿ.ವಿಕ್ಟೋರಿಯಾ ರೋಚ್.
ಸಹಾಯಕ ಪ್ರಾಧ್ಯಾಪಕರು,
ಶಂ.ಶಿ.ಮ.ಮಂಡ್ಯ.



SEMINOR ON CONSTITUTIONAL VALUES

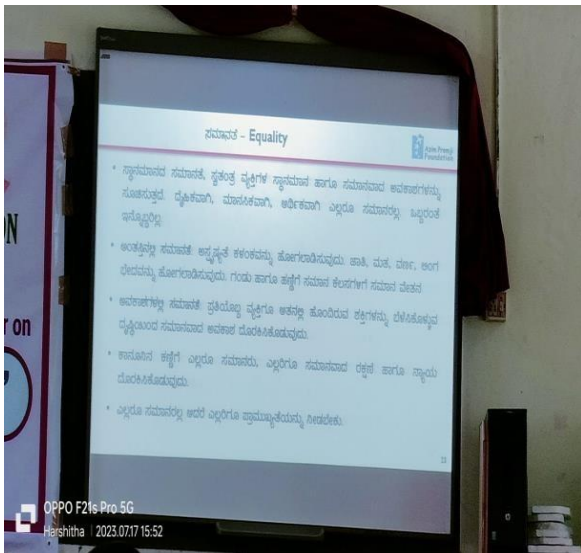
Objectives of the Program:

To create awareness about

- Constitutional values
- To promote Social, Secular, Democratic, Republic, Justice, Liberty Equality, Integrity and fraternity attitude among the teacher trainees.
- To develop commitment to rights and duties framed by the constitution.

On 17th July 2023 **Guidance and Counselling Cell** organized Seminar on Constitutional values with the coordination of **Azim Premji foundation** at Shankaragowda College of Education, Mandya. **Smt. Vaishali Ani & Miss Sowmya N**, Teachers in Azim Premji foundation, participated as the resource persons, they gave special lecture on the awareness of constitutional values which are very essential for every individual in developing Equality, Integrity, fraternity, Democratic, Republic and Socialistic values.

Dr. Suvarna V.D Principal of SGCEd, presided over this programme & **Dr. Hemanth Kumar B C**, the coordinator of Guidance and Counseling cell co-ordinated the programme well. All the teaching and non-teaching staff and, B.Ed. students participated actively in this programme.



[Handwritten signature in green ink]

Signature of the Principal