

## 7.1.1 Gender-Sensitive Facilities

### Guidance and Counselling

The college's Psychology department operates a counseling cell that offers diverse services. Trained faculty provides students with counseling, educational, and remedial sessions. A specialized women counselor addresses gender-specific issues. Additional services include diet counseling, mentorship from class in-charges, and career guidance. These services collectively promote students' mental health, personal development, and academic success.

### Psychological Counseling Cell -Maitri

**MOTTO - *Exploring Inner Space***

**OBJECTIVES:**

- To identify the problem areas or difficulties of individuals, their potentialities and limitations.
- To help students develop their potentialities through a greater self-understanding to enable them to take full advantage of the environmental resources
- To help mitigate suffering, reach appropriate solutions, take responsible decisions, and enable students to become self-actualised individuals.

**FUNCTIONS:**

- Identify students who require help
- Conduct counselling sessions
- Refer students to experts for guidance
- Organise lectures/seminars/workshops by experts and professionals
- Administer, score, and interpret psychological tests.

**COMPOSITION:**

Chairperson: Dr. Sr. P. Amrutha - Principal  
Convener: Hod, Department of Psychology  
Members: Faculty, Psychology Dept



## List of Clients Seen (Offline/Online)

Students of I, II & III year availed facilities provided by Counselling cell



## Circular on Maitri Counselling Cell

### NOTICE

St. Ann's College For Women  
Department Of Psychology

17/9/18

Counseling Cell – Maitri of Department of Psychology is resuming its counseling services from 20<sup>th</sup> September, 2018 onwards.

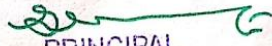
Befriending Sessions by Roshni organization will take place from 9 am to 1 pm in Room No-309, Department of Psychology, twice in a month.

On the other days the Counseling is done in R.No 311, Department of Psychology from 2 pm onwards.

Counseling services are open to all Students, Faculty, Support Staff who needs emotional support and is done in absolute confidentiality.

Thanking You!

Dept. of Psychology  
Department of Psychology.  
St. Ann's College for Women  
Mehdipatnam, Hyderabad-500 028

  
PRINCIPAL  
ST. ANN'S COLLEGE FOR WOMEN  
MEHDIPATNAM, HYDERABAD-28

ST. ANN'S COLLEGE FOR WOMEN		
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Sr. Prathiba Rani		
Sr. P. Mary Santha	Admin Dept.	
Ms. Shobha Siatha		
Mr. Anthony Reddy		
Ms. Pragathi		
Mr. Subbarao		
Mr. M. Ramesh		
Ms. Sreelakshmi	Exam Cell	
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Ms. R. Sree Devi		
Mr. Narasimha		
Mr. Raiesh		
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Ms. Bina Rai	ICT	
Ms. Ramyatri	Gym	
Ms. Rita Antony	Sports	
Ms. Nandini	Health Centre	
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Mr. Ch. Srikanth		
Mr. Mahesh		
Ms. V. Jacintha Mary	Nutrition	
Ms. J. Swapna Jyothi		
Ms. K. Raja Reddy	Microbiology	
Ms. I. Vijaya		
Mr. N. V. Prasada Rao	Genetics	
Ms. G. Vijaya Rani	Bio. Tech.	
Ms. Lilly Pushpa Kumari	Bio. Chem.	

Mr. N. Devaraju	Phy. & Elec.	
Mr. Arogyaiah		
Ms. T. Sandhya Rani	Comp. Sc.	
Ms. Y. Arunalatha	Commerce	
Mrs. Amala	Lang. Lab	
Mrs. Rani		
Ms. P. V. Lakshmi	Psychology	
Mr. Y. Nareesh Kumar		
Mr. Navin Kumar	Exam Cell	
Mr. Kumaraswamy		
Mr. Shaik Rasool		
Mr. A. Vijaya Reddy	Library Sc.	
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Mr. Bheemaiah	Phy. Edn.	
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Mr. Narayana	Watchman	
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Ms. Sujatha		
Ms. Swarupa		
Ms. Mallechwari		
Ms. Padma		
Ms. Lalitha	Gardener	
Ms. Savitri	Scavenger	
Ms. Seema		

## PG Diploma in Counselling Psychology offered by Psychology Department

### Course Structure – Theory and Practical

Semester I				
Course Code	Title of the Paper	Hrs/Wk	Credits	Marks
DCP 101	Counseling Theories	5 hrs per wk	5	100
DCP 102	Counseling Skills	5 hrs per wk	5	100
DCP 103	Psychopathology	5 hrs per wk	5	100
DCP 104	Research Methodology in Psychology	5 hrs per wk	5	100
DCP 105	MAOC -Communication Skills	2 hrs per wk		
DCP 111	Practical I	3 hrs per wk	2	75

DCP 121	Practical II	3 hrs per wk	2	75
<b>Total</b>		<b>28 hrs per wk</b>	<b>24</b>	<b>550</b>

**Semester II**

<b>Course Code</b>	<b>Title of the Paper</b>	<b>Hrs/Wk</b>	<b>Credits</b>	
DCP 201	Family & Marital Counselling	5 hrs per wk	5	100
DCP 202	School & Corporate Counselling	5 hrs per wk	5	100
DCP 202	MAOC -Life Skills & Well Being	2 hrs per wk		
DCP 212	Project (Outdoor activity based course)	At their chosen time/place	4	100
DCP 213	Internship-Observer ship & Case Study	3 Days per wk (45 days internship + 15 days in college)	20	150
	<b>Total</b>	<b>12 hrs classes /3 days Internship per wk</b>	<b>34</b>	<b>450</b>

DCP 204	<b>MAOC I (Sem-I)</b> Communication Skills	2 hrs per wk	1	
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DCP 106	<b>MAOC II (Sem-II)</b> Life Skills & Well Being	2 hrs per wk	1	
	<b>Total</b>	<b>4 hrs per wk</b>	<b>2</b>	

### Diet Counselling Cell

The Department of Nutrition at St Ann's College, therefore aims and encourages the inclusion in nutrition, as an important strategy for achieving maximal effectiveness in imparting quality nutrition education for healthy living and wellness.

**Objective:**

- To provide students a platform for experiential learning
- To implement the theoretical knowledge into practice.
- To provide an easy access to nutritional advice to the community.

The services are opened from 1:30 -2:30 every day. This year the counseling was undertaken by the PG Diploma & Msc students (Nutrition) on rotation under the guidance of Ms Nasreen Begum & Ms Urooja Birjis Fatima. The students as part of diet counseling activity prepare and compile Disease Specific Nutritious Recipes and also prepare Informative e-Posters on nutrition related topic, which is used during counseling.

**Activities Undertaken by the Diet Counseling Cell Every Year**

- Anthropometric measurements (Height, Weight and Body fat analysis)
- Assessment of BMI
- Haemoglobin estimation, Blood glucose estimation (if required), Blood Pressure
- Diet Counselling as per the disorder (Obesity, Underweight, Anaemia, Hypertension, Diabetes, CVD any other nutritional disorder.)

### Mentorship by class in charges

Mentorship program caters to the differential needs of the students and provide effective support for their overall growth and advancement. The mentor identifies the different needs of the mentees and refer them to counseling cell/ head of the

department/ Deans. Academic counselling is provided by the faculty and experts from specific fields.

### **Career Counselling**

**Career Counselling** is offered by the Placement Cell and Departments which apprise the students of the various options and opportunities to empowering students through employment.