

Nehru Memorial College, (Autonomous)

Report of FDP on **Student Skills: Mentoring and Counselling**

Our College IQAC and R&D cell jointly organized FDP on 30th May, 2019 at our Seminar Hall with the above theme. 162 Staff members of were actively participated in this programme. Dr.B.Selvaraj, Associate Professor of Psychology, Govt. Arts College, Coimbatore delivered a special address on Mentoring and Counselling. He explained the following key points with suitable examples.

- Counselling and Councillors
- Types of Counselling
- Basic qualities of Counsellor
- Physical set up of Counselling room
- To achieve positive mental health
- To resolve their problems
- To improve personal effectiveness
- To maximize individual freedom to choose and act within the conditions imposed by the environment
- To increase the effectiveness of the individual responses evolved by the environment
- To develop skills for effective decision making
- To modify behavior in the desired direction
- Emotional Skills
- Stress relaxing exercise

