

Students Guidance Unit

Datta Meghe College of Nursing, Wanadongri, Nagpur, 441110

OUR MISSION is to provide professional mental health counselling and guidance to the students of health sciences that-

1. Addresses their immediate worries, anxieties and other mental health concerns.
2. Promotes a healthy lifestyle and helps in adjustments and coping.
3. Helps them take up challenges and build optimum professional competence.



Common Student Concerns

Study Skills
Exam anxiety
Time Management
Performance stress
Peer pressure
Adjustment
Relationship conflict
Anxiety and depression
Interpersonal issues
Crises in family
Family relationship issues
Financial difficulties
Loss and grief
Sexual identity issues
Frustrations and conflicts
Lack of motivation
Poor concentration
Communication issues
Suicidal ideations
Childhood sexual and emotional issues
Career planning
Personality development.



Our Counsellors

Proficient, skilled and qualified professional who helps the student identify the root cause of their apprehensions and/ or complexities. Together they find counselling approaches to help deal with the problems faced. It focusses on wellness model to improve quality of life of the student.

Appointments

Can be made by calling the SGU at 9503611807 or visiting the office of Students Guidance Unit, DMCON, 2nd Floor, Near Board Room.

Mail id –

Counselor.mgi@gmail.com



Every challenge, every adversity, contains within it the seeds of opportunity and growth.



Services Available to -

The Students Guidance Clinic provides mental health counselling and guidance to all enrolled students of the University

Services include:

1. Personal Counselling
2. Academic Counselling
3. Group Counselling
4. Crises Intervention
5. Sessions on students' motivation and development
6. Parent Consultations
7. Community Resource Referrals
8. All the services at Students Guidance clinic are provided at no cost.

CONFIDENTIAL

What you say in here....

Stays in here.

UNLESS

Someone is hurting you,

You want to hurt someone

You want to hurt yourself

You give a written permission

All counselling is strictly confidential. Disclosures in this case will be only made to the appropriate authority and will be limited to the issue involved.

Hours

Monday to Friday

9 am to 5 pm

Saturday

9 am to 2 pm

Emergency Contact

If you want to speak after working hours please contact:

Student Guidance Unit
9503611807

Overall, counselling empowers students to lead healthy and fulfilling lives.

It helps them to grow in new ways and thus can spark their development both personally and professionally



NYSS

DATTA MEGHE COLLEGE OF NURSING

Wanadongri –Nagpur 441110

Best Practices - 1

SHARING THE QUESTION BANK

AIM OF BEST PRACTICE:

Increasing the knowledge of the student & help in the examination.

TARGET STAKEHOLDERS:

students, teachers, parents, community

NEED ANALYSIS/GA/RCA:

- Students lose their writing skills due to influence of social media and after 12th standard. They need writing practice to complete the paper.
- For first year students the admissions are delayed and the teachers do not have sufficient time for teaching everything that is missed by late joining students.
- It is found that even good students at times cannot complete their answer paper due to poor time management.
- In nursing the passing is 50% which in itself is a hard task for students.
- Medical science subjects are found difficult as the passing percentage for these subjects is considerably low.

RESOURCES

Infrastructure: nil extra required

Man power: nil extra required

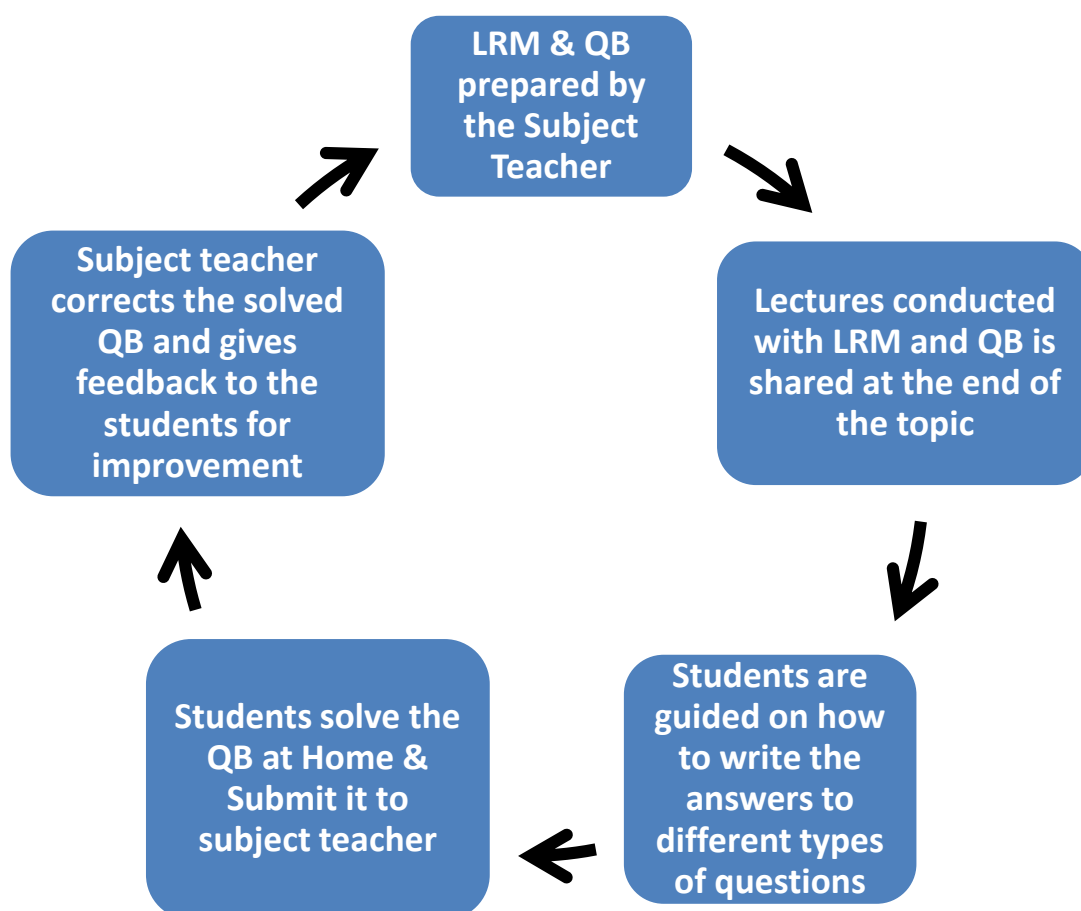
Time: 30 min each subject/per unit to explain how to write answers

Logistic support: internet support

BENEFITS OF THE PRACTICE

- Helps to knowing the questions with answer in each unit for each subject.
- Improves writing practice
- Contributes to Time management
- Helps to make it easy to organize test answers category-wise
- Question bank useful for student to learn the answers and topics from examination point of view.
- Question bank aids teacher to develop ability to customize evaluation tools/tests.
- It will be help for higher learner and slower learner also as the QB solving is done at home at the pace.
- Adds to confidence building of the students as the teacher gives corrections on one-to-one basis and guides in writing answers.
- Parents are happy that the students are studying and may improve their results.
- The students learning level is improved contributing to better knowledge based care to the community.

METHOD OF IMPLEMENTATION



STUDENTS' FEEDBACK

- Improved time management
- Became aware of the mark distribution for any question.
- Improved writing skills

TEACHERS' FEEDBACK

- Learnt to develop different types of questions
- Improved objective scoring of tests
- Identified strengths and weaknesses of students learning.

OBTACLES/PROBLEM ENCOUNTERED

Some students did not write the home assignments based on QB sharing. They had to be motivated again and again. This was due to basic dislike to writing and learning by mugging up habits.

Action Taken: A session on study habits by the counseling psychologist was arranged for the students. This improved the response rate of home assignment based on shared question bank.

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Best Practices - 2

FLAG HOISTING

Aim of flag hosting:

To inculcate national value of patriotism and to encourage them to get the honour of flag hoisting.

Target stakeholders:

Students

Need Analysis:

- National festivals are considered as holidays by students and some teachers also. So they are reluctant to come for flag hoisting.
- It is a known fact that student contribution lessens if they are not actively involved and made responsible for something.
- Patriotism is a national value which needs to be nurtured and nourished.

Resources:

Infrastructure- all the facilities available in the college campus

Man power-Nil extra

Time -10-15 min

Logistic Support- Nil

BENEFITS OF THE PRACTICE

- Students feel proud while hoisting the national flag which is usually the privilege of law and order enforcement personnel.
- Other students are encouraged to study hard to get the honour.
- Topper of the college is made known to others so the recognition platform is widened.

- A sense of responsibility is inculcated which is depicted in the behavior of the student who has got the opportunity to hoist the flag.

METHOD OF IMPLEMENTATION

Circular about flag hoisting time and compulsory note for teachers and students is circulated two days in advance.

Flag hoisting preparations involve

STUDENTS' FEEDBACK

- Feel proud to hoist the national flag.
- Commitment towards profession is

OBSTACLES/PROBLEM ENCOUNTERED

Students attendance used to be poor for flag hoisting.

Action Taken: Flag hoisting is made compulsory for all students and a notice is drawn 2 days in advance ensuring that the message reaches all students. Also photo of the flag hoisting by their own classmate is uploaded on the website promptly.

SHRAMDAAN

Aim of the best practices-Motivate the Teacher and students to live in hygienic surroundings and appreciate to protect the serene beauty

Target stakeholder :students, Teacher

Need Analysis:

- Importance of the and Green surrounding environment
- Shramdaan make students aware of the different types of epidemics and diseases that break due to unclean surrounding
- Generate the feeling of cleanliness
- Shramdaan clean teach to students social service ,plantation cleaning environment around us.

Resources:

Infrastructure- all the facilities available for the cleanliness

Man power-10-15 person quterly

Time -1 to 2 hrs

Logistic Support-bus facilities available.