

Counselling Session

The Mentor- Mentee cell of Dr. JJMCOE has arranged counselling session for all F. Y. B. Tech. students on 15 October, 2025.



The session was conducted by counsellor **Mrs. Sneha Pendhe**, who shared valuable insights and guidance to help students adapt to the new academic environment. She discussed the importance of maintaining a positive attitude, managing stress, and balancing academic responsibilities with personal growth. The session focused on:

- Building self-confidence and effective communication skills.
- Developing healthy study routines and time management practices.
- Managing emotions and maintaining mental health.
- Seeking support from mentors, teachers, and peers when needed.

Students were encouraged to openly share their concerns and participate in discussions. The counselling session proved to be highly beneficial for the first-year B.Tech students. It helped them gain confidence, reduce anxiety about college life, and understand the importance of mental well-being and personal development.