

## **Best Practice 1 : (2020-21)**

### **1. Title of the Practice: UMBARTHA – The Pre-marital Counseling initiative**

### **2. Objectives of the Practice :**

To provide psychological intervention along with academic inputs and contribute in the process of the overall development of the Students.

### **3. The Context :**

Mentoring is an old system catering to the psychological needs of the students. The mentors from Psychology Dept. realized that the girl students in particular need specific marriage-related counseling.

### **4. The Practice :**

SRUJAN is formalized mentoring system where Mentors took the responsibility of looking after the academic, personal and career – related issues of students. Girls from socio-economically weaker strata were married off during or just after their graduation. Pre-marital Counseling Centre UMBARTHA was started to prepare these students for their future role.

### **5. Evidence of Success :**

The intended target was to offer pre-marital counseling to 25% (approx. 50) of Final year girl students. The cell counseled 31, 48 and 62 subjects for the years 2018-19, 2019-20 & 2020-21 respectively with support from ROOTS Foundation.

### **6. Problems Encountered and Resources Required :**

Trained Counselor, Counseling Room, counseling slots and budget for sensitization programs were required. With no permanent faculty, CHBs of Psychology and Sociology formed the center and collaborated with ROOTS Foundation.

### **7. Notes :**

The institution can use forms, formats and procedure to replicate the practice with the help of any NGOs operating in the domain.

## SHRI BINZANI CITY COLLEGE, NAGPUR

### Activities by UMBARTHA:

Date	Name of Program	Guest Speaker	YouTube Link
15-02-21	Obsession with Perfectionism – Online Program	Dr Sonal Paliwal, Asst Prof, Hislop College, Nagpur	<a href="https://www.youtube.com/watch?v=yS-0JsUrxQ0&amp;t=636s&amp;ab_channel=ShriBinzaniCityCollegeNagpur">https://www.youtube.com/watch?v=yS-0JsUrxQ0&amp;t=636s&amp;ab_channel=ShriBinzaniCityCollegeNagpur</a>
31-05-21	Psychology intervention during pandemic	Prof Deepa Balkhande, HoD (Psy), SBMM, Nagpur	<a href="https://www.youtube.com/watch?v=hht5P02mWmA&amp;t=60s&amp;ab_channel=ShriBinzaniCityCollege">https://www.youtube.com/watch?v=hht5P02mWmA&amp;t=60s&amp;ab_channel=ShriBinzaniCityCollege</a>
13-06-21	Needs and nuances of Pre-Marital Counselling	Dr Lekhika Sonkusare, Psycho-Oncologist, Tata Memorial Hospital, Nagpur	
14-06-21	Anxiety during Menstrual Cycle	Dr Madhuri Zade, Dr Ambedkar College of Social Work, Wardha	
15-06-21	You & Your Well-being	Dr Priya Rajkumar, Hislop College, Nagpur	<a href="https://www.youtube.com/watch?v=zXiz5qbRtGI&amp;t=15s&amp;ab_channel=ShriBinzaniCityCollegeNagpur">https://www.youtube.com/watch?v=zXiz5qbRtGI&amp;t=15s&amp;ab_channel=ShriBinzaniCityCollegeNagpur</a>

  
नगपूर शिक्षण मंडळा द्वारा संचलित  
श्री बिंझाणी नगर महाविद्यालय , नागपूर  
स्व. डॉ. पदमाकर पांढरीपांडे स्मृती व्याख्यान




डॉ. श्री सुजीतजी मेत्रे  
अध्यक्ष




डॉ. सोनल पालीवाल  
व्याख्याता  
विषय: परिपूर्णतेचे वेड  
(Obsession with  
Perfectionism)

दिनांक : १५ फेब्रुवारी २०२१  
वेळ : दुपारी १२:००

मानसशास्त्र विभाग  
प्रा. पूनम खेडकर  
डॉ. अल्का कोल्हे  
डॉ. वैशाली पान्हेकर

  
Shri Binzani Nagar Mahavidyalay  
Umred Road, Nagpur  
Department of Psychology  
is organizing an  
Online lecture  
On


*Psychology Intervention  
during pandemic*



Speaker : Prof. Deepa Milind Balkhonde  
Head, Department of Psychology  
Smt. Binzani Mahila Mahavidyalay  
Nagpur

MONDAY | MAY 31 | 2021  
AT 12 PM  
ZOOM

Regards  
Principal  
Dr. Sujit G. Metre  
Department of Psychology  
Prof. Poonam Khedkar  
Dr. Alka S. Kolhe  
Dr. Vaishali S. Panhekar

  
Nagpur Shikshan Mandal's  
**Shri Binzani City College**  
Umred Road, Nagpur  
Department of Psychology & Sociology  
is organizing a 3 day online workshop in collaboration with  
**Roots Foundation**  
'Its an IQAC initiative'

**उंबरठा**  
**Pre Marital Counselling**  
From 13th June to 15th June 2021

Schedule

Date: 13/6/2021 **Speaker: Dr. Lekhika Sonkusare**  
Tata Memorial Hospital, Mumbai  
**Needs & Nuances of Pre Marital Counselling**


Date: 14/6/2021 **Speaker: Dr. Madhuri H. Zade**  
Dr. Ambedkar College of Social Work, Wardha  
**Anxiety during Menstrual Cycle**

Date: 15/6/2021 **Speaker: Dr. Priya A. Rajkumar**  
Hislop College, Nagpur  
**You & Your Well-Being**


Regards

Principal  
Dr. Sujit G. Metre  
Department of Psychology  
Prof. Poonam Khedkar  
Dr. Alka S. Kolhe  
Dr. Vaishali S. Panhekar

Convener  
Dr. Pranjali Kane  
Dr. N.V. Raghatate  
Department of Sociology  
Dr. Sangita G. Somwanshi

  
Nagpur Shikshan Mandal's Its an IQAC initiative  
Shri Binzani City College  
Umred Road, Nagpur  
Department of Psychology and Sociology  
organizing a 3 day Workshop in collaboration with Roots Foundation

**उंबरठा**  
**Pre-Marital Counselling**  
*Needs & Nuances of Pre marital Counselling*



Resource person: Dr. Lekhika Sonkusare  
Psycho-Oncologist,  
Tata Memorial Hospital  
Mumbai  
Zoom  
SUNDAY, JUNE 13 2021, at 12:00 PM

Department of Psychology  
Prof. Poonam Khedkar  
Dr. Alka S. Kolhe  
Dr. Vaishali S. Panhekar

Guest of Honour  
Dr. Sujit G. Metre,  
Principal  
S. B. City College

Department of Sociology  
Dr. Sangita G. Somwanshi