

**Availability of Students' Grievance Redressal Committee (SGRC) and  
complies with UGC's Regulations 2012**

SN	Name	Contact Number	Email ID
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3.	Dr. Amita Juliet Toppo (Member) Associate Professor	7827616100	Amita.juliet@stlawrence.in
4.	Ms. Shweta Das (Member) Assistant Professor	7011659244	Shweta.das@stlawrence.in
5.	Ayushi (Student) President	8777725991	ayushi.parihar@stlawrence.in
6.	Yashika Khanna (Student) Vice President	9013456827	khanna.yashi@stlawrence.in
7.	Harshita Jain (Student) Secretary	8599012034	harshijain@stlawrence.in
8.	Roopam Treasurer	9718756241	budart@stlawrence.in

# **Grievance Redressal Committee has elected student's representative**

## **CIRCULAR (For Elections)**

Greetings!

All the B.Ed. Students of session 2022-2024 are hereby informed that on 6<sup>th</sup> February 2023 election for the post of president, vice president, secretary and treasurer will be held in the college.

You can cast your vote in favour of your candidate out of the 8 nominated candidates mentioned below:

1. Yashika Khanna
2. Roopam
3. Ayushi
4. Nikita
5. Samiya Khan
6. Harshita Jain
7. Kashish
8. Prachi

**Venue:** Multipurpose Hall

**Time:** 12 to 3 P.M

**Results** to be announced on 7<sup>th</sup> February in the morning assembly.

Principal

Prof. (Dr.) Vijayshri Bhati

## **CIRCULAR (For Election Results)**

All the students and faculty are hereby informed that out of 8 candidates who contested the elections for the posts of president, vice president, secretary and treasurer are the following students in whose favour majority of the votes were cast. So, it has been decided to choose the following students to join grievance redressal committee.

Ayushi- President

Yashika Khanna- Vice President

Harshita Jain- Secretary

Roopam- Treasurer

Congratulations to all the elected candidates!

Principal

Prof. (Dr.) Vijayshri Bhati

**Meticulous and verifiable documentations of the proceedings of Students' Grievance Redressal Committee is maintained**

**PROBLEM 1**

**Student name - Shyama**

Class- B.Ed. Semester II

Problem - Examination stress and anxiety. As a result breathing problem and panic attacks.

Due to examination stress and anxiety, Shyama, a B.Ed. student (Session 2022-24) of our college was going through breathing problem during one examination and finally at a point of time she had a nervous breakdown and panic attack.

Remedial measures taken: After this incident, a counseling session was done by the college counselor for her mental well being. The college counselor employed the following techniques:

- Mindfulness Meditation: The college counselor conducted mindfulness or breathing exercises to manage her stress and anxiety.
- Cognitive Behavioral Therapy (CBT): The counselor helped the student to identify and challenge negative thought patterns contributing to stress.
- Stress Management Strategies: The counselor provided her practical tips like time management, study techniques, and realistic goals to alleviate exam stress.
- Relaxation Techniques: Guided the student through deep-breathing exercises to address both breathing problems and panic attacks.
- Self-Care: Emphasized the importance of proper sleep, nutrition, and exercise for overall well being.

**PROBLEM 2**

**Student name - Shweta Atal**

Class - B.Ed. Semester III

Problem- Lack of confidence and self esteem during teaching internship

Shweta Atal, a B.Ed. student (Session 2022-24) of our college was going through low confidence and self esteem during teaching internship. She was shivering during her first week of teaching in the classroom.

Remedial measures taken- After identifying her problem, our college counselor started taking her counseling sessions to boost her confidence. For that the following techniques were employed by college counselor and other teachers of our college-

- The counselor tried to identify and discuss the student's strengths, emphasizing existing capabilities. And made the students aware of her strengths.

- She and other teachers provided her positive feedback by highlighting specific instances of successful teaching or positive feedback from students and supervisors.
  
- Helped her to set realistic and achievable teaching goals, breaking them down into manageable steps.
  
- Gave guidance on skill development through relevant workshops and resources.
  
- Tried to foster a supportive environment, encouraging self-reflection, peer support, and the use of visualization techniques to enhance confidence gradually.

**Availability of Psychiatrist, Psychologist and professional students' counselors**

We do have a Psychiatrist, Dr Ruchi Garg, who is also a medical practitioner and a group of professional students' counselors who offer counseling sessions during this assessment year.