



MARATHWADA MITRA MANDAL'S

SHANKARRAO CHAVAN LAW COLLEGE

Accredited with 'A' Grade by NAAC

202/A, DECCAN GYMKHANA, PUNE - 411 004.

Affiliated to Savitribai Phule Pune University & Approved by Bar Council of India, New Delhi
(Permanent Reg. No. - Id No. : PU / PN / Law / 179 - 2002)



Late. Shri. Shankarrao Chavan
Founder President

Shri. Shivajirao D. Ganage
President

Prin. Bhausaheb Jadhav
Exe - President

Date - 30/05/2022

Family Counseling Centre

Annual Report 21-22

Family Counseling Centre is an endeavour of Marathwada Mitra Mandal's Shankarrao Chavan Law College, Pune through which we provides counseling facilities and legal guidance to needy people. This centre works under the guidance of Hon'ble V.V.Shahpurkar, Former Principal Judge, Family Court, Pune and a panel of experts comprising of Dr. Pravin Motiwala and Mr. Sudam Gayake, former counselors of Family Court, Pune. The panel of experts comprises of renowned psychologist and medical practitioners along with legal professionals.

Like every year, this year also centre provided counseling facilities to many people who have approached to the centre tried to reconcile the disputes amongst them. Apart from counseling centre conducts many activities such as workshop, guest lectures etc. for the students and other stakeholders. Following are the activities of the centre conducted in the Academic year 21-22.

Workshop on 'Stress management'

"Situations and Circumstances are same but approach makes it different"

This statement is very true in today's scenario where everyone is in constant bafflement and riddles, where every moment is a testing moment and where running hands of the clock reminds us that we have to run and bear the loads of responsibilities and live up to the expectations of everyone around. All these situations create and lead to stress and strain in life. In order to help the students to learn to cope with the stress which they face in their college life or at personal fronts, one day workshop was arranged on "Stress management" on 11th October 2021. **Dr.**



Avinash Saoji, a very renowned Medical Practitioner and Social Worker from Amravati conducted this workshop for students.

Objectives of the workshop-

After attending this workshop students will be able to -

1. Understand the basic principles of stress management
2. Recognize your stress triggers and how to manage them
3. Develop proactive responses to stressful situations
4. Learn to manage stress through diet, sleep and other lifestyle factors

The main highlights of the workshop were various types of stress faced by students, stress relaxation therapy that could be followed and different stress management techniques. He also explained that Yoga not only releases mental stress, but it also gives strength to the body and mind. Relaxation & meditation brings sound sleep and calmness to the mind. Lastly, while answering to the queries of audience, he mentioned “Stress can be good or bad, it is our attitude how we tackle with it”. In this workshop total 85 students have participated successfully. Students feedback has taken on the basis of content and material, quality and pace of the session, time allotted to speaker and query resolution. Students were happy and 91.57% students given feedback excellent.

Glimpses of the activity



Dr. Kranti Deshmukh, Principal, SCLC welcoming the guest of the workshop





Dr. Avinash Saoji while interacting with the students

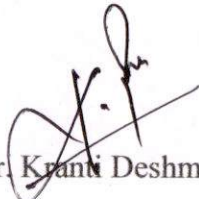
Book Publication Ceremony

Centre has published the book 'Vivahachi Vahivat' written by Dr. Pravin Motiwala who is providing pro bono services in the Family Counseling Centre on 13th march 2022. For this programme Justice Revati Mohite Dhere, Judge, Bombay High Court was invited as chief guest and Mr. Datta Kohinkar, Motivational speaker as guest of honour. Justice Revati Mohite Dhere has emphasized on the need of such book and appreciated the work done by the Dr. Motiwala. She said that this book will be guide for the stakeholders and counselors. Dr. Datta Kohinkar has mentioned his address about increase percentage of divorce in metro cities and need to reconcile such family dispute. He stated that this book will very useful to the young couples. For this publication ceremony Mr. V.v. Shahapurkar, President, Family Counseling Centre and Principal Judge, Family Court, Pune, Dr. Ulhas Luktuke, Renowned Psychiatrist, Pune were present.






(From left to right) Justice V. V. Shahapurkar, Prin. B. G. Jadhav, Dr. Pravin Motiwala, Justice Revati Mohite Dhere, Mr. Subhash Kafre , Mr. Sudam Gayake, Dr. Datta Kohinkar, Dr. Ulhas Luktuke, Dr. Kranti Deshmukh marking their presence for the book unveiling ceremony



Dr. Kranti Deshmukh
Principal, SCLC

Secretary, Family Counseling Centre




Dr. Revati Naik
Faculty Coordinator

Treasurer, Family Counseling Centre


Ms. Krushna Badade
Faculty Coordinator