

**REPORT**

Under the mentoring activity for FE students, Fr Ternan Monteiro S. J., who is a Counsellor at Premanjali Family Counselling Training Institute, Vasai, was invited for a counseling session on “Self Esteem” on Monday, 25<sup>th</sup> February 2019 in Language Lab-I. Fr Fabian Barretto, Administrator, XIE, introduced the speaker.

Fr Ternan conducted 2hr sessions for FE div A, B, and C students. The basic idea of the session was to build self-esteem, confidence and a sense of worth amongst students. Through group activities and inspiring videos, Fr Ternan helped the students to understand how to deal with comparisons and expectations. This gave an opportunity for the students to reflect upon the situations they face in life and learn how to cope up with them.

Prof Madhavi Parimi delivered the vote of thanks.

