

Report of the Counselling Cell Activities 2021-22

Counselling Cell conducts various activities to address the issues faced by the students which are related to the behavior and mental stress. Due to COVID- 19, restrictions in carrying out the activities in the campus, the face-to-face counselling activities were not conducted. In order to make students ready to face all kinds of challenges and confident, the counselling cell conducted a series of webinars in association with MPower, Mind Matters, an initiative by Aditya Birla Education Trust in the field of mental health. Ignite@Mpower was an initiative by this trust which aimed to work with schools, colleges and parents with mental well-beings' solutions during the COVID-19 Pandemic. A series of webinars were conducted on various issues under this initiative. The contents of the webinars were prepared by MPower, Mind Matters.

The counsellors of MPower organizations, conducted these webinars on the issues relevant in today's time. After each webinar, there was a round of questions and answers. The following webinars were conducted in this academic year.

Sr. No	Name of the speaker/counsellor	Topic	Section or class	No. of students	Date of the webinar
1	Ms. Nazneen	Creative Ways of Stress Management	S.Y. and T.Y. Commerce students	45	28 th July 2021
2	Miss Alpa	Creative Ways of Stress Management	S.Y. and T.Y. B.M.S. and B.A.F. students	81	29 th July 2021
3	Ms. Nazneen	Creative Ways of Stress Management	S.Y. and T.Y. B.Sc.IT students	45	30 th July 2021
4	Miss Kriti	General Mental Health	Students of Commerce section	51	12 th October 2021
5	Miss Niti	General Mental Health	Students of Self-finance classes	65	12 th October 2021
6	Mis Kriti	Digital Wellbeing	Students of Commerce section	50	26 th October 2021
7	Miss Niti	Digital Wellbeing	Students of Self-finance classes	50	26 th October 2021

After reopening the college, a seminar was organized for the students of F.Y.B.Com and Self- finance classes on the topic 'General Mental Health' on 11th April 2022. Miss Ruchita from Ignite@ MPower conducted this offline seminar. Mrs. Pranita Kamath and Mrs. Shweta Pandey organized these activities.

Mrs. Pranita Kamath
In-Charge of the Counselling Cell

Creative Ways of Stress Management

