

**NIRMALA
ARTS & SCIENCE COLLEGE
MULANTHURUTHY**



COUNSELLING CELL

ANNUAL REPORT 2019 -2020



NIRMALA ARTS AND SCIENCE COLLEGE

(Affiliated to Mahatma Gandhi University, Kottayam)

COUNSELLING CELL

BRIEF SUMMARY OF ACTIVITIES

Sl. No	Event	Nature of event	Date	Resource Person	Number Of Participants
1.	A Session on Managing Mental Stress	Stress Management	01/11/2019	Anjitha Mary CJ, Department of psychology	30
2.	Individual Counselling sessions		Every Wednesday	Ms. Anjitha Mary CJ,	-



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A SESSION ON MANAGING MENTAL STRESS

Date	: 1 st November 2019
Venue	: 1 st BA English
Resource Person	: Ms. Anjitha Mary CJ, <i>Head, Department of Psychology</i>
Number of Participants	: 26
Person in Charge	: <i>Bela C Baby</i>

Brief Report

Physical comforts are increasing day by day but at the cost of increase in mental stress. Students spend most of their time in college. Due to continuous mental work, peer pressure and family problems mind become stressed. Around these thoughts, one- hour session by Ms Anjitha Mary CJ, Head of the Psychology department was given to First year UG students of the Department of English on 1st November 2019. The session began with a simple breathing exercise. It helped the students relax and concentrate which was the mantra for the day “Relaxing helps reduce stress”. Various tips were given on how to maintain a healthier lifestyle and to prepare you to cope with the stress of everyday living which seemed very useful and efficient to reduce the stress. There were discussions in between and at the end of the session in which the doubts and queries of participants were resolved. The session gave the students and the faculty members an opportunity to learn how to manage stress in their daily lives.

Programme Brochure & Images

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Department of Psychology

Q How to manage mental stress?

Talk by
Anjitha Mary C J
HoD, Department of psychology

9.30 AM 01 November 2019 1st BA



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List of participants

1. AARSHA RAJAN
2. ABHIRAMI MADHUSOODANAN
3. ADARSH M R
4. ALFRED P J
5. ARATHY RAJESH
6. ARCHANA MANOJ
7. ASWATHY K BABY
8. ASWATHY P A
9. ATHIRA SATHEESAN
10. ATHUL P
11. ATHUL VARGHESE
12. BASTIN GEORGE
13. DEVA NARAYANAN M H
14. DEVIKA AJITH
15. DIPU PRADEEP
16. JITHIN JAYAN
17. LAKSHMY P V
18. LIYA M P
19. MAHIMA VERMA
20. NANDANA NANDAKUMAR
21. NAVIN M D
22. NEVIN THANKACHAN
23. ROHIT K P
24. SANJAI K S
25. SANJAY SHAJEEV M
26. SELVI A A
27. THEJAS K M
28. VIDYA VISWANATH
29. VISHNU K Y
30. AARSHA RAJAN