

**NIRMALA
ARTS & SCIENCE COLLEGE
MULANTHURUTHY**



COUNSELLING CELL

ANNUAL REPORT 2020 -2021



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 the importance of Therapy in Managing Stress	Stress Management	17/02/2021	Ms Vaishnavi Jayakrishnan V K and Ms Chandra S, Assistant Professor Department of Psychology	-
2.	Individual Counselling sessions		Every Wednesday	Ms. Anjitha Mary CJ,	-



NIRMALA ARTS AND SCIENCE COLLEGE

(Affiliated to Mahatma Gandhi University, Kottayam)

COUNSELLING CELL

A SESSION ON THE IMPORTANCE OF THERAPY IN MANAGING STRESS

Date	: 17 th February 2021
Venue	: B.com classroom
Resource Person	: Ms Vaishnavi Jayakrishnan V K and Ms Chandra S, Assistant Professor Department of Psychology
Number of Participants	: 110
Person in Charge	: Bela C Baby

Brief Report

The students were given an awareness on the importance of therapy in managing stress by Ms Vaishnavi Jayakrishnan V K and Ms Chandra S, Assistant Professor Department of Psychology. The session on stress/ emotional problems and other mental distress which the age group is concerned with are discussed. Students are then encouraged to come forward to talk personally to the counsellor. Relaxation Techniques, Stress relieving methods, and habit formation methods are elaborated to the students. After this introductory session, the counsellor meets each student personally. Students in need of immediate attention are referred to the counsellors by the class teachers/ mentors and are monitored by the counselling cell for the primary consultation. If the students need further help are referred to professional psychologists. Regular follow-up of cases is taken care of responsibly by the cell.

Programme Brochure & Images





NIRMALA ARTS AND SCIENCE COLLEGE

(Affiliated to Mahatma Gandhi University, Kottayam)

COUNSELLING CELL

