

**NIRMALA  
ARTS & SCIENCE COLLEGE  
MULANTHURUTHY**



**COUNSELLING CELL**

**ANNUAL REPORT 2021 -2022**



# ***NIRMALA ARTS AND SCIENCE COLLEGE***

(Affiliated to Mahatma Gandhi University, Kottayam)

## **COUNSELLING CELL**

### **BRIEF SUMMARY OF ACTIVITIES**

<b>Sl. No</b>	<b>Event</b>	<b>Nature of event</b>	<b>Date</b>	<b>Resource Person</b>	<b>Number Of Participants</b>
1.	Living in the New normal	Awareness Talk	12/11/2021	Anjitha Mary CJ, Department of psychology	22
2.	Panacea- The healer- Ease out stigma towards mental illness	Awareness	23/02/2022	-	-
3.	Individual Counselling sessions		Every Wednesday	<b>Ms. Uma prameswaran</b>	-



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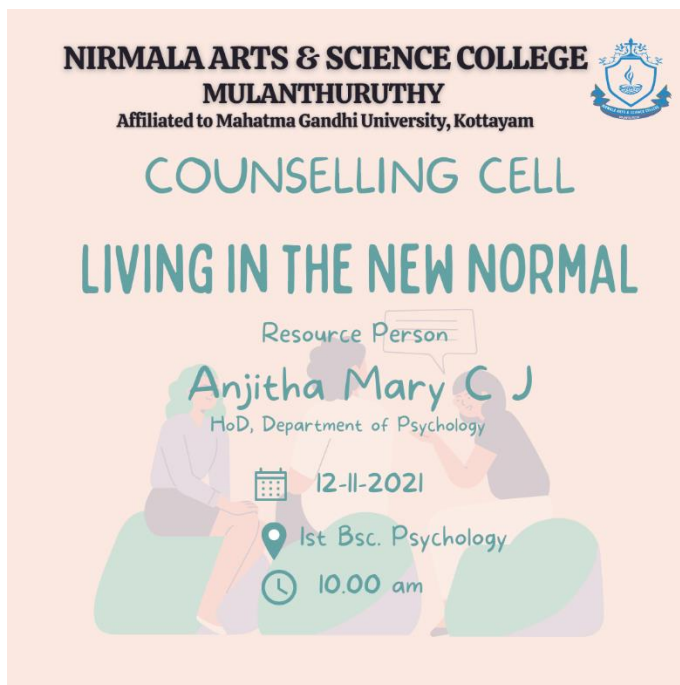
### **LIVING IN THE NEW NORMAL – AWARENESS TALK**

Date : 12<sup>th</sup> November 2021  
Venue : 1<sup>st</sup> B.Sc Psychology  
Resource Person : **Ms. Anjitha Mary CJ,**  
Head, Department of Psychology  
Number of Participants : 22  
Person in Charge : Sona T M

#### **Brief Report**

An awareness class was given to the First year UG Psychology students on “Living in the new normal” on 12<sup>th</sup> November 2021. The resource person for the session Ms. Anjitha Mary CJ, Head, Psychology department spoke about the challenges and difficulties that one might have suffered during the pandemic. Strategies were discussed to overcome the problems of the current scenario. Students were requested to write down their thoughts and feelings about their pandemic struggles. From the group, students with profound difficulties were identified and referred to the professionals for seeking help.

#### ***Programme Brochure & Images***





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### ***List of participants***

1. Adhin Vishnu T P
2. Amrutha Ramesh
3. Anakha Rajeevan
4. Anjana M J
5. Ann Maria Shaji
6. Ann Maria Thankachan
7. Arjun K B
8. Aswathy Balachandran
9. C J Lima
10. Devi I S
11. Gayathry K S
12. Hafsana Shanavas
13. Haripriya M
14. Kuriyakose Joseph
15. Laya Mathew
16. Riya Fernandas
17. Salha K Afsal
18. Sherin S
19. Sreya Sreejith
20. Stanley Lawrence
21. Telphin Ancily
22. Vishnu Madhukumar



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### **PANACEA- THE HEALER- EASE OUT STIGMA TOWARDS MENTAL ILLNESS**

Date : 23<sup>rd</sup> February 2022

Venue : College Courtyard

Resource Person : -

Number of Participants : 22

Person in Charge : Sona T M

#### **Brief Report**

To erase the stigma towards mental illness and to bring uniformity to address the mental health issues faced by college students counselling cell in association with the department of psychology launched a mental health protocol PANACEA- THE HEALER. The program was conducted on 23<sup>rd</sup> February 2022 at the college courtyard. Dr Geetha C A principal officially launched the protocol. Honourable manager Shri George Kuriakose graced the occasion with his valuable words. Prof. Daisy N. O dean of the college felicitated the ceremony. The students of the department of psychology enacted socially relevant issues to enlighten the audience about the importance of psychological help, during emotional and psychological crises. The pamphlets describing the need of taking help from psychology professionals were given during this time. Mrs. Uma Parameshwaran, appointed as the clinical psychologist of the college as a part of Nirmala College's suicide prevention policy was introduced to the gathering.

#### ***Programme Brochure & Images***

