

**NIRMALA
ARTS & SCIENCE COLLEGE
MULANTHURUTHY**



COUNSELLING CELL

ANNUAL REPORT 2022 -2023



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.	Mental health day	Awareness Programme	10/10/2022	-	-
2.	Enhancing Self Confidence	Talk	2/12/2022	Meghna Sunil, Rameesa PV, Aiswaraya Mohanan	35
3.	Orientation Program for Teachers	Orientation Program	06/12/22	Aswathy B Pattasseril	40
4.	Memory technique	Awareness	09/01/2023	Meghna Sunil, Rameesa PV, Aiswaraya Mohanan	38
5.	Mental health awareness in Adolescents	Awareness Class	01/04/2023	Meghna Sunil, Rameesa PV, Aiswaraya Mohanan	40
6.	Individual Counselling sessions		Every Tuesday & Thursday	Ms. Aswathy B Pattasseril	-



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WORLD MENTAL HEALTH DAY

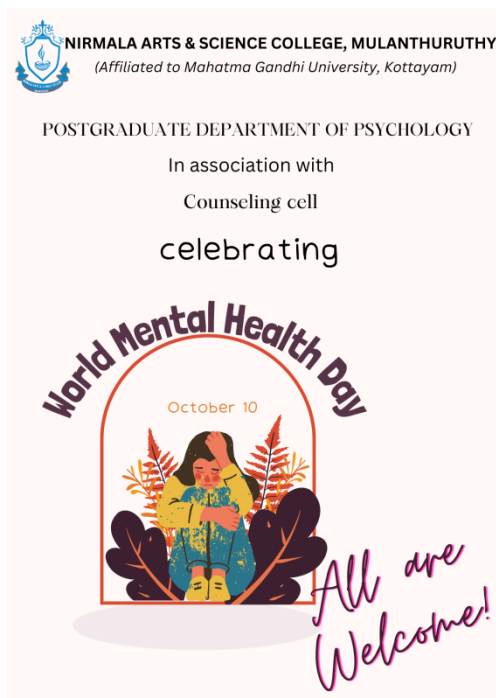
Date : 12th October 2022
Venue : College courtyard
Resource Person : -
Number of Participants : All College
Person in Charge : Nikita Sunny

Brief Report

The Counselling cell along with the post graduate department of psychology, Nirmala Arts & Science College, Mulanthuruthy, had conducted a mental health awareness program on 12th October 2022, from 11:45 AM to 12:15 PM in the college courtyard, which was done on the behalf of World Mental Health Day which is usually observed on 10th of October. The theme of the World Mental Health Day of this year is “Making mental health for all a global priority”. The program began with a flash mob by the students of department of psychology, which was followed by a skit performance that aimed in bringing awareness on the importance of Mental Health.

The manager of the college Sri George Kuriakose, Principal of the college Dr. C. A Geetha, the Dean of the college Professor Daisy N. O and vice principal of the college Dr. Murali. E were present for the program. Apart from that, the whole college assembled in the college courtyard to show their support for the program.

Programme Brochure & Images





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ENHANCING SELF CONFIDENCE

Date : 2nd December 2022
Venue : *St. Mary's Higher Secondary School Thalacode*
Resource Person : Meghna Sunil, Rameesa PV, Aiswaraya Mohanan
Number of Participants : 35
Person in Charge : *Nikita Sunny*

Brief Report

On December 2, 2022, a milestone event marked the inception of the Counseling Cell's public programs with the successful organization of a self-confidence talk. This awareness talk catered to a group of 35 enthusiastic school students, (St. Mary's Higher Secondary School Thalacode) representing a significant leap towards enhancing self-assuredness in our community. In the current context, self-confidence acts as a catalyst for personal development and success. It provides the necessary foundation for students to confront and conquer the multifaceted challenges they encounter in both their academic and personal lives. This landmark initiative was steered by resource persons from the postgraduate department of psychology. The first year PG students Meghna Sunil, Rameesa PV, Aiswaraya Mohanan. Their dedication, expertise, and passion played an instrumental role in making this talk a resounding success. Through their profound understanding of psychological principles and pedagogical expertise, they instilled invaluable insights and empowered students to embark on a journey towards heightened self-confidence.

Programme Brochure & Images





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ORIENTATION PROGRAM FOR TEACHERS

Date : 6th December 2022
Venue : Conference Hall
Resource Person : Aswathy B Pattasseril
Number of Participants : 40
Person in Charge : *Nikita Sunny*

Brief Report

The counselling cell in association with Post Graduate Department of Psychology, Nirmala Arts and Science College Mulanthuruthy had organized an “Orientation Program for Teachers” on 6th December 2022 from 2:30 pm to 3:30 pm. The session began by a welcome speech given by Ms. Julasha Susan Philip, Assistant Professor, Post Department of Psychology. The principal of the college Dr. C. A Geetha was present. The session was handled by the college counsellor Aswathy B Pattasseril. The session was really effective as it included few activities, which helped the faculties to learn and realise the benefits of having a friendly yet supportive nature towards the students. Vote of thanks was given by Ms. Alkha K P, Assistant professor, Psychology department.

Programme Brochure & Images

NIRMALA ARTS & SCIENCE COLLEGE
Mulanthuruthy, Ernakulam
Affiliated to Mahatma Gandhi University, Kottayam

POST GRADUATE DEPARTMENT OF PSYCHOLOGY
in association with
COUNSELLING CELL

**ORGANIZING AN
ORIENTATION PROGRAM FOR TEACHERS**

Date : 6th Dec 2022
Time : 2.30 pm
Venue: Conference Hall

Resource Person:
Aswathy B Pattasseril
Psychologist



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MEMORY TECHNIQUES

Date : 9th January 2023
Venue : MTM Higher Secondary School, Pampakuda
Resource Person : Meghna Sunil, Rameesa PV, Aiswaraya Mohanan
Number of Participants : 38
Person in Charge : *Nikita Sunny*

Brief Report

On January 9, 2023, the Counseling Cell organized a public program for school students, focusing on memory techniques. This informative session engaged a group of 38 eager students from MTM Higher Secondary School, Pampakuda. In the contemporary world, the significance of memory techniques in enhancing learning and academic achievements cannot be understated. These techniques empower individuals to efficiently recall vast amounts of information, facilitating both career progression and lifelong learning. In an age defined by a constant influx of information, memory techniques have become indispensable tools for personal and professional growth. This remarkable initiative was led by resource persons from the postgraduate psychology department, including first-year PG students Meghna Sunil, Rameesa PV, and Aiswaraya Mohanan. Their dedication, expertise, and passion were pivotal in making this session an unequivocal success, proving highly effective for the attending students.

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COUNSELLING CELL

MENTAL HEALTH AWARENESS IN ADOLESCENTS

Date : 1st April 2023
Venue : Ward 03 number 91 at pambakuda
Resource Person : Meghna Sunil, Rameesa PV, Aiswaraya Mohanan
Number of Participants : 40
Person in Charge : *Nikita Sunny*

Brief Report

The Counseling Cell orchestrated a public program tailored for adolescents. This educational event transpired on April 1, 2023, and was orchestrated by Anganavadi in Pambakuda, situated within the Pallarimangalam Gramapanchayat, specifically in Ward 03, bearing the identifier 91 in Ernakulum. The class attracted approximately 15 teenagers and 25 parents. The proceedings commenced with a warm welcome address from the Anganavadi supervisor, setting the stage for a comprehensive seminar spanning two and a half hours. The seminar was thoughtfully divided into three sessions, each addressing distinct facets of mental health. Participants engaged in discussions concerning topics such as ADHD and depression, delving into their symptoms, root causes, and available treatment modalities. These enlightening sessions incorporated real-life case studies and personal anecdotes, fostering empathy and deeper comprehension. The seminar concluded promptly at 1:00 PM. Remarkably, the seminar on Mental Health Stigma adeptly fulfilled its objectives by augmenting awareness, promoting understanding, and offering pragmatic strategies for mental well-being. Attendees expressed their appreciation for the invaluable insights gained and praised the interactive and engaging nature of the sessions. This seminar emerged as a vital platform for fostering open dialogue and destigmatizing discussions around mental health, actively encouraging participants to engage in these important conversations.

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