



## **MAITRI COUNSELLING CELL REPORT**

### **2018-2019**

#### **COMPOSITION:**

**CHAIRPERSON:** Dr. Sr. P. Amrutha

#### **FACULTY MEMBERS:**

Mrs. S. Sujani, Head, Department of Psychology

Mrs. Sameeha Fatima Lecturer, Department of Psychology

**STUDENT MEMBERS:** Samreen Ali (PLP)

P. Praneetha (PLP)

**EXTERNAL MEMBER:** Mrs. Zainab Saleem Counselor

#### **OBJECTIVES:**

- To identify the problem areas or difficulties of individuals, their potentialities and limitations.
- To help students develop their potentialities through a greater self-understanding to enable them to take full advantage of the environmental resources.
- To help mitigate suffering, reach appropriate solutions, take responsible decisions, and enable students to become self-actualized individuals.

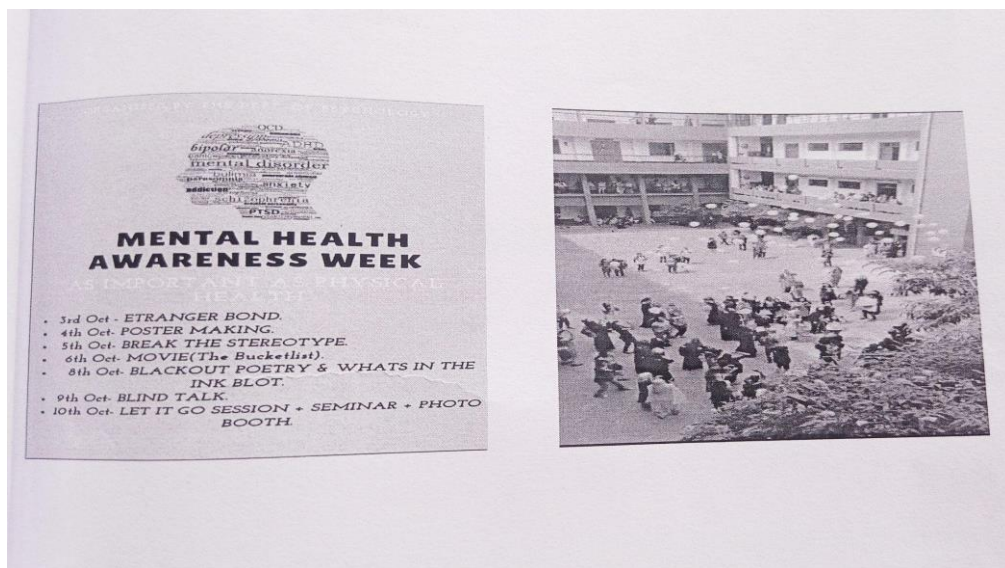
#### **FUNCTIONS:**

- Identify students who require help
- Conduct counseling sessions
- Refer students to experts for guidance
- Organize lectures/seminars/workshops by experts and professionals
- Administer, score, and interpret psychological tests.

## **ACTIVITIES CONDUCTED:**

### **1. World Mental Health Week:**

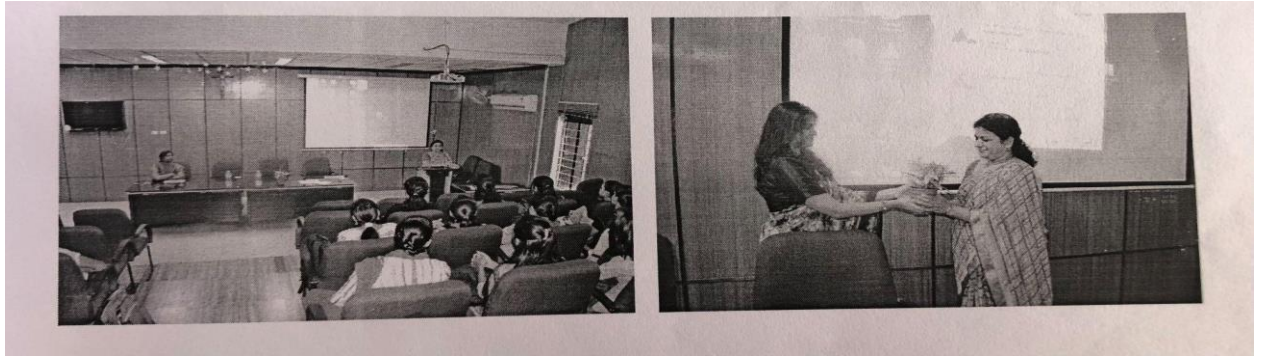
Observed World Mental Health Week from 3<sup>rd</sup> - 10<sup>th</sup>, October, 2018. On the day of inauguration a skit was enacted by the students of Psychology to educate how important the Mental Health is for every individual. During the week many competitions and activities were held for the students of the college. The Week was concluded with the activity called “Let Go Session” in which students participated by leaving the balloons in the air.



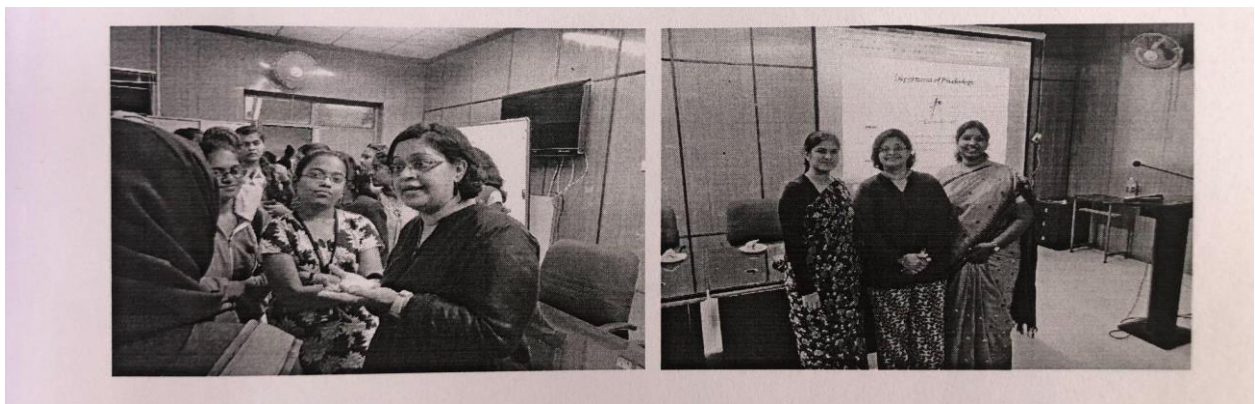
The department in the academic year of 2018-2019 collaborated with Roshni helpline to extend counseling services to the students. People from Roshni are made available to the students twice every month to vent their issues out and seek help. Students are also redirected to various psychological centres in case of any emergency or need of assessments.



**2. Guest lecture on Anxiety and Mood Disorders by Dr. Kiranmayi Bapi, PhD (Gold Medalist), chief therapist & founder - Building Bridges-, Informative Lecture on the disorders**

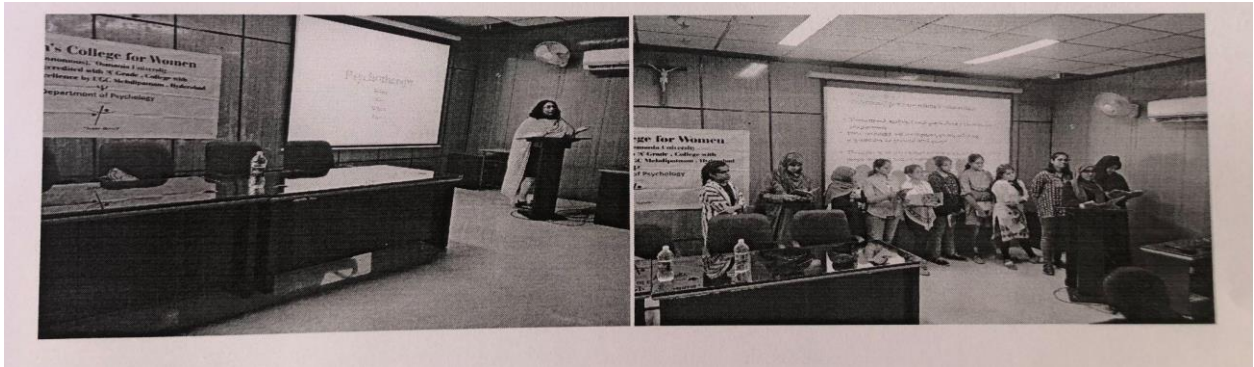


**3. Workshop by Ms. Ramya Raman - a workshop in collaboration with Commerce Department was conducted on Life Skills and Motivation for I year students of BA Psychology and BCOM by Master Trainer and Motivational Speaker Ms. Ramya Raman on 20th of August, 2018 at St' Ann's college.**



**4. Guest speaker Mrs. Lata Subramanya, Ex HOD of Psychology on Schizophrenia on 30<sup>th</sup> November, 2018.**

**5. Guest Lecture organized on Psychotherapy by Dr. Jayanthi Sundar Rajan - Guest speaker on 21st of January, 2019 by the Clinical Psychologist, Roshni Counseling Centre, Hyderabad.**



**Counselling sessions were also conducted, with students coming forward to share their issue and assured confidentiality through the academic year, from August, 2018 to February, 2019.**

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