



MAITRI COUNSELLING CELL

2019-2020

COMPOSITION:

CHAIRPERSON: Dr. Sr. P. Amrutha

FACULTY MEMBERS:

Mrs. S. Sujani , Head, Department of Psychology

Mrs. Zainab Saleem , Lecturer, Department of Psychology

STUDENT MEMBERS: Samreen Ali (PLP)

P. Praneetha (PLP)

EXTERNAL MEMBER: Mrs. Sameeha Fatima 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.

The department in the academic year 2019-20 collaborated with Roshini Helpline to extend counseling services to the students. People from Roshini were made available to the students once a week every month to vent out their issues and seek help. Students are also redirected to various psychological centers in case of any emergency or if there is a need for assessments.

This year the counseling cell has conducted a variety of program to spread awareness on various levels in the institution by not only facilitating students but also by conducting workshops on stress management and mindfulness for the faculty as well. Awareness workshops for students about the importance of mental health and self care were conducted acknowledging World Mental Health Day.

ACTIVITIES CONDUCTED:

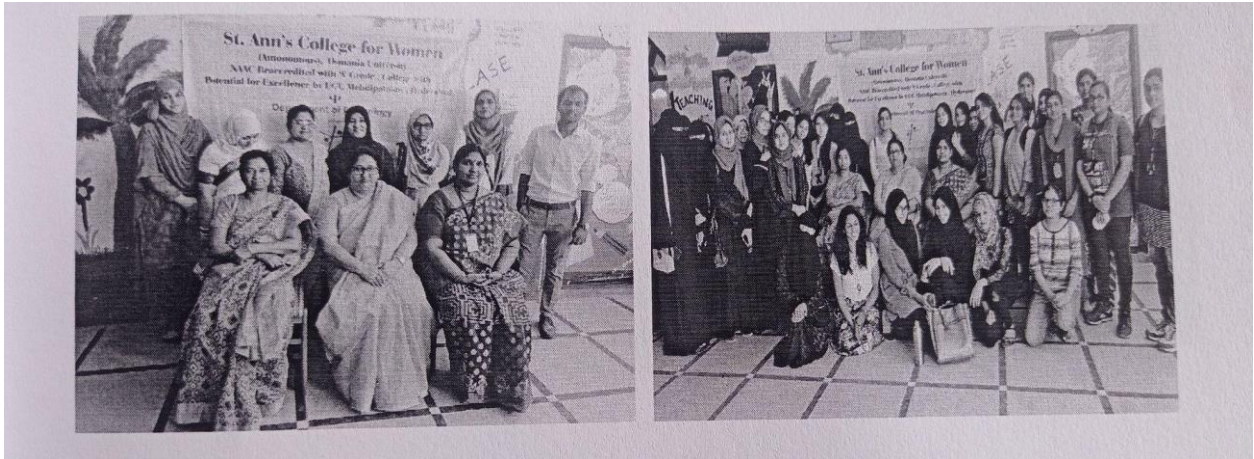
1. 'DIALOGUE IN THE DARK' In Orbit mall:

The students were taken to Dialogue in the dark in In Orbit mall at Madhapur on 10th of August, 2019 to perceive and experience how life is for the blind and how they can compensate perception through other senses in the absence of eyesight.



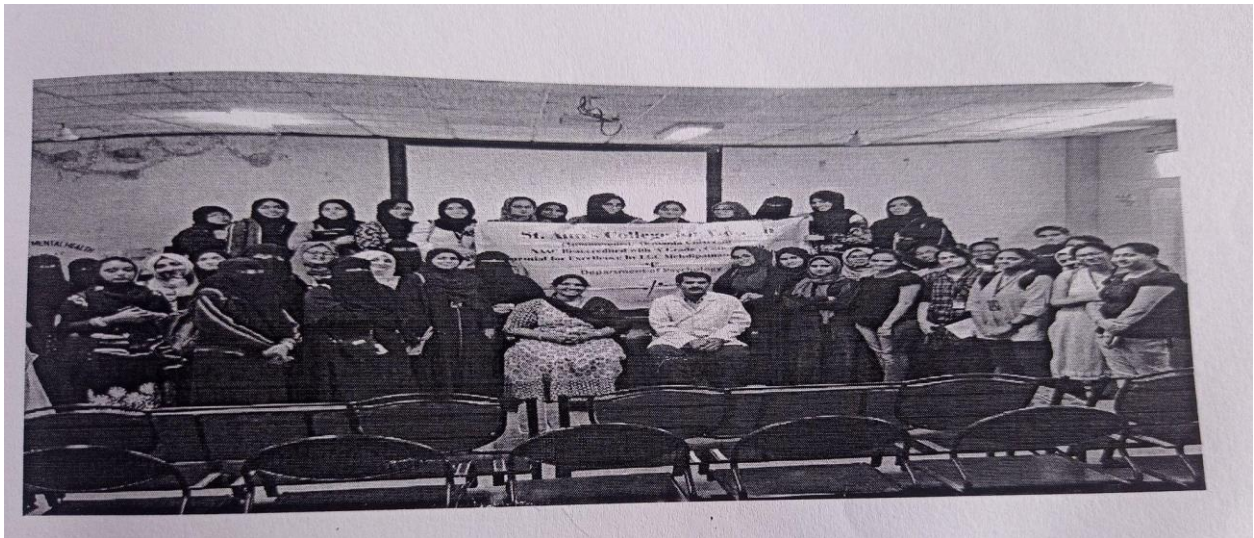
2. Institute Mental Health –Erragadda

The Final year students were taken to the Institute of Mental Health on 17th of December, 2019 as a part of Experiential Learning of Schizophrenia and Bipolar and Mood Disorders. They got to interact with the Mentally ill people and observe them at close quarters.



3. Indian School Of Excellence:

The Final year students were taken to the Institute of Mental Health on 21st of February as a part of Experiential Learning of Learning disabilities. They got to interact with the children suffering from various developmental disorders and got hands on information on how the special educators provide intervention.



Counselling sessions were also conducted, with students coming forward to share their issue and assured confidentiality through the academic year, mainly from August, 2019 to February, 2020.