



MAITRI COUNSELLING CELL REPORT

2022-2023

COMPOSITION:

CHAIRPERSON: Dr. Sr. P. Amrutha

FACULTY MEMBERS: Ms. Suhair Jamal Head, Department of Psychology
Ms. Priyanka Thomas Lecturer, Department of Psychology

STUDENT MEMBERS: Zoha Fatima (PLP)

K. S. V. Sireesha (PLP)

EXTERNAL MEMBER: Ms. Samiha Aziz 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. Left hander's day:

The Department of Psychology – Maitri club, celebrated International Left Handers Day on 24th August 2022, a day to mark the struggles of left handed people in a world dominated by right handed people.



2. ART THERAPY WORKSHOP

- Department of Psychology – MAITRI club conducted art therapy workshop on theme “mental health” on 03rd Sep 2022





3. CITY COLLEGE WORKSHOP

- The students from department of psychology were taken to Govt City College for mental health awareness on 13th sept 2022



4. MENTAL HEALTH AWARENESS DAY

- To mark the International Mental Health Day the students from the department of psychology conducted an awareness program on 10th Oct 2022



5. GUEST LECTURE ON MENTAL HEALTH DAY

Dr. Sudheer Bhan, a speech therapist was invited to give a guest lecture on Dyslexia on 11th Oct 2022





6. FIELD TRIP TO NIEPID, SECUNDERABAD

Psychology students from I, II and final year were taken to National Institute for Empowerment of Persons with Intellectual Disabilities (NIEPID), Secunderabad on 16th December '23. The students visited various departments like Adult independent living, Special education centre, Sensory integration therapy, Autism centre, Hydration therapy, Speech therapy & audiology. The students interacted with people with many disabilities like deafness, mutism, and autism, physically & mentally challenged. The students attended a talk on opportunity and growth of Rehabilitation psychology & the various programs offered by the institute. They observed the training given to adults with mild & moderate mental retardation.



7. ANN-ALYSIS PSYCHOLOGICAL TESTING

Final year students did psychological testing using various standardised tests to measure intelligence, creativity, personality, stress level, anxiety, depression etc. of all college students. The participants were given their results on the spot. This was done over a period of 1 month (Dec to Jan 2023) with students doing different tests.



8. GUEST LECTURE ON DEMENTIA

Ms. Saadiya Hurzuk, Dementia psychologist from Alzheimer's & Related Disorders Society of India (ARDSI) gave a guest lecture on 22nd feb '23.



9. ELOCUTION COMPETITION

Elocution competition on the topic 'India's rank in World Happiness Report' was held on 20th mar '23. Winners & participants were given certificates & cash prizes.





10. Movie Screening for 1ST ,2ND & 3RD years- “the woman in the window”, “Chup”, “Mitchell v/s the Machines” and “Cloudy With a chance of Meatballs”



11. Visit to Osmania University

I Year students were taken to Arts college, Osmania university on its foundation day on 25th Apr '23 to attend an exhibition.



Counselling sessions were also conducted, with students coming forward to share their issue and assured confidentiality through the academic year, mainly from August, 2022 to Februray, 2023.
