



BHARATA MATA COLLEGE, THRIKKAKARA
COUNSELLING CELL REPORT
(2021 -2022)

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As the world slowly started recovering from the pandemic times, the trauma associated with the restrictions, death of near ones, and the challenging online mode of education, our students were also significantly affected. The counseling cell saw a huge jump in students who seek professional help. The severity of the cases was also observed to be high during this academic period. Same was the case regarding the number of students who were referred externally for Psychiatric medical assistance. Our students faced considerable issues in managing the challenges which they faced because of the pandemic. The restrictions/lock-downs were a part of our life during most of the academic year. This reduced their social interactions in a great manner. The economic slowdown associated with the lockdown also had an impact on our students. Many of their parents became partially or completely jobless during this period. Lack of physical movements and the complete absence of sports/games also added to the trauma.

Considering all the above challenges, the counseling cell conducted various activities throughout the year. Various sessions were conducted based on the cases we handled. The sessions were conducted both online and offline based on the prevailing situation. Other than proper education/awareness, these sessions also helped more students to get in touch with us for their needs.

The following are the sessions conducted during this academic year.

S/n o	TOPIC	DEPARTMENT
1	How to attain positive wellbeing(during lockdown) - Online session	B.Com self financing and BBA -2nd year students
2	Knowing your ownself	B.Sc Mathematics - 2nd year
3	Take charge of your life	BSc Zoology - 2nd year

4	Rewire your Brain	B.Com TT - 1st year
5	Reboot yourself	BSc Computer science- 1st &2nd years
6	Knowing your own self	BBA- 1st year
7	Healthy Relationship	BSc Botany - 3rd year
8	Mental health literacy	MSW - 1st year
9	Healthy relationship	B.Com Marketing- 3rd year
10	Reboot yourself	B.com Computer application
11	Healthy Relationship	BA Malayalam- 2nd year
12	Knowing your own self and emotion regulation.	BA English -2nd year & 3rd year
13	How to attain positive well-being?	BA Economics -2nd year

On September 14th 2021, counseling cell coordinated a webinar in collaboration with Sakhi one stop center on the topic 'Increasing Suicide among Adolescence And Youth'. Dr Reena Thomas , clinical psychologist, was the resource person . The webinar created an awareness among the college students that suicide is a public health problem a collective action can only bring a decrease in the number of suicide.

As of date (20th April, 2022) 51 students from various departments received counseling and psychotherapy through the counseling cell.

Photos of the session conducted in the year 2021-22 are shared below
Bsc Zoology second year students



Bsc Computer Science



B.com Taxation and Finance 2nd year



B.Com Computer application



B.Com Travel and Tourism



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