

COUNSELING CELL REPORT (DEGREE SECTION)

"The world can only change from within."

-- Eckhart Tolle

The Counseling Cell aims at aiding students reach their highest academic and personal potential. This involves confidential counseling to students on individual or group basis, helping with personal, learning and career concerns and promoting wellness among them. Students' referrals from peers, faculty or staff are also welcomed.

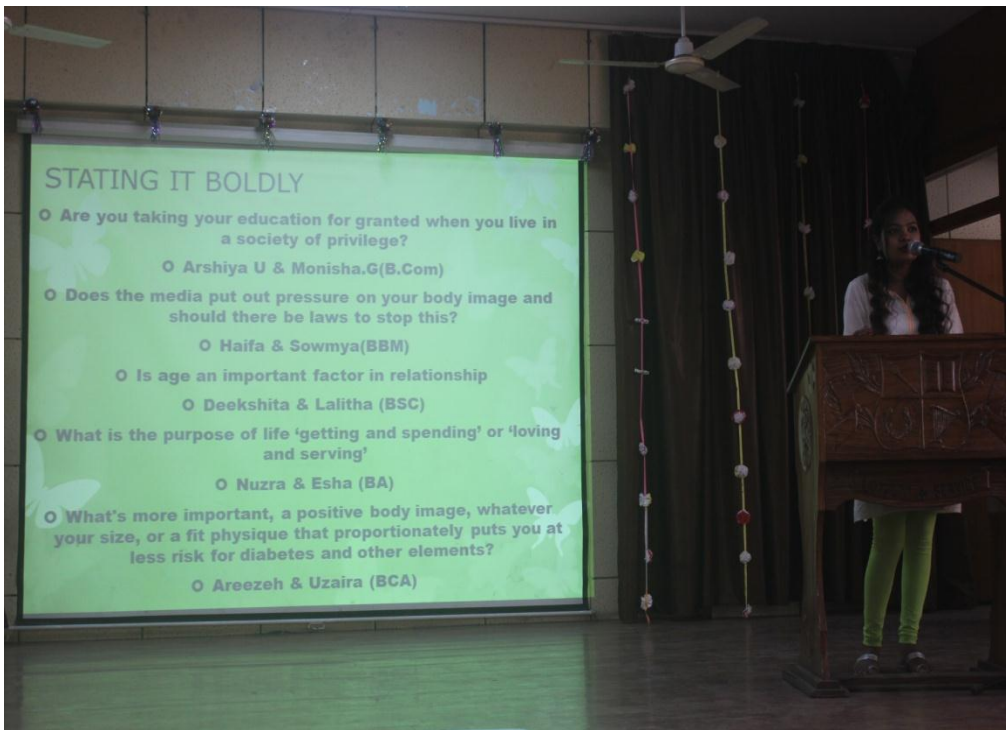
Some of the activities of the year include

- 20th July, 2015 - Mrs. Raji. R of the Counselling Cell participated in a workshop '**Strength-based Mentoring for Educators**' - NIMHANS Centre of Wellbeing, organized by Department of Clinical Psychology, NIMHANS, Bangalore.
- 15th Aug.2015- A survey on 'What does Independence mean to you..?' was conducted by the final year BA students in the campus.
- 4th Sep.2015 - Final year students of BA participated in the 'Engage to Change' competition series on the occasion of the World Suicide Prevention day-2015. They bagged 4th rank in the team event 'Conduct a Campus Based Campaign' i.e. a street play on Suicide Prevention conducted by NIMHANS, Bangalore.



- 9th Feb. 2016 – Ms. Akkai Padmashali was invited to deliver a talk on issues related to transgenders.
- 11th Feb.2016 – Father Thomas and Ms. Priya from Montford College conducted a workshop on personality development coordinated by Mrs. Angelina Kishore of the Counselling Cell.
- 8th Mar. 2015 – As part of Women’s Day Celebrations,’ **Stating It Boldly**’ a Debate on various personal and social issues was organized and two students from each dept. participated.III BA students put up ‘**Empowered Women – Spotlight Series - a mock talk show**’ with two incredible women, Malala Yousafzai and Lakshmi Agarwal followed by a choreography. They also conducted ‘WOMENCENTRIC’ a survey on Body Image and presented the statistics.







Faculty members staged a thought provoking mime on 'Reaching Out'.



RAJLR
Coordinator