

**Sophia College - J. N Heredia Centre for Counselling: End of Year
Report 2022-2023**

Report by: Counsellor- Shazia shaikh

Co-ordinator: Jennie Mendes

In the month of June, 2022 both the counsellors joined the college and introduced themselves to all the college students and staff members at the college by speaking at the orientation programme for the new batch of students for each course. They paid a visit to every second year and third year class for each course to familiarise staff and students with the counselling centre, its activities and the services that can be availed by the students. Additionally, from the students about the topic they would like to cover as a part of group discussion to be able to better plan group intervention and understand the issues students are dealing with effectively and acted as a bridge between the Counselor and the student seeking counselling while giving an idea of what to focus on.

During the course year More than 350 sessions were held for the students from Juniors as well degree college students, from Arts and Science and the BASCJ course. All the sessions were conducted offline except for few workshops and sessions in the month of april were conducted online.

Apart from taking the one on one counselling session various other activities were also conducted by the counsellor which are as follows.

Activity/ Discussion	Programme/	Description
Bonding session for SYBSC		The session was primarily focused on giving an opportunity to the students to built safe space for each other and talk to one another understanding each other's probelm.
Parent meeting		Parents were called to inform about the student's suicidal tendencies.



Parents meeting	Parents was called to inform about psychological distress of the client.
Stress management workshop was conducted for TYBA psychology student	Group workshop was designed on team building and stress management for TYBA psychology single major students. Session started with few bonding activities and team building activities then ABCDE model of CBT therapy was conducted to deal with the feeling of overwhelm, fear and anxiety as well academic stress
Support group orientation meet	Support group to tackle social anxiety and shyness was planned. Registration form was filled by the students. Idea was discussed in each classes seperately as well orientation was held.
Exhibition for presenting the idea of healing through Art	To promote the idea of healing and self growth in students. Workshop was conducted followed by an exhibition for students to put up their idea of healing and self growth in form of arts. The event witness good number of participants. Students had submitted their art work in large numbers. Painting and Art work has been then put forward for exhibition in collaboration with Art and design could where more than 50 students came to visit.

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Awareness towards mental health and understanding basic Counselling skills workshop for Peer Pal	Two workshop for peer pal a student's initiative to help new comers or junior to facilitate the smooth transitioning and guiding them throughout the first year of the college. The workshop themes were mental health awareness and soft skills required as leaders. It was a very interactive session for two groups BA and BSc. Students participated in role plays and also shared their experiences. Both the session were almost 1 hour 30 minutes.
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Activity sheet for Ms. Jemima Jacob

Activity/ Discussion	Programme/ Discription
Mentorship Orientation for Junior college staff members	This session focused on orienting faculty members towards the mentorship program. The basic goals of the program were discussed, there were discussions about the practical challenges that may be faced as well as suggestions for the same.
Workshop on dealing with exam anxiety	This was a brief, practical workshop that catered specifically to students who were tense about the Semester-end exams. Tips and techniques in dealing with anxiety were discussed. It was an online workshop.

J. Jacob

Bonding session for hostelites	The aim of this session was to encourage camaraderie and rapport between hostelites. They were given activities to help them bond. A brief orientation was given about the counselling session as well.
Bonding session for SYBSc	The aim of this session was to encourage camaraderie and rapport between students. They were given activities to help them bond. A brief orientation was given about the counselling session as well.
Bonding session for TYBSc Chemistry	The aim of this session was to encourage camaraderie and rapport between students. They were given activities to help them bond. A brief orientation was given about the counselling session as well.
Vigilance Committee Meeting	The meeting helped students who were under disciplinary action to undergo counselling if they wanted to.
Parent Meeting	Discussed the mental health challenges of the student and suggestions for further therapy outside of college.
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Peer Pal workshop on Mental Health First Aid	This session covered the basics of mental health first aid. It was an online session. Activities were included on how to approach people with mental health needs. Students were also asked to create their own mental health toolkit that they could use in times of crisis. Mock situations were also given to simulate real-life scenarios where they may need to use their knowledge.
Bonding session for MSc Chemistry	The aim of this session was to encourage camaraderie and rapport between students. They were given activities to help them bond. A brief

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	orientation was given about the counselling session as well.
FYBA Orientations	Students were introduced to the counselling centre, its brief history, purposes and how they can avail of its services.

Overall, the 1st semester was a good learning experience. Both the counsellors have got a glimpse of the varied issues that students deal with. Common problems faced by students included depression, anxiety, social problems, family disputes etc. The next semester will focus on helping students deal with these concerns through the use of various events, workshops etc.

