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# ANNUAL REPORT - 2022-23

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## Counselling Center



Academic Year 2022 - 2023

**SAINT CLARET COLLEGE, ZIRO**

The academic session 2022-2023 began in July fully on an offline mode, restoring normalcy. It's the first time of regular classes after the online and blended mode classes. To wean them off the online and isolated study environments and to transition them into the regular mode of studies, the counselling centre initiated new activities. These aim to orient Freshers to college life, establish social contacts with their classmates and acquaint and familiarize students with counselling services at SCCZ.

There were 58 counselling sessions conducted for students (52), teachers (4), and parents/guardians (2). Several students availed of multiple sessions as they found it necessary.

**Initiatives & Events:** The Counselling Centre initiated and collaborated with other Departments & Cells on mental health-related events. Important days of mental health were also observed with noticeboard advisories, polls and opinion surveys on related themes.

***Counsellor in Classroom*** was conducted for all the freshers, departmentwide during the first semester. It is a new venture to acquaint freshers with mental health services and to initiate them into college life in a 90-minute session of interactive games, small group sharing and lectures. The counsellor visited the students in their classroom on the appointed schedule and engaged them in various activities that helped them to know their fellow students, to interact with one another, and to orient and be motivated towards college life. The students were very lively and actively participated in the group discussions. They were given information on the counselling services available to them. Students also expressed their expectations of themselves and the college. (Separate Report)

***Counsellor in Classroom – 2*** was conducted upon request, for some of the departments for the students of the 4<sup>th</sup> and 6<sup>th</sup> semester during the second semester as they had experienced and noticed the effect in the freshers. These interactive sessions mainly focused on student problems and coping skills. Students shared the problems they face and suggested solutions too. (Separate Report).

***Interpersonal Relations & Conflict Management– Personality Development Certificate course:*** This was the second time that the Counselling Centre (CC) collaborated with the Department of Education for the Certificate course on Personality Development. The counsellor conducted the classes on the assigned schedule, integrating Interpersonal Relations & Conflict management. Those who attended the classes actively participated in the group discussions and simulations.

***Lecture on “Women’s Mental Health”:*** The college counsellor delivered a lecture on the theme “Women’s Mental Health” in a national forum organized by the Women’s Cell, SCCZ, on Mahila Thana. Several women police and female students of the college participated in the event. The questions and feedback session entertained questions on female mental health concerns and other questions related to mental health in general.

***Peer Counsellor’s Training – Batch 2:*** The second batch of peer counsellors was recruited through poster display and by teachers in classrooms. The training program for the second batch was conducted for 36 students from February 21-24, 2:00 to 3:30 PM at the multipurpose hall, at the end of the training program 29 students qualified as peer counsellors (see separate report).

### ***Observation of Important Days***

**World Suicide Prevention Day:** Suicide is an undeniable truth, that haunts society and the youth. The World Health Organization had announced “Creating Hope through Action” as the Triennial theme to be observed from 2021-2023. The SCCZ observed this day with a weeklong campaign from September 9 – 17 through notice board advisories and student surveys. The WHO message was also posted for students to read and understand the facts and statistics on suicide. There were posters with quotations and captions to help students cope with such situations, and thoughts that will keep them inspired. There was also a survey questionnaire (Did you ever have suicidal thoughts? How did/can you come? What is your advice to fellow students?) to help students interact and write their opinions and advice for fellow students. (Separate Report)

### **Mental Health Awareness Week**

World Mental Health Day is observed on the 10<sup>th</sup> of October annually. This year the Counselling Cell, in coordination with the Health Promotion Cell, observed Mental Health Day in a week-long campaign from the 10th of October to the 15th. A notice board at the entrance of the Main academic building displayed ideas, suggestions, and tips in posters and infographics. A survey questionnaire and a “basket of well-being” box with well-being quotations written on small pieces of paper added novelty to the event.

On the first day of the event, the students from the Commerce Department campaigned at the entrance of the building, inviting students to answer the survey (what does your mental health thermometer say?), pick a quote from the basket of well-being, and share it with their friends. A PowerPoint Presentation on the Five Steps to Mental Well-being was presented in the lobby and was put on a loop throughout the day. The notice board display was maintained at the entrance for the whole week. The basket of well-being was replenished every day as students took the papers with quotations to share with their classmates or to have as a keepsake.

The teachers were requested to take 5 minutes at the beginning of the day to check on “How the students are coping with their studies and college life” and to encourage them to interact with the notice board activities.

### **Valentine's day**

Recognizing the social and emotional needs of students, clarifying and appreciating the concept of love, a month-long notice board campaign was initiated with a poster with hearts asking the question “What is your definition of Love?”. Teachers, guests, and students filled in their answers in the heart-shaped spaces provided on the poster.

### **Women's day**

As March commemorates Women's Day, notice board activities and posters were in line with this event. The survey question for the month was “Who is the most significant woman in your life? What do you like about her? These questions helped students to ponder on the importance and significance of females in their lives and their contribution to their growth and development.

International Day of Happiness was observed on March 20 with a short message on happiness integrating the message from WHO read in the assembly by Ms Yai Yanfo, a peer counsellor. There was also a notice board advocacy on the theme.

**Notice Board Advocacy** continues throughout the year, with notice boards placed at the entrance of the college building and beside the counselling centre, and on the college website. Posters and materials are carefully chosen to help students reflect and get ideas and suggestions for some of the issues they face. Messages on the board reflect the themes for the month in line with any special days of significance that were being observed or in line with the events taking place in college such as exams.

Signed



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College Counsellor