

# **Academic Year 2024-2025**

## **Report of Counselling & Guidance Cell**

- **Activity on GRAFFITI WALL (6<sup>th</sup> & 12<sup>th</sup> July, 2024)**

The Counselling & Guidance Cell and COPE Community organized a Graffiti Wall activity for Second and Third-Year students from B.Com, BMS, and B.Com (B&I) on July 6, 2024. The event, planned by COPE leader Ms. Vaishnavi Kadam, included an exhibition on July 12, 2024, in the Conference Room. Students created graffiti based on themes like exam pressure, social media anxiety, self-doubt, time management, toxic friendships, academic expectations, and fear of failure. The goal was to let students express their creativity, think about important issues, and share their work. The exhibition encouraged students to appreciate each other's ideas and strengthened their sense of community.

- **Activity on EMOJI ICEBREAKER (3<sup>rd</sup> August, 2024)**

The Counselling & Guidance Cell and COPE Community organized an “EMOJI ICEBREAKER” activity to celebrate World Emoji Day on August 3, 2024. The event, led by COPE leader Ms. Vaishnavi Kadam, was open to all students from B.Com, BMS, and B.Com (B&I), and took place in the Conference Room. 96 emojis were displayed on a screen for students to choose from and share their thoughts in a creative way. The activity aimed to help students express their feelings, connect with peers, and improve communication skills in a fun and imaginative way. Overall, the event created a friendly atmosphere, and everyone enjoyed participating.

- **Counselling Orientation Programme (August & September, 2024)**

The orientation program was scheduled for B.Com, BMS, and B.Com (B&I) students, during which Counsellor Mr. Sujit Randive visited the classrooms. The purpose of the visit was to inform students about the counseling facility, its services, and activities, as well as to introduce the availability of the counselor on campus. The service is provided free of cost. The program aimed to understand the academic challenges students face and build a connection with them. Key issues such as excessive mobile phone usage, poor time management, ineffective study habits, and a lack of career planning were identified. This initiative helped provide support to students, promoting improvements in their academic performance and personal growth.

- **Developmental Counselling Programme for Female Students  
(20<sup>th</sup>, 23<sup>rd</sup>, 25<sup>th</sup>, 27<sup>th</sup>, 30<sup>th</sup> September, 2024)**

The Counselling & Guidance Cell, in collaboration with the University of Mumbai's Department of Applied Psychology and Counselling Centre, held a five-day "Developmental Counselling Programme" for female students on September 20th, 23rd, 25th, 27th, and 30th, 2024. The program was led by 20 counselling psychologists and supervised by faculty members.

The program aimed to help students reflect on themselves, understand their strengths and weaknesses, and get support with personal, relationship, and academic challenges. It also focused on developing skills to handle problems, improve mental health, and manage stress. Students learned how to handle personal growth, improve relationships, and boost their confidence. They also gained knowledge about mental health issues and available support helplines. Overall, the program was well-received and appreciated by the students.

- **Activity on Awareness Campaign on World Suicide Prevention Day  
(24<sup>th</sup> September, 2024)**

The Counselling & Guidance Cell and COPE Community organized an Open Mic event on 24th September, 2024, for first-year B.Com, BMS, and B.Com (B&I) students to mark World Suicide Prevention Day. Students shared their life stories, poems, and experiences with the theme "Hope."

The goal of the event was to raise awareness about mental health and suicide prevention, emphasizing that there is always hope and a way forward. The event created a safe space for students to openly talk about their feelings and challenges, helping reduce the stigma around mental health and suicide.

As a result, students learned more about mental health, felt encouraged to stay hopeful, and understood the importance of seeking help. The event fostered a supportive environment and made it easier for students to talk about mental health and ask for help if needed.

- **Activity on Awareness Campaign on World Mental health Day (14<sup>th</sup> October, 2024)**

On World Mental Health Day, October 10, 2024, the Counselling & Guidance Cell and COPE Community organized an Awareness Campaign with a screening of the movie *Phobia* for first-year B.Com, BMS, and B.Com (B&I) students. The screening took place in classrooms and in the Conference Room. The campaign aimed to raise awareness about mental health issues and their impact on individuals and families. It also provided a safe space for students to discuss mental health, break the stigma, and encourage seeking help when needed.

As a result, students learned more about mental health and felt more comfortable talking openly about these issues, understanding the importance of discussing mental health and asking for help when necessary.

- **Activity on Screening of ‘Zindaginama’ (14<sup>th</sup> December, 2024)**

On December 14, 2024, the community organized an event to start conversations about mental health by screening the series *Zindaginama*, which shows the challenges and healing journeys people go through. The series was shown to first-year students of B.Com, BMS, and B.Com (B&I) to encourage dialogue and understanding of mental health.

The event had three main goals:

1. To encourage open conversations and reduce the stigma around mental health.
2. To raise awareness about mental health issues.
3. To encourage students to seek support and build resilience.

The screening helped students learn about mental health challenges, encouraged open discussions, and created a supportive environment. It also made students more aware of the importance of seeking help and supporting others. The event sparked interest in future mental health activities and highlighted the value of resilience in facing challenges.

- **Four Days Training Program on Youth Mental Health First Aider (13<sup>th</sup>, 14<sup>th</sup> 15<sup>th</sup>, and 16<sup>th</sup> January, 2025)**

The training program helped students understand the COPE (Counselling & Outreach for Peer Empowerment) community at the College, which focuses on promoting mental well-being among youth. It highlighted the importance of forming a supportive COPE community and the responsibility of members in creating a mentally healthy environment. The program also encouraged organizing mental health events to help students address their concerns. After one year of active participation, members would receive a certificate as Youth Mental Health First Aiders. By the end of the training, students had a clear understanding of COPE's role in supporting mental health at the college.

- **Workshop on the Importance of Parenting and Its Challenges in the Current Environment for Parents (25<sup>th</sup> January, 2025)**

The College Counselling & Guidance Cell held a workshop for parents on January 25, 2025, about "The Importance of Parenting and Its Challenges in the Current Environment" conducted by the Counsellor of our College Mr. Sujit Randive, the workshop aimed to help parents understand their important role in raising children and facing modern challenges.

The workshop discussed the impact of parenting on child development and provided practical tips for handling common issues. Topics included dealing with technology and social media, balancing work and family life, supporting children's mental and emotional well-being, and managing peer pressure and academic stress. Parents learned techniques like praising good behavior, setting clear rules, maintaining communication, and supporting their children's academic and emotional needs.

- **Seminar on Digital and Sexual Citizenship (31<sup>st</sup> January, 2025)**

On January 31, 2025, the Cell organized a seminar on "Digital and Sexual Citizenship" for students, led by Mr. Wilfred Mathias and Dr. Nisrin Gandhi from MannShanti Wellness Circle. The seminar focused on how sexual content on social media can affect young people's thoughts and emotions, along with the dangers of sexualization, gaming, and pornography online.

The goal was to help students understand these issues and teach them how to stay safe online and express themselves healthily. By the end of the session, students had a better understanding of the risks of online content and learned strategies for navigating the digital world responsibly.

- **Activity on Video screening on the topic "Eve-teasing: A Social Issue" (24<sup>th</sup> February, 2025)**

On February 24, 2024, the Counselling & Guidance Cell, along with the COPE Community, organized a video screening on "Eve-teasing: A Social Issue" for FYB.Com, FYBMS, FYB.Com (B&I), and SYB.Com students. The event, led by Ms. Sunita Bhuiya and Mrs. Priti Surve, with help from COPE leaders.

The goal of the event was to raise awareness about eve-teasing and its social impact while promoting respect and safety on campus. Flyers were shared in WhatsApp groups, and COPE members visited classrooms to explain the importance of addressing the issue. The videos helped students understand how eve-teasing affects individuals and society and provided strategies for recognizing and preventing it.

The screening left a strong impression on students, helping them learn how to handle such situations and contribute to a safer and more respectful campus environment.

- **Mental Health Session on the "Art of Adulthood" (17<sup>th</sup> March, 2025)**

On 17th March 2025, the Team COPE (Counselling Outreach Peer Empowerment) Community of MPower held a one-hour Mental Health Session on the "Art of Adulthood" for colleges partnered with MPower which covered topics like mental health, self-care, and adulthood challenges. The discussion focused on common myths about mental health, the difficulties of adulthood, what self-care really means, and practical tips for taking care of ourselves. It also talked about how peer pressure, family, and media can affect mental health.

The key message was that adulthood is a journey, and self-care is essential for a healthy, balanced life. The session encouraged everyone to be patient and kind to themselves as they navigate the challenges of adulthood.

**"Promoting Well-being, Breaking Stigmas, Inspiring Change"!!!!**