

STUDENT – DOSTI PROGRAM

SEMINARS FOR STUDENTS

DATE	TIME	TOPIC	CONDUCTED BY	CLASS	MODE	ATTENDANCE	SEMINAR SUMMARY
26/09/2022	4.00 - 4.30 pm	Mental Health & Counseling	Devika V. Nyalpelly	3rd Year	Offline	30	<p>The students of each batch from UG were explained the importance of mental health, self-care and seeking professional help when needed. The process of counseling, when to seek counseling, what happens and what does not happen in counseling sessions, and the ethics of counseling were explained by the counselor. The goal of the seminar was to spread awareness regarding mental health issues, remove/reduce the stigma attached to it, talk more openly about these issues, and normalize seeking therapy. At the end of each seminar, all questions by students were answered and their doubts were clarified.</p>
27/09/2022	4.30 - 5.00 pm	Mental Health & Counseling	Devika V. Nyalpelly	1st Year	Online	26	
28/09/2022	4.00 - 4.30 pm	Mental Health & Counseling	Devika V. Nyalpelly	4th Year	Offline	28	
29/09/2022	4.00 - 4.30 pm	Mental Health & Counseling	Devika V. Nyalpelly	2nd Year	Online	10	
07/10/2022	4.30 -5:00pm	Academic Stress	Manushi Gopalakrishnan	3 rd year	Offline	22	<p>The seminar focused on stress and its management . Students learnt about the various symptoms of stress and also ways in which they can manage stress , especially related to academics. Progressive muscle relaxation was done as part of the seminar in order to help them manage stress and anxiety , especially before the examinations. The goal of the seminar was to help students understand healthy and unhealthy levels of stress and to approach a professional if needed.</p> <p>Since this seminar was conducted in a smaller setting, it encouraged the students to be more expressive and many of them shared a few stressors. At the end of the seminar, students' questions were addressed .</p>

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Feedback from the students was taken (which will be incorporated in the following sessions) ; and a few of them were as follows :

1. Seminars should have more activity based learning.
2. They should be made to sit in a circle which will help communication with each other easier.