



BACKWARD CLASS YOUTH RELIEF COMMITTEE'S

BHIWAPUR MAHAVIDYALAYA

BHIWAPUR DIST. NAGPUR- 441201

ACCREDITED WITH GRADE 'B' (CGPA-2.54) BY NAAC, BENGALURU

ISO-9001:2015

AFFILIATED TO RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY, NAGPUR

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ACTIVITY REPORT

ACADEMIC SESSION	2018-2019
ORGANIZER	Bhiwapur Mahavidyalaya, Bhiwapur
NAME OF THE ACTIVITY WITH TITLE	Organized Counseling Session on 'Stress, Depression and Today's Youth'
DATE OF ACTIVITY	2 nd October, 2018
MODE OF ACTIVITY	Offline
ORGANIZING COMMITTEE	Students' Counseling Centre
PROGRAMME COORDINATOR	Asst. Prof. Dr. Vijay S. Dighore
COMMITTEE MEMBERS	Asst. Prof. Dr. A. V. Mahawadiwar Asst. Prof. Dr. Nitisha Patankar Dr. Pradip Gupta, Bhiwapur
NUMBER OF STUDENTS PARTICIPATED	700 Students
BRIEF REPORT	The Students' Counseling Centre of our Institution, under the aegis of IQAC, organized a Counseling Session for the students on 2 nd October, 2018 at 1.00 P.M on the topic 'Stress, Depression and Today's Youth'. The Counseling Session was intended to address the immediate problems of students and also to prepare them to face future problems. It was also aimed at enabling the students to concentrate on their academic development, career growth and



personal and social development. The programme was chaired by the Principal of the College while Hon. Amar Damle, a renowned Psychologist from Smt. Binzani Mahavidyalaya, Nagpur, was the Keynote Speaker. In his speech, Hon. Amar Damle focused on the need for recognizing the mental issues of students and suggested a few techniques to develop coping skills. He also appreciated the endeavours of the “Students Counseling Centre” for arranging such Counseling Sessions to develop healthy coping strategies for creating a safe environment for the students.

PROGRAMME OBJECTIVES

- To provide free and confidential in-house counseling service to the needy students with professionally qualified Counselors.
- To sensitize students about Stress Management Techniques.
- To create awareness among students about various mental health issues and the possible remedies to reduce stigma associated with mental illness.
- To promote help-seeking behaviour and emotional well-being practices to prevent any untoward incident through individual counseling and outreach programmes.
- To help students to assess their progress and performances so as to identify their strength and weakness.
- To provide mental health services to students to improve their academic performances for increasing their retention rate.
- To disseminate the message among society about the commitment of the College to address the issues of students regarding their mental health on and off the Campus.
- To ensure the holistic development of students.

PROGRAMME OUTCOMES

- Provided free and confidential in-house counseling service to the needy students with professionally qualified Counselors.
- Sensitized the students about Stress Management techniques.
- Created awareness among students about various mental health



issues and the possible remedies to reduce stigma associated with mental illness.

- Promoted help-seeking behaviour and emotional well-being practices to prevent any untoward incident through individual counseling and outreach programmes.
- Helped the students to assess their progress and performances so as to identify their strength and weakness.
- Provided mental health services to students to improve their academic performances for increasing their retention rate.
- Disseminated the message among society about the commitment of the College to address the issues of students regarding their mental health on and off the Campus.
- Ensured the holistic development of students.

**PHOTO GALLERY
WITH CAPTIONS**



Principal of the College addressing the students



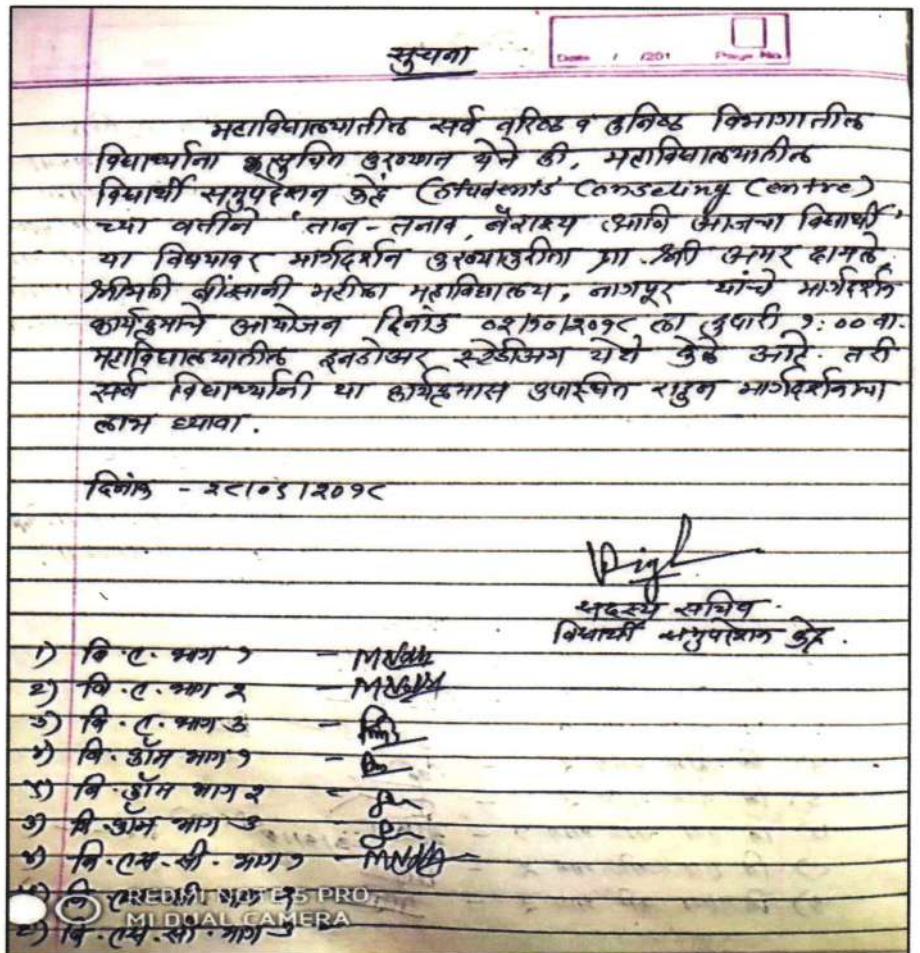


The Keynote Speaker Mr. Amar Damale (renowned Psychologist) addressing the gathering with the help of demonstration.






Glimpses of the demonstrations by Mr. Amar Damale



Circular of Programme




 PRINCIPAL
 Bhiwapur Mahavidyalaya
 Bhiwapur, Dist. Nagpur