



SREE SANKARACHARYA UNIVERSITY OF SANSKRIT
Students' Counselling Cell
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ACTIVITY REPORT OF STUDENTS COUNSELLING CELL- **2021-2022**

During the period 2021-22, Students' Counseling Cell has been able to organize a number of programs that are creative but focus on mental health and social health. During the last phase of the covid epidemic, counseling was done only through online mode. As part of starting the class, online video sessions were given every day for the students of all the departments. And practice them to cope up with the new era. Our first programme has been taken place in online mode.

1. AN EXPERT TALK ON TOXIC RELATIONSHIPS.

The talk has been conducted on 23/10/2021 at 3.pm via Google meet .The resource person of the programme was smt.Zaileshia .She is a well – known Clinical Psychologist heading Mitra Clinic, Palachuvadu, Padamugal, Ernakulum . She is a familiar face in various discussions in psychology related areas on various Medias. More than 100 students participated in this program and made it a success. A lot of doubts and logical debates took place in the question and answer section. Honorable Registrar MB Gopalakrishnan sir inaugurated the programme. He praised the students' counselling cell to screen such topical issues.

2. WORLD MENTAL HEALTH DAY, SEPTEMBER 10TH “MENTAL HEALTH IN AN UNEQUAL WORLD”

CATHARSIS #THE LIFE STORY WRITING COMPETITION #A NOTE FROM YOUR LIFE # THE SURVIVING STORIES #

The Students' Counselling Cell observed October 2021 as **WORLD MENTAL HEALTH MONTH**. As part of this Students Counselling Cell is organized a life story writing competition titled **#THE CATHARSIS#LIFE STORIES COMPETITION#**. The life experience that the students faced and learned from their own life has been poetically written. They were judged by the experienced people and awards are given to the best composition. Move over, there is a plan to publish those works as a book. Objectives of the programs are,

- To Catharsis student's feelings with aim to diminish their stress level.
- To refresh the courage of the survivors and it will give hope for others who have the same problems.
- It will help to find out the psychologically vulnerable people as well as the struggling ones.



Winners with DSS,Dr.Unnikrishnan .P

3. “Sex – Ed ToT-Basic”

Date :11/03/2022

The importance of sex education in contemporary society is immense. So the students’ counselling cell has conducted comprehensive Sexuality education (CSE) programme for the national service scheme (NSS) volunteers & national cadet corps (NCC) students of Sree Sankaracharya university of Sanskrit, in association with sex education Kerala (SEK). SEK Foundation (TSR/ TC/ 378/ 2021) is a non-governmental organization (NGO) working in the field of Comprehensive Sexuality Education. The Aim of the organization is to implement evidence based Comprehensive Sexuality Education as an ageappropriate curriculum in the regional language to the people of Kerala.

The aim of this program was to eliminate misconceptions about sex education among students. Moreover, the students who have participated in this training are able to train others in the same way. It is a program that has received a lot of response and all the students participated very actively in the two-day training program


SREE SANKARACHARYA UNIVERSITY OF SANSKRIT
 REACCREDITED BY NAACWIH A+ GRADE
 STUDENTS' COUNSELLING CELL & INTERNAL QUALITY ASSURANCE CELL
 IN ASSOCIATION WITH SEX EDUCATION KERALA (SEK)

SEX EDU TOT BASIC
2 DAYS TRAINING PROGRAM ON COMPREHENSIVE
SEXUALITY EDUCATION FOR NCC CADET & NSS
VOLUNTEERS
NOTICE

Prayer
 welcome speech : Dr. Unnikrishnan. P(DSS)
 Inauguration : Dr. Mini. T (Director IQAC)
 resource persons : Dr. Hena. N. N
 (clinical director, co founder SEK)
 Dr. Edwin peter.
 (Psychiatrist. founder SEK)
 greetings : Dr. Saritha. p (Nss coordinator)
 Lt. Lisha. C. R(associate NCC officer)
 vote of thanks : smt. Vani salim
 (students' counselors)



