

NEW HORIZON COLLEGE OF ENGINEERING

COUNSELLING DEPARTMENT

Report on Web Series - Adapting To The New Normal

Department of counselling conducted a National level web series on **Adapting To The New Normal** from 22nd July to 29th July 2020 for students, staff and parents of NHEI and others. Excluding NHEI 38 participant registered from different parts of south India to attend this series. Total 13 sessions were conducted to reach out to maximum number of students from each departments. All counsellors were involved in conducting this series.

Schedule of the series

Sl No	Date	Class/Section	Timings	No. of participants
1	23.07.2020	BSH I(PHY)- A to E	11:00 – 12:00	21
2	24.07.2020	Section F to J	11.00 – 12.00	19
3	25/07/2020	BSH I-(CH) K to O	11:00 – 12:00	34
4	27/07/2020	BSH I-(CH) P to T	11.00 – 12.00	44
5	28/07/2020	ISE	11:00 – 12:00	12
6	29/07/2020	CIVIL	11.00 – 12.00	18
7	22	ME	11:00 – 12:00	25
8	24	AUTO	11.00 – 12.00	20
9	29	EEE	11:00 – 12:00	10
10	23	CSE	11.00 – 12.00	49
11	24	ECE	11:00 – 12:00	35
12	23	MBA	11.00 – 12.00	36
13	27	MCA	11:00 – 12:00	88

Topics covered under the session:


- Living with new rules – unavoidable additions in our daily life
- Various emotions experienced
- Tackling emotional problems
- Depression- signs and symptoms
- How to cope with depression
- How can friends and family contribute in coping depression
- The new normal experiences during pandemic
- Tackling social isolation in increasing the adaptability to the situation
- The OK's of COVID-19- Validating our responses to the pandemic
- To cope with new normal- Live life in a new way

Objective:

The objective of the session was to help students, faculties and parents to adapt to the new way of living and deal with this pandemic more effectively

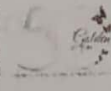
Brief Summary:

The session was conducted in order to provide a support for our students and faculty and parents to co-up with this stressful situation of COVID-19. The focus of the session was to discuss on the unavoidable additions in our life and how to adapt this new normal life. Various aspects of adapting to the new rules and additions to lives and positive outlook towards handling it were initiated. Simple steps on tackling emotional problems, social isolation and role of self, family and friends in coping with depression were also discussed. Overall focus was on emotional and mental well-being for all and providing a platform to openly share and discuss different viewpoints to make the new changes and new rules more acceptable. Nature of the session was interactive. Sessions were ended with positive feedback by the participants.



NEW HORIZON

COLLEGE OF ENGINEERING




SPEAKERS

Department of Professional Counselling
Presents


A FREE WEB SERIES

ADAPTING TO THE NEW NORMAL


22 - 29
JULY 2020
@ 11 AM




Ms. DEEPA S
Student Counsellor




Ms. SAHANA S
Student Counsellor




Dr. REENA JAIN
Chief Counsellor



Ms. ROSINA J
Student Counsellor



Ms. SHANTHALA S
Student Counsellor



Ms. ARGHYASRI
Student Counsellor

Registration Link: <https://bit.ly/39epJ0W>