

# NEW HORIZON COLLEGE OF ENGINEERING

## DEPARTMENT OF COUNSELING

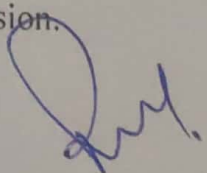
### REPORT ON OPEN SESSIONS TO HANDLE PANDEMIC COVID - 19

Department of counselling conducted the following sessions to handle the pandemic COVID - 19 on various topics for students, parents and staff. A total of 2,046 people attended the session.

Sl. No	Counselor Name	Department	Date Of Conduction	No. Of Participants Present	Topic
1	Dr Reena Jain	MBA, ECE	29/3/2020 30/3/20 1/4/2020	218	Psychological Preparation for Online Examination
2	Dr Reena Jain	MBA,MCA	6-4-2020 24-4-2020 29-4-2020 30-4-2020 1-5-2020	256	Stress Management During COVID-19
3	Ms.Deepa. S	Mechanical, Automobile , EEE	7/4/20 20/04/2020 to 30/04/2020	430	Psychological Wellness During COVID-19
4	Ms Arghyasri Sensarma	CS , EC	8/4/2020 22/04/2020 to 30/04/2020	274	Coping with COVID-19.
5	Ms. Rosina Jacob	BSH (Physics)	9/4/2020 20/04/2020 to 04/05/2020	306	Overall Mental Wellbeing During Covid - 19
6	Ms. Shanthala.S.Rao	BSH (Chemistry)	11/4/2020 20/04/2020 to 30/04/2020	251	Management of emotions during COVID 19

7	Ms.Sahana. S	CIVIL , ISE	12/4/2020 20/04/2020 to 30/04/2020	324	Self- Management Skills
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The objectives of these sessions were to help students during the Global pandemic. The focus was to discuss on emotional and physical well-being for all and also to openly address the concerns each individual is undergoing during this lockdown period. Students were trained to face online examination successfully. A reminder as to how much of news and information needs to be consumed on a daily basis was also part of the discussion. The importance of staying positive was highlighted and ways to achieve the same was an important part of the session. The sessions were open to help students, teachers and parents during this Global health emergency. Various aspects of wellbeing were discussed, how one can face and manage the situation. A better lifestyle which will enable to have stress free living during lockdown was also discussed. Accepting and facing the sudden change in life was also addressed. How they can channelize this time for building family relationships, understanding self better, manage their stress, learning something new, giving productive outputs and so on were also spoken on. The importance of staying positive was highlighted and ways to achieve the same was an important part of each session.



Report prepared by:

Dr Reena Jain

Chief Counsellor