



NEW HORIZON COLLEGE OF ENGINEERING
DEPARTMENT OF COUNSELLING
AND
QUALITY ASSURANCE AND SKILL DEVELOPMENT CENTER

Event Poster:



DEPARTMENT OF COUNSELLING
&
QUALITY ASSURANCE AND SKILL DEVELOPMENT CENTER

Presents

A seminar on
NAVIGATING
through
ADOLESCENCE
&
YOUNG ADULTHOOD



RESOURCE PERSON

Mrs. Deepthi Kodoth
Counsellor

Department of Psycho-oncology and Psychiatry
Narayana Health Bengaluru

DATE

14th March 2023

TIME

10:00 AM to 12:00 PM

VENUE

AUDITORIUM

Dr. SANJEEV SHARMA
Dean- QASDC

Dr. Manjunatha
Principal



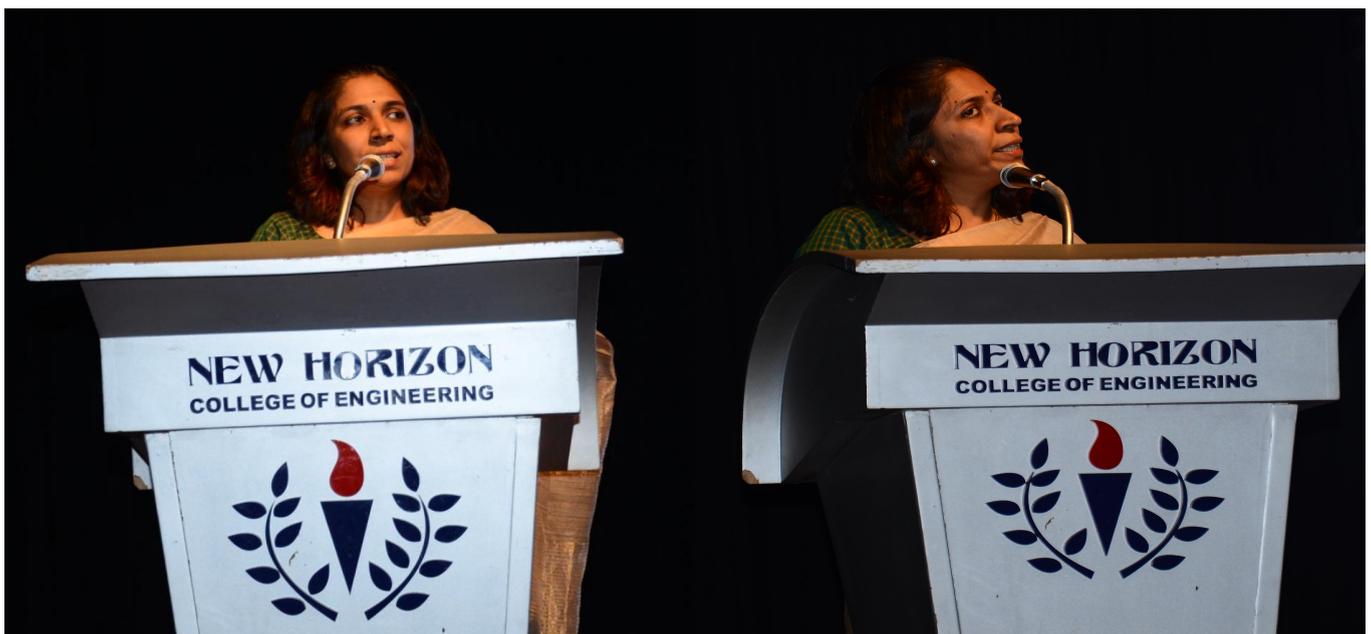
**NEW HORIZON COLLEGE OF ENGINEERING
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Report on

Seminar

Topic	: Navigating through Adolescence and Young Adulthood
Resource person	: Mrs. Deepthi Kodoth, Consultant Counsellor
Venue	: Auditorium, NHCE
Date & Time	: 14 March 2023, 10:00 am to 12:00 pm
Participants	: VI semester students (one section from each department)

Transition from adolescence to young adulthood is a period of enormous shift in physical, emotional and social factors. As people are more vulnerable to mental health challenges during this phase, it is necessary to educate them to embrace and adapt to the emerging adulthood. In order to prepare and equip the students for a smooth transition, a seminar on “Navigating through Adolescence and Young Adulthood” was organised by the Department of Counselling with the support of Quality Assurance and Skill Development Center for sixth semester students of all the branches. The resource person was Mrs. Deepthi Kodoth, Consultant Counsellor, Department of psycho-oncology and Psychiatry, Narayana Health, Bengaluru.

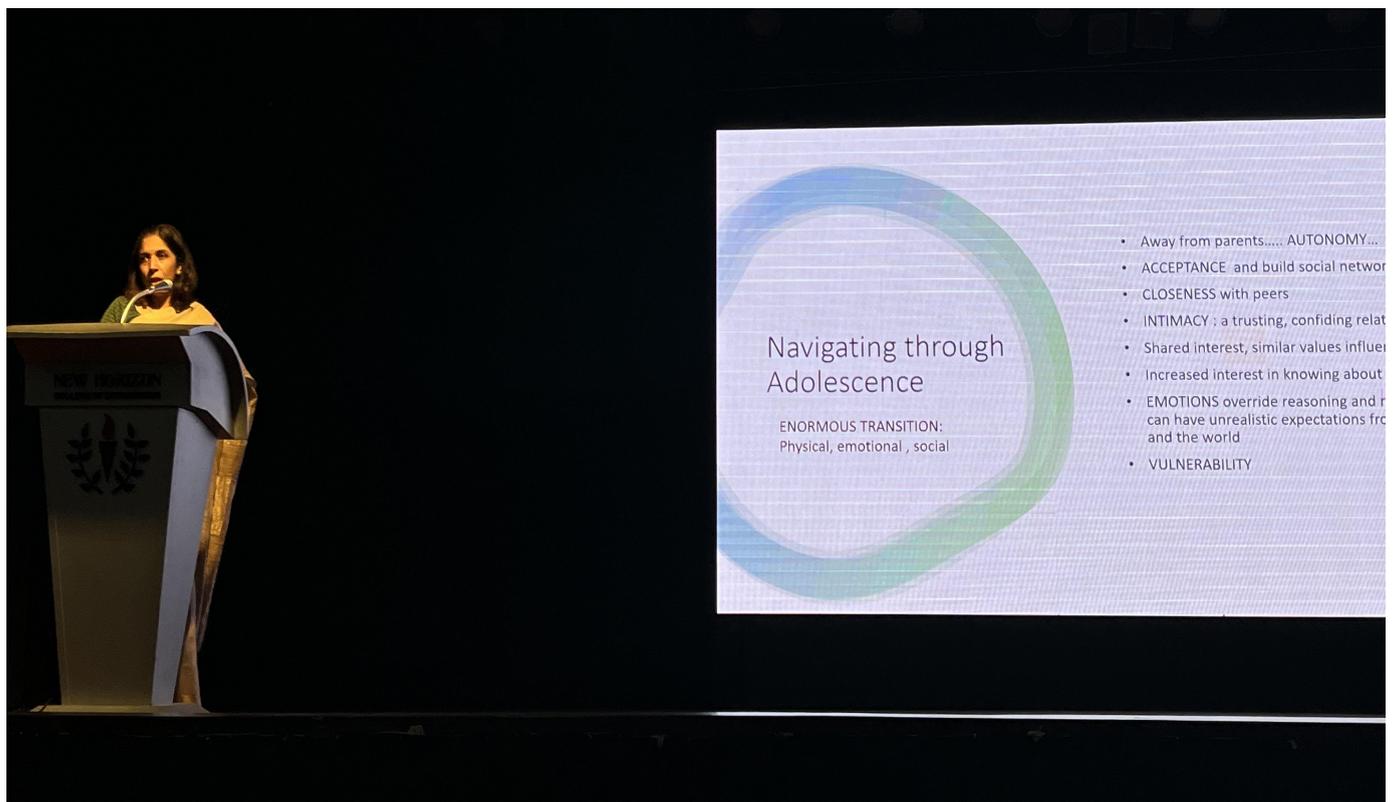


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Session Summary:

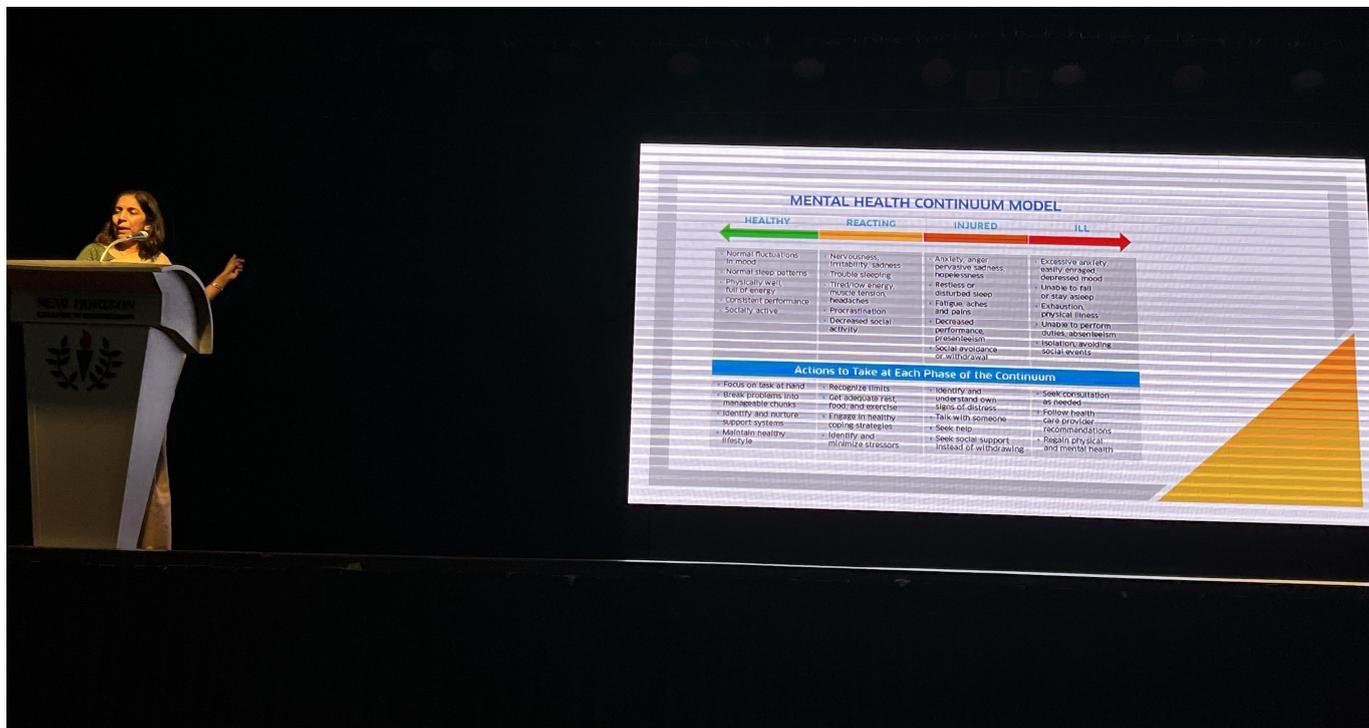
Topics covered under the session are:

- Navigating through adolescence
- Common challenges and triggers for mental health issue
- Understanding adolescent brain
- Emerging adulthood
- Stages of development
- Peer pressure
- Addiction - compulsive use despite adverse consequences
- Problematic internet use and Pornography
- Misconceptions about mental health
- Mental health professionals
- Counselling and its importance
- Ways to promote mental health



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The resource person discussed about the distinctive features of emerging adulthood such as identity explorations, instability, self-focus and feeling in-between adolescence and adulthood. Mrs. Kodoth focused on identifying and dealing with common mental health challenges during this transition. She also discussed about peer pressure, stress, addictions, pornography and problematic internet usage. The speaker emphasized on importance of seeking help during this challenging phase and also educated about different mental health professionals.



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Along with the students, Dr. Sanjeev Sharma, Dean - QASDC, Ms. Rajina R and Ms. Manasa T J, Student Counsellors, Dr. Glory Mercy HR - Trainer and teaching faculties from each department were present during the session.



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Impact:



As Mrs. Deepthi Kodoth holds a degree in Engineering and Counselling Psychology, hence she was able to understand the various stressors faced by engineering students. She effectively educated them about ways to adapt to these challenges. Students were able to relate to the topics discussed during the session. The seminar ended with a question and answer session where the speaker clarified the doubts posed by the students.