



NEW HORIZON COLLEGE OF ENGINEERING

Autonomous College Permanently Affiliated to VTU, Approved by AICTE & UGC
Accredited by NAAC with 'A' Grade, Accredited by NBA

Introductory session on Mental Health Wellness & Wellbeing

Department	Semester	Starting date	Ending date	Participants
Applied Sciences	2 nd semester	15/04/2024	19/04/2024	630
AIML	6 th semester	07/05/2024	07/05/2024	148
AIML	4 th semester	12/06/2024	12/06/2024	120

About the Event: The session was conducted by Ms. Anna Jogie, student counsellor for all the first year BE students of the physics cycle and for the higher semester AIML students. The objective of the session was to create awareness among the student's regarding Mental health, different mental health conditions, professionals and the aid they get from campus through process of counselling. The therapeutic assistance on mental health interventions and its importance were explained to students with the aim of promoting and enhancing overall wellbeing aspects in students and help them with the phase of transition.

Speaker Profile: Ms. Anna Jogie, Student Counselor, NHCE

Brief Report of the Event:

To have a better understanding and to check the mental health literacy of students, an ice breaker activity was conducted initially, to understand how students perceive mental health

and how they prioritize. Students presented their insights and concerns with respect to youth mental health and different mechanisms they indulged upon in their routine life.

Further, students were educated on mental health hierarchy and how different mental health professionals could aid and support their concerns. Students were provided information \ regarding other networking communities as well, who render their support in case of referrals and intense mental health issues. For the better understanding of mental health concerns and mental health professionals, a video on mental health stigma was shown so that students who be able to differentiate and seek help and support by establishing healthy resilience.

They were educated and provided insights regarding who a counselor is and why counselling was important and what were the benefits students could attain through counselling. The different types of mental health issues which were common in youth population were explained. Further, the myths and misconceptions related to therapy and the core reasons behind the stigmatization was explained and students were given an opportunity to convey their opinions and experience they had through seeking therapy and how it initiated a positive change within themselves. They were also introduced to new mental health terminologies, mental health professionals in the hierarchy as part of creating mental health awareness and better literacy. Towards the end of the session certain coping strategies and interventions were provided to the students as they were going through a lot of stressors on a day-to-day basis and they were very interactive throughout the sessions. Screening was also conducted to check on how students were doing emotionally through mentimeter. Through the session, the students were also able to attain a better clarity about mental health, its importance in an individual, the misconceptions associated and finally regarding the counselling services and

mentorship extended by the counsellors for all the stakeholders in the campus.

Photographs:



Fig: Screenshot of clips from the Introductory session conducted by Ms. Anna Jogie for the students of the NHCE in the month of April.