



Detailed Report on Orientation Session for First-Year Degree Students

A.Y 2024-2025

Date: 14/10/2024 to 17/10/2024

Venue: Chanakya Seminar Hall

Organized by: Department of Counselling

Under the Guidance of: Dr Anusuya Devi V.S. – HOD, Department of Counselling.

Introduction

The Counselling Department successfully conducted an orientation session for first-year degree students at the Chanakya Seminar Hall. The session aimed to facilitate a smooth transition into college life, emphasizing the importance of balancing academics, social life, and mental health.

Session Overview

1. Ice-Breaking Activity

The session began with an engaging ice-breaking activity designed to help students get to know each other. This activity fostered a friendly atmosphere and encouraged interaction among peers, setting a positive tone for the remainder of the orientation.

2. Mood Check-In

Following the ice-breaker, counsellors conducted a mood check-in, allowing students to express their feelings and share their initial experiences in college. This activity helped the counsellors gauge the emotional state of the students and provided an opportunity for those feeling anxious or overwhelmed to receive support.

3. Counsellor Experiences

Counsellors shared their own first-year experiences, emphasizing the challenges and triumphs they encountered. This personal touch helped normalize the students' feelings and reassured them that such experiences are common.

The counsellors discussed the Importance of the First Year: Strategies for adapting to college life and establishing a strong foundation for future academic success.

Balancing Act: Techniques for managing academic responsibilities while maintaining a healthy social life and mental well-being.

4. Introduction to Universal Human Values

Counsellors provided a brief overview of Universal Human Values, informing students about a forthcoming paper they will take next semester. This segment highlighted the connection between these values and mental health, encouraging students to reflect on their personal and academic lives.

5. Overview of the Counselling Process

Counsellors elaborated on the counselling process available at the college. They explained how students could access support, the confidentiality of sessions, and the various resources offered by the department. This discussion aimed to destigmatize seeking help and encourage students to prioritize their mental health.

Fun-Filled Activities

The session included several interactive activities to keep students engaged and enhance their connections:

1. Bingo of Traits

Students participated in a "Bingo of Traits" game where they mingled to find peers with specific traits or experiences. This activity not only facilitated networking but also made it easier for students to bond over shared interests.

2. College Pictionary

In the College Pictionary activity, students showcased their observation skills by drawing different college blocks from memory while their peers guessed the drawings. This fun exercise encouraged teamwork and creativity.

3. Mystery Box (Branding Challenge)

The final activity involved giving groups a product to brand. Students collaborated to create a brand name, write a jingle, and present their product to the audience. This task fostered creativity, teamwork, and public speaking skills, culminating in a lively and entertaining conclusion to the session.

Conclusion

The orientation session was met with enthusiasm, and students reported having a wonderful time participating in both informative discussions and fun activities. The Counselling Department conducted four such sessions, successfully reaching over 650 students, ensuring that each first-year student received valuable guidance and support as they embarked on their college journey.

Feedback Collection:

Gathered feedback from students to improve future orientation sessions.

Team Acknowledgement

This Program was conducted under the guidance of Dr. Anusuya Devi – HOD Department of Counselling.

Department of counselling Comprising of:

1. Mrs. Srividya Anand – Senior Student Counsellor
2. Ms. Prachi B – Student Counsellor
3. Ms. Anna Jogie – Student Counsellor
4. Ms. Sunishtha S - Student Counsellor

The Counselling Department looks forward to continuing its efforts in supporting students throughout their academic journey.