

## St. Ann's College for Women

(Autonomous), Affiliated to Osmania University,

Accredited 'A+' Grade by NAAC (3rd Cycle),

College with Potential for Excellence by UGC,

ISO 9001: 2015-ISO 14001: 2015

Hyderabad- 500 028, India



## Maitri Counselling Cell

**Motto:** Exploring Inner Space

**Counseling** is an integral part of the total educational enterprise. The mission of the counseling cell at St. Ann's is:

- To facilitate wise choices and decisions
- To promote adjustment and mental health

The psychological purpose of counseling is to facilitate development. The more a person becomes aware of the structures she has built up through previous development – abilities and talents, social assets and liabilities, emotional strengths and weaknesses. Wishes, values and aspirations – the more she is able to influence her own subsequent development by the choices she makes. The main purposes of counseling are to promote this kind of awareness, to facilitate this kind of choice.

To paraphrase a famous quotation *“Some are born counselors; some achieve counseling; and some have counseling thrust upon them.”* At St. Ann's we have all three kinds of counselors. Some counselors are teachers whose natural sympathy for the joys and struggles of students seem to fit them uniquely for this work. Some have undergone a carefully planned series of courses designed to equip them for it. And then there is the professional counselor.

Counseling is inherent in the duties of both by the faculty and class-in-charges. But the presence of so many young people from such diverse backgrounds has made the need for professional

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counseling very important. To meet this, need the Head of the Department of Psychology has a Postgraduate Diploma in Guidance and Counseling and has been the convener of the counseling committee for the past several years. The convener is assisted by three faculty members.

The counseling cell has an agreement with “Roshni” a voluntary organization, to provide additional support services. Today, the counseling cell at St. Ann’s is an indispensable part of the administrative structure.

In our complex and rapidly changing society, every individual must make choices fraught with important consequences for the future. Our young women students face difficult choices among conflicting values. Therefore counseling should not be *just* for persons who are troubled, anxious, unhappy or unable to cope with the circumstances of their lives. It should also be for students trying to clarify their values and trying to achieve an identity. The counseling cell therefore envisages three roles, which are central to their work:

- *Remedial* – entails working with individuals or groups, to assist them in remedying problems of one kind or another. The focus is on some “problem” which needs to be “fixed.”

*Preventive* – in which the counselor seeks “to anticipate, circumvent, and, if possible, forestall difficulties that may arise in the future”. The focus is on making changes in personal and interpersonal environments to minimize occurrence of problems. This involves organizing workshops, seminars, and suicide prevention programmes.

*Educative* – in which the counselor helps individuals to plan, obtain, and derive maximum benefits from the kinds of experiences, which will enable them to discover and develop their potentialities. The focus is on enhancement and includes skill-training activities.

### **OBJECTIVES:**

- To identify the problem areas or difficulties of individuals, their potentialities and limitations
- To help students develop their potentialities through a greater self understanding to enable them to take full advantage of the environmental resources

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- To help mitigate suffering, reach appropriate solutions, take responsible decisions, and enable students to become self-actualized individuals.

### **FUNCTIONS:**

- Identify students who require help
- Conduct counseling sessions
- Refer students to experts for guidance
- Organize lectures/seminars/workshops by experts and professionals
- Administer, score, and interpret psychological tests.

The counseling cell uses an insight approach to counseling. We believe that students who develop insights about their own needs, desires, and capacities in relation to the opportunities afforded by their own particular environment will be empowered to live more effectively.

Counseling must always serve the purpose of the client. Therefore the focus of the talk is always on the client's issues. The counselor inspires feelings of trust, credibility, and confidence and communicates caring and respect for the persons they are trying to help. The cell thus provides a confidential atmosphere in which students can explore any topic or situation and discuss any concerns or grievances they may have.

Counselors are effective helpers who are able to reach in as well as reach out. Students are helped to work through their problems by developing self-awareness and overcome problems by using new coping strategies. Attempts are made to understand the behavior without imposing value judgments. The counselor makes every effort to be intellectually and affectively available to the client throughout the process. This helps students:

Work constructively toward life/career planning

- Anticipate, plan, and react constructively to developmental issues and transitions
- Integrate thinking, feeling, and behaviour into a congruent expression of the self
- Respond productively to stress and reduce its negative impact on their lives

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- Develop effective interpersonal skills so that relationships with peers, family and others can have constructive potential.
- Assess strengths and identify weaknesses so that they may develop self-awareness.
- Develop more choices in their lives, with accompanying skills to make constructive decisions.

As a result of counseling, students should increase their control over present adversity and present and future opportunity and achieve some kind of change that she will regard as satisfying. The counselor is committed to work in the best interest of the students while safeguarding their privacy.

Some of the specific areas in which the counseling skill has assisted students are:

- Learning problems
- Anxiety and tension reduction
- Social adjustment
- Improving interpersonal skills
- Career and values exploration
- Overcoming loneliness and depression
- Help with family problems
- Crisis intervention
- The future activities of the counseling cell include organizing special day/week/month which will include talks and interactive sessions with experts on certain relevant topics such as self-esteem, study habits, premarital counseling etc.

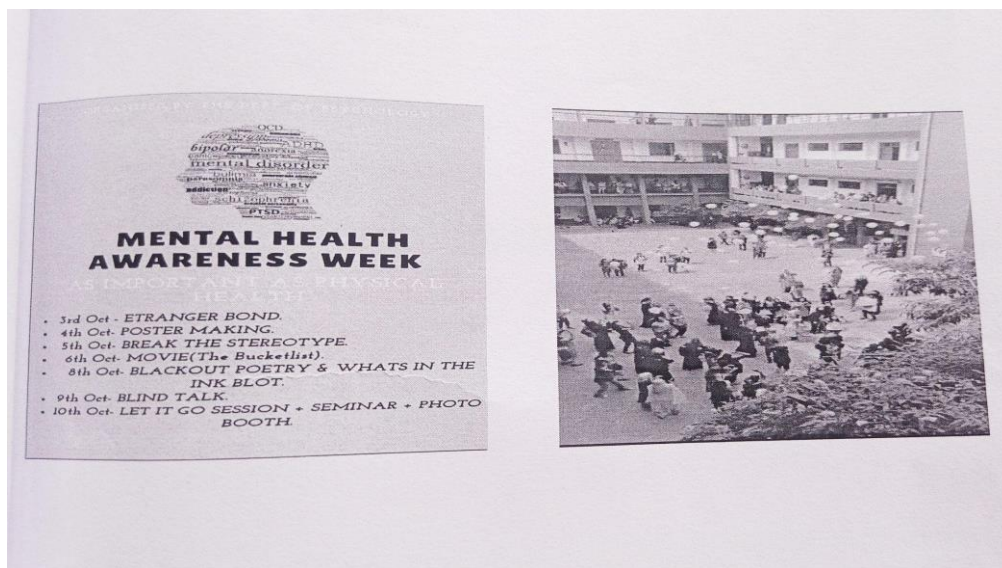
The counseling cell hopes to assist all students of St. Ann's to become self-sufficient, self-directed, and self-actualized individuals who can make contributions to the larger society.



## **ACTIVITIES CONDUCTED:**

### **1. World Mental Health Week:**

Observed World Mental Health Week from 3<sup>rd</sup> - 10<sup>th</sup>, October, 2018. On the day of inauguration a skit was enacted by the students of Psychology to educate how important the Mental Health is for every individual. During the week many competitions and activities were held for the students of the college. The Week was concluded with the activity called “Let Go Session” in which students participated by leaving the balloons in the air.

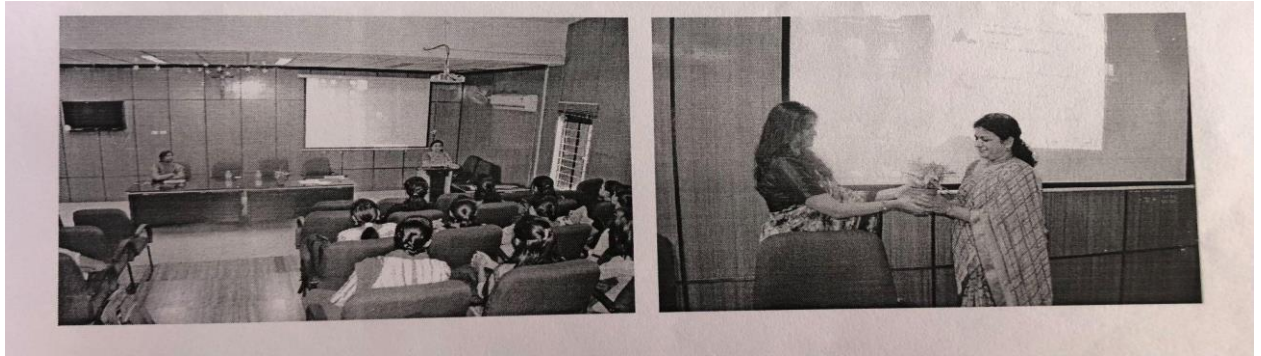


The department in the academic year of 2018-2019 collaborated with Roshni helpline to extend counseling services to the students. People from Roshni are made available to the students twice every month to vent their issues out and seek help. Students are also redirected to various psychological centres in case of any emergency or need of assessments.

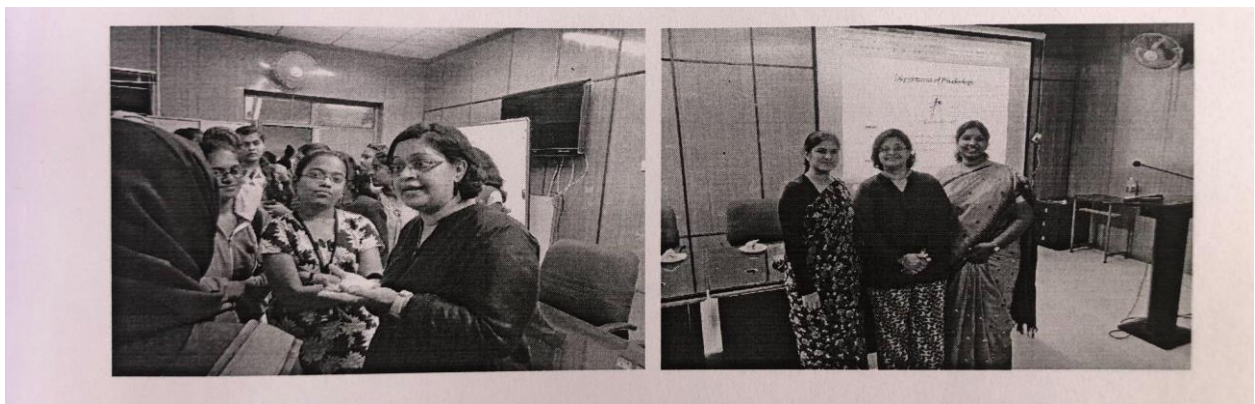




**2. Guest lecture on Anxiety and Mood Disorders by Dr. Kiranmayi Bapi, PhD (Gold Medalist), chief therapist & founder - Building Bridges-, Informative Lecture on the disorders**

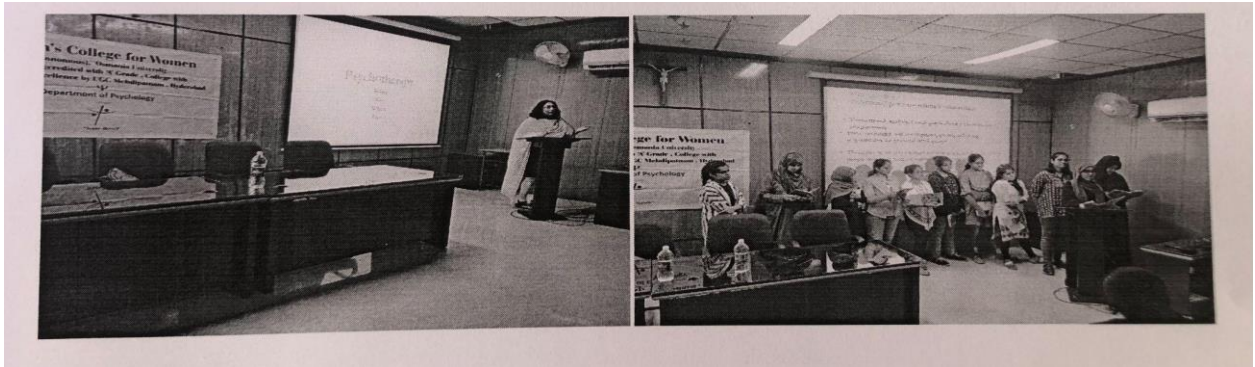


**3. Workshop by Ms. Ramya Raman - a workshop in collaboration with Commerce Department was conducted on Life Skills and Motivation for I year students of BA Psychology and BCOM by Master Trainer and Motivational Speaker Ms. Ramya Raman on 20th of August, 2018 at St' Ann's college.**



**4. Guest speaker Mrs. Lata Subramanya, Ex HOD of Psychology on Schizophrenia on 30<sup>th</sup> November, 2018.**

**5. Guest Lecture organized on Psychotherapy by Dr. Jayanthi Sundar Rajan - Guest speaker on 21st of January, 2019 by the Clinical Psychologist, Roshni Counseling Centre, Hyderabad.**



**Counselling sessions were also conducted, with students coming forward to share their issue and assured confidentiality through the academic year, from August, 2018 to February, 2019.**

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## **MAITRI COUNSELLING CELL** **2019-2020**

### **COMPOSITION:**

**CHAIRPERSON:** Dr. Sr. P. Amrutha

### **FACULTY MEMBERS:**

Mrs. S. Sujani , Head, Department of Psychology

Mrs. Zainab Saleem , Lecturer, Department of Psychology

**STUDENT MEMBERS:** Samreen Ali (PLP)

P. Praneetha (PLP)

**EXTERNAL MEMBER:** Mrs. Sameeha Fatima Counselor

### **OBJECTIVES:**

- To identify the problem areas or difficulties of individuals, their potentialities and limitations.
- To help students develop their potentialities through a greater self-understanding to enable them to take full advantage of the environmental resources.
- To help mitigate suffering, reach appropriate solutions, take responsible decisions, and enable students to become self-actualized individuals.

### **FUNCTIONS:**

- Identify students who require help
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- Organize lectures/seminars/workshops by experts and professionals
- Administer, score, and interpret psychological tests.

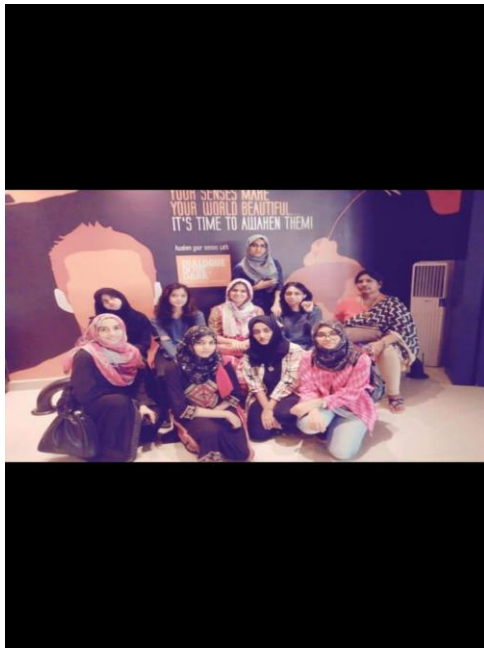
The department in the academic year 2019-20 collaborated with Roshini Helpline to extend counseling services to the students. People from Roshini were made available to the students once a week every month to vent out their issues and seek help. Students are also redirected to various psychological centers in case of any emergency or if there is a need for assessments.

This year the counseling cell has conducted a variety of program to spread awareness on various levels in the institution by not only facilitating students but also by conducting workshops on stress management and mindfulness for the faculty as well. Awareness workshops for students about the importance of mental health and self care were conducted acknowledging World Mental Health Day.

### **ACTIVITIES CONDUCTED:**

#### **1. 'DIALOGUE IN THE DARK' In Orbit mall:**

The students were taken to Dialogue in the dark in In Orbit mall at Madhapur on 10th of August, 2019 to perceive and experience how life is for the blind and how they can compensate perception through other senses in the absence of eyesight.



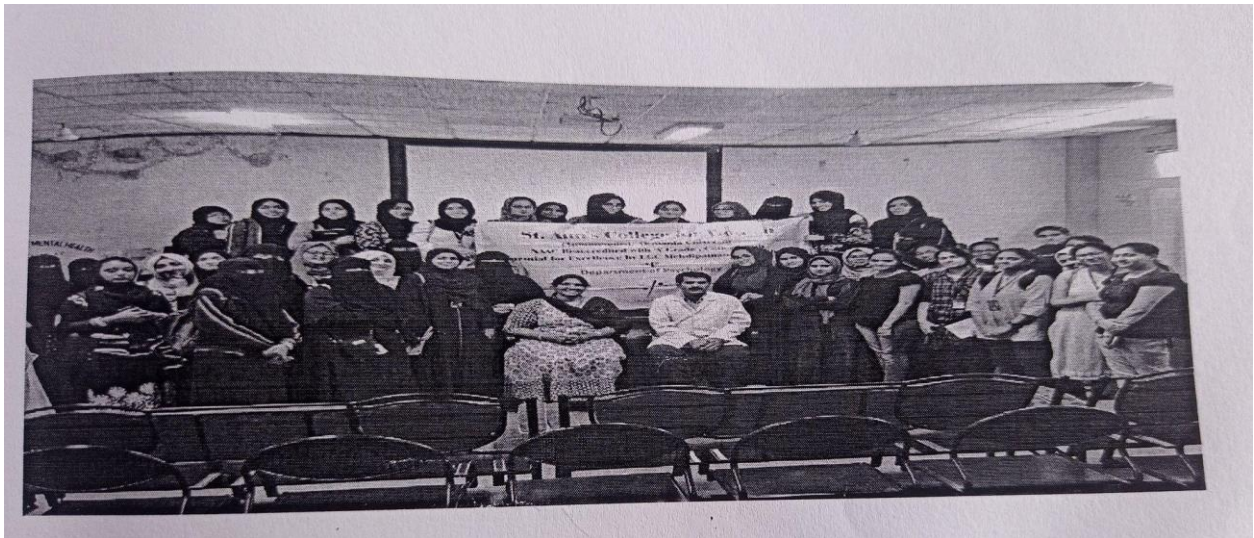
#### **2. Institute Mental Health –Erragadda**

The Final year students were taken to the Institute of Mental Health on 17<sup>th</sup> of December, 2019 as a part of Experiential Learning of Schizophrenia and Bipolar and Mood Disorders. They got to interact with the Mentally ill people and observe them at close quarters.



### **3. Indian School Of Excellence:**

The Final year students were taken to the Institute of Mental Health on 21st of February as a part of Experiential Learning of Learning disabilities. They got to interact with the children suffering from various developmental disorders and got hands on information on how the special educators provide intervention.



**Counselling sessions were also conducted, with students coming forward to share their issue and assured confidentiality through the academic year, mainly from August, 2019 to February, 2020.**



## **MAITRI COUNSELLING CELL REPORT** **2020-2021**

### **COMPOSITION:**

**CHAIRPERSON:** Dr. Sr. P. Amrutha

### **FACULTY MEMBERS:**

Mrs. S. Sujani            Head, Department of Psychology

Mrs. Zainab Saleem    Lecturer, Department of Psychology

**STUDENT MEMBERS:** Misha Murtuza (PEP)

Ayesha Siddiqua (PEP)

**EXTERNAL MEMBER:** Mrs. Sameeha Fatima            Counselor

### **OBJECTIVES:**

- To identify the problem areas or difficulties of individuals, their potentialities and limitations.
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### **ACTIVITIES (Online):**

A joint session was taken place with the Psychology lecturers and psychology students, with some alumni of the college; about introduction to counselling and career options after Bachelor's degree is completed. Gist of different topics like Cognitive Behavioural Therapy and Psychoanalysis was also discussed.



**Counseling sessions were taken online for the later part of the year 2020, considering the need of coping through the pandemic and lockdown.**







## **ACTIVITIES CONDUCTED:**

### **1. Field visit to Erragadda Institute of Mental Health**

The Department of Psychology, St. Ann's college for women, organized a field trip on 14<sup>th</sup> march 2022 to Erragadda Institute of Mental Health. The students received a set of instructions on the ethical code of conduct and the whereabouts of the mental hospital. The students enjoyed the learning experience while they had live observations and interactions with various patients with different disorders. They visited the Criminal ward, enclosed Male and female wards and regular inpatient ward. They also attended a short lecture on clinical disorders by superintendent of Erragadda institute of mental health.





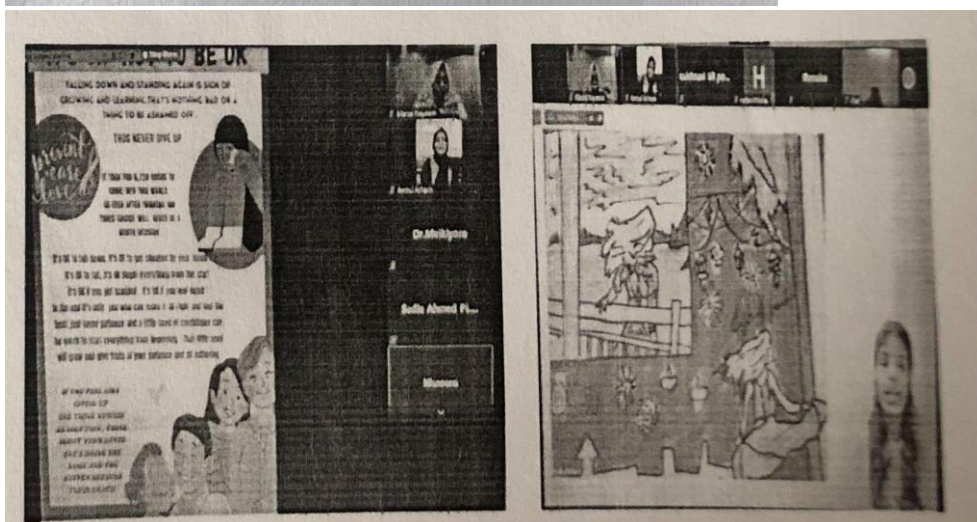
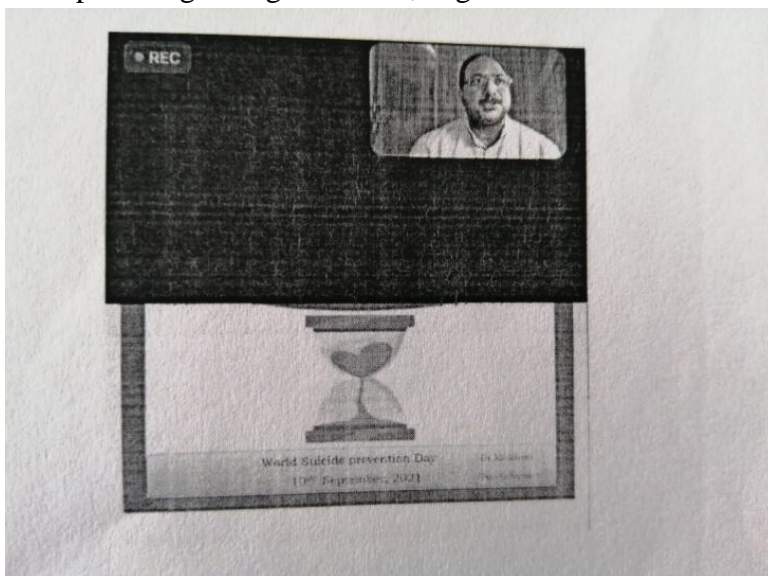
## 2. AWARENESS ON STILL LIFE: SUICIDE PREVENTION DAY

The session was conducted on 7<sup>th</sup> Sept 2021 on zoom platform at 11 am.

The **first speaker** was introduced, Ms. Elena Ivanchikova. Through her presentation she gave the audience glimpse of suicide through Jungian perspective & approach. Soon after the presentation students participated in poem reading, essay & a classical dance video was shown.

The **second speaker** was introduced, Mr Srikanth. He gave an insight into the terminology used by a person who is suicidal, magnitude of the problem, how to recognise & how to help.

The **third speaker**, Mr Melkiyore discussed about the external factors leading to suicide attempt among college students, cognitive internal factors & CBT.



Counselling sessions were conducted from August, 2021 to February, 2022, with students coming forward to share their issues and assured confidentiality through the academic year . \*\*\*



## **MAITRI COUNSELLING CELL REPORT**

**2022-2023**

### **COMPOSITION:**

**CHAIRPERSON:** Dr. Sr. P. Amrutha

**FACULTY MEMBERS:** Ms. Suhair Jamal      Head, Department of Psychology  
Ms. Priyanka Thomas      Lecturer, Department of Psychology

**STUDENT MEMBERS:** Zoha Fatima (PLP)

K. S. V. Sireesha (PLP)

**EXTERNAL MEMBER:** Ms. Samiha Aziz      Counselor

### **OBJECTIVES:**

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## **ACTIVITIES CONDUCTED:**

### **1. Left hander's day:**

The Department of Psychology – Maitri club, celebrated International Left Handers Day on 24<sup>th</sup> August 2022, a day to mark the struggles of left handed people in a world dominated by right handed people.



### **2. ART THERAPY WORKSHOP**

- Department of Psychology – MAITRI club conducted art therapy workshop on theme “mental health” on 03rd Sep 2022





### 3. CITY COLLEGE WORKSHOP

- The students from department of psychology were taken to Govt City College for mental health awareness on 13th sept 2022



### 4. MENTAL HEALTH AWARENESS DAY

- To mark the International Mental Health Day the students from the department of psychology conducted an awareness program on 10th Oct 2022



### 5. GUEST LECTURE ON MENTAL HEALTH DAY

Dr. Sudheer Bhan, a speech therapist was invited to give a guest lecture on Dyslexia on 11th Oct 2022





## 6. FIELD TRIP TO NIEPID, SECUNDERABAD

Psychology students from I, II and final year were taken to National Institute for Empowerment of Persons with Intellectual Disabilities (NIEPID), Secunderabad on 16<sup>th</sup> December '23. The students visited various departments like Adult independent living, Special education centre, Sensory integration therapy, Autism centre, Hydration therapy, Speech therapy & audiology. The students interacted with people with many disabilities like deafness, mutism, and autism, physically & mentally challenged. The students attended a talk on opportunity and growth of Rehabilitation psychology & the various programs offered by the institute. They observed the training given to adults with mild & moderate mental retardation.



## 7. ANN-ALYSIS PSYCHOLOGICAL TESTING

Final year students did psychological testing using various standardised tests to measure intelligence, creativity, personality, stress level, anxiety, depression etc. of all college students. The participants were given their results on the spot. This was done over a period of 1 month (Dec to Jan 2023) with students doing different tests.





## 8. GUEST LECTURE ON DEMENTIA

Ms. Saadiya Hurzuk, Dementia psychologist from Alzheimer's & Related Disorders Society of India (ARDSI) gave a guest lecture on 22<sup>nd</sup> feb '23.



## 9. ELOCUTION COMPETITION

Elocution competition on the topic 'India's rank in World Happiness Report' was held on 20<sup>th</sup> mar '23. Winners & participants were given certificates & cash prizes.





**10. Movie Screening for 1<sup>ST</sup> ,2<sup>ND</sup> & 3<sup>RD</sup> years- “the woman in the window”, “Chup”, “Mitchell v/s the Machines” and “Cloudy With a chance of Meatballs”**



**11. Visit to Osmania University**

I Year students were taken to Arts college, Osmania university on its foundation day on 25th Apr '23 to attend an exhibition.



**Counselling sessions** were also conducted, with students coming forward to share their issue and assured confidentiality through the academic year, mainly from August, 2022 to Februray, 2023.

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