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Tunga Vidyavardhaka Sangha (R)

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(NAAC Reaccredited with Grade 'B' 2.22 CGPA) Affiliated to Kuvempu University

Internal Quality Assurance Cell (IQAC) 2024-25

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TMVT/IQAC/ /2025-26 Date: 23/04/2026

COUNSELLING CELL-2025-26

Counselling Cell Committee Report on Orientation Programme on Personal Counselling for Students

Date: 18:04:2026

Venue: College Seminar Hall,

Organized by: Counselling Cell Committee 2025-26

Introduction

The Counselling Cell Committee organized an orientation programme on personal counselling for students with the aim of creating awareness about mental health, emotional well-being, and the importance of seeking guidance when needed. The programme was designed to help students understand the role of counselling in managing academic pressure, personal challenges, and overall development.

Objectives of the Programme

- To introduce students to the concept of personal counselling
- To create awareness about mental health and emotional well-being
- To encourage students to seek help without hesitation
- To inform students about the services provided by the Counselling Cell

Details of the Programme

The programme commenced with a welcome address by Mohana kumar B.C Nodal Officer Counselling Cell Committee, who highlighted the importance of mental health support in academic institutions. Chief Guest of this program Mr. Ramesh M.N president of Tunga vidya Vrdhaka sanga ®He advised that maintaining mental health among students is of utmost importance.



The resource person, Mr. Sridhar . N Psychiatric Social Worker District Mental Health Program Shivamogga. And Mrs. Padma Psychiatric Nurse District Mental Health Program Shivamogga , an experienced counsellor, delivered an insightful session on:



Understanding stress and anxiety among students

Importance of emotional balance

Coping strategies for academic and personal issues

Breaking stigma around counselling

Interactive activities and real-life examples were used to engage students and make the session relatable. Students were encouraged to share their concerns and ask questions.

Participation

The programme witnessed active participation from students across various departments. Faculty members and committee members were also present to support the initiative.



Outcome of the Programme

Students gained awareness about mental health and counselling services
Increased openness towards discussing personal issues
Encouraged students to approach the counselling cell when needed
Helped reduce stigma associated with seeking counselling

Conclusion

The orientation programme was successful in achieving its objectives. It provided students with valuable insights into personal counselling and emphasized the importance of mental well-being. The Counselling Cell Committee plans to conduct more such programmes in the future to ensure continuous support for students. The program was presided over by the college principal Dr. R. Kumaraswamy, who guided that a strong mind resides in a strong body. The program was attended by Dr. Nagaraj M, the coordinator of IQAC. Dr. Ramesh D, an NSS officer, narrated the program, and Sudeep thanked everyone.

Prepared by:

Mohana kumar B.C **Principal**

Nodal Officer
Counselling Cell Committee.