



## **SDM Counselling Cell**

Counselling is a process that aims to facilitate personal well-being of the students and community members through support and guidance of trained counselors, for a healthy mind and body. With the intent to address and help resolve emotional and psychological issues of the students of SDM PG Centre and community members of Belthangady Taluk, the college has initiated the “Counselling Cell” in the college premises with the help of a trained team of faculty members as Counsellors.

The counseling cell at SDM College, Ujire started from year 2012-13 with the object of consultation and follow up of students regarding academic as well as personal problems. Counselling cell is managed by qualified counselors. The counseling facilities were available for college students, school children and for general public. Counselling procedure – with the establishment of support, the case history is taken. After the client feels comfortable, the problematic areas are identified, analyzed and appropriate techniques will be adopted. Depending upon the intensity of the problem the services are extended over the period of few sessions. Each session may last up to 30 minutes to one hour depending on the clients, the type of problems etc. Follow up are made regularly and feedback are also obtained from clients.

The Counselling Cell encourages the students to understand themselves and the issues that trouble them and guides them to resolve their problems. These problems can be personal, emotional, social, family, peer, academic, sexual, etc. This is done through individual or group counseling to help them with academic goals, social and personality development, career goals, enhancing listening skills, empathy and interpersonal skills to have healthy relationships and a healthy lifestyle. It also addresses all psycho social problems life style modification of community.

The role of the Counselor is to offer support through listening and responding in a confidential, non-judgmental and timely way, ensuring that the students and community members become productive, well-adjusted adults of tomorrow. They are trained to assess, diagnose and treat struggling with academic stress, anxiety, depression, social addictions and other problems they face.



The goal of Counselling is to facilitate positive behavior changes, improving the ability to establish and maintain relationships socially, promoting their decision-making process, helping the student and people to understand their own potential and cope effectively with the problems they face.

A Counselling Cell functions in the UG College and it has one unit in the PG block. Part time Counselors are available to render service to those who need help.

### **Vision**

- To create awareness and enhance the mental health of students.

### **Mission**

- Need based counselling and guidance.
- Helping the students to get feedback about their cognitive functioning.

### **Objectives:**

- To help the students and community members in solving their personal, educational, social as well as psychological problems.
- To create awareness about issues and problems related to mental health.
- To motivate faculty in counselling activities.
- To develop good adjustment and psychological wellbeing of students.
- To manage stress and emotions.

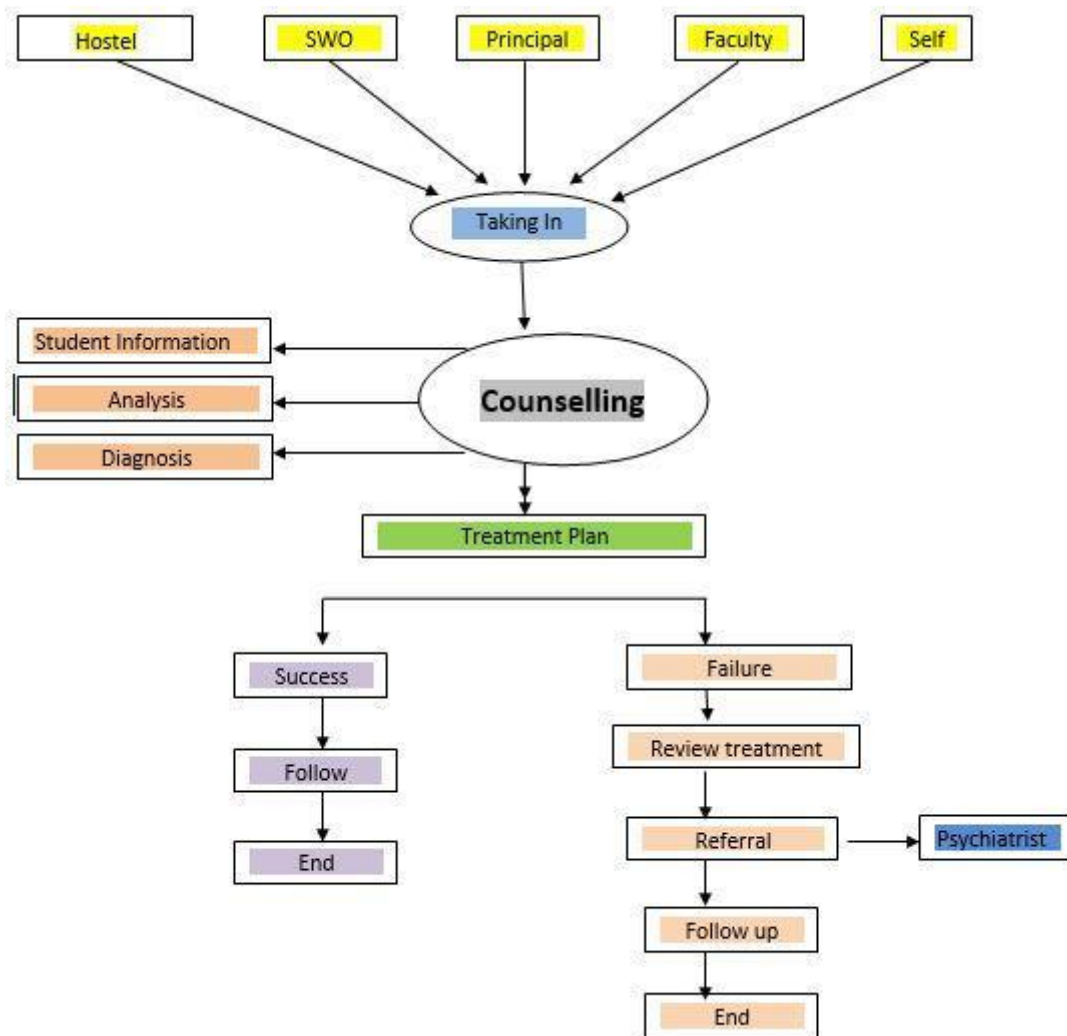
### **Roles and Responsibility:**

- Resolve personal problems of student/ community members by conducting individual counseling session on need basis.
- Boost self-esteem of weaker /physically challenged students.
- Diagnose the learning difficulties of students and help them to overcome the same.
- Help the students to overcome examination stress or fear.
- Conduct training program on counseling skills for faculty & staff.
- Conduct seminars for students on mental health and addiction issues.



- Refer the students to professional psychiatrics or counselors in severe cases.

### Standard Operating System:



### Types of Services Provided

- Community services: Need based Community Counselling & Social awareness programmes.

# SRI DHARMASTHALA MANJUNATHESHWARA COLLEGE (AUTONOMOUS), UJIRE - 574 240



DAKSHINA KANNADA, KARNATAKA STATE

(Re-Accredited at A++ Grade by NAAC)

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- Group Counselling
- Individual counselling- for School and College Students
- Hostel Counselling

## Working Hours

- Monday and Wednesday 2 PM to 5 PM
- All week days from 4 pm to 5 PM

## Other Activity:

- Awareness program about counselling facilities available in the department of Psychology for the 1st year students.
- Different psychological tests are given to the students those who are interested.
- Community Extension activities- Teach to Reach Programme and Radio talks

## Committee Members

UG & PG	Dr.Sudheer K.V	<b>Co-Ordinator</b>
	Ms.Ashwini H (PG)	Member
	Ms.Athmika S	Member

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## Activities of the Cell

### 1. Poster release Program on Mental Health



Ms. Sindhu, Assistant Professor at Dept. of PG Studies and Research in Psychology, SDM PG Centre Ujire released a poster on Mental health on account of World Mental Health Day celebrations organized by the Counselling Cell and UG department of Psychology on 22-10-23 at SDM college. The posters prepared by the final and second year psychology students was released during the program. Dr. Vandana Jain coordinated the program.

## **2. Orientation/Awareness Programme-UG**



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An orientation Program was conducted for I<sup>st</sup> year degree students about Counselling cell and its services on 13.12.2022 at SDM UG Campus. The final year students under the Guidance of the staff coordinator Dr. Vandana Jain conducted the program from 2.10 PM to 3.10 PM.

## Photos of the program:





### **3. Orientation/Awareness Programme: PG**

An awareness campaign was conducted for I<sup>st</sup> year PG students about Counselling cell and its services on 13.12.2022 at SDM PG Block. The PG Psychology students under the Guidance of the staff coordinator Dr. Vandana Jain and Dr. Dhaneshwari conducted the program from 10.10 AM to 11.10 AM PM.





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GPS Map Camera

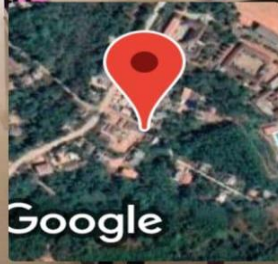
Counseling cell, Karnataka, India

X8QP+7W9, Karnataka 574240, India

Lat 12.987806°

Long 75.3288°

01/12/22 10:55 AM GMT +05:30



GPS Map Camera

Counseling cell, Karnataka, India

X8QP+7W9, Karnataka 574240, India

Lat 12.987806°


Long 75.3288°


01/12/22 11:07 AM GMT +05:30





**. Training Program for UG Students: Path Finder**



**SRI DHARMASTHALA MANJUNATHESHWARA COLLEGE  
(AUTONOMOUS), UJIRE - 574240**  
(Re-accredited at 'A' Grade with CGPA 3.61 out of 4 by NAAC)

**DEPARTMENT OF PG STUDIES AND  
RESEARCH IN PSYCHOLOGY**

*IN ASSOCIATION WITH*

**IQAC & COUNSELLING CELL**

*ORGANIZES*

**PATH FINDER - A GUIDE**

**TRAINING PROGRAMME  
FOR UNDERGRADUATES**

*TRAINERS*

**MSC PSYCHOLOGY STUDENTS**  
SDM PG CENTRE, UJIRE

*DATE: 28 DECEMBER 2022  
TIME: 12:15 PM - 1:15 PM  
VENUE: SDM COLLEGE, UJIRE*

**Dr. A. JAYA KUMAR SHETTY**  
PRINCIPAL

**PROF. G.R.BHAT**  
IQAC CO-ORDINATOR

**Dr. VISHWANATHA.P**  
DEAN PG STUDIES

**Dr. VANDANA JAIN**  
HOD

The Department of PG Studies and Research in Psychology, IQAC Cell of the college and the Counselling Cell jointly organized a training programme for undergraduate students on 28-12-23 at UG College. The students of SDM PG Psychology participated as the trainers in the program.



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## Glimpses of the training program:





## **Community Oriented Activities**

### **1. Teach to Reach programs**

Following are the details of different teach to reach programs conducted in the academic year 2022-23.

1. The Department of PG studies & Research in Psychology in association with counselling cell organized a Teach to Reach – skill enhancement programme at SDM English Medium School Belthangadi, DKZP school Belthangadi, SDM English medium school (cbse), Ujire, DKZP School Kalmanja and DKZP Higher Primary School, Kanydi on 03-12-2022. The students of MSc Psychology presented the modules on different topics and also did counselling for needy students.

2. The Department of PG studies & Research in Psychology in association with counselling cell organized a Teach to Reach – skill enhancement programme at SDM English Medium School, DKZP school Belthangadi, SDM English medium (CBSE) school, Ujire, DKZP School Kalmanja, SDM English MEDIUM SCHOOL (State), DKZP School halepete, SDM English Medium School Dharmasthala and DKZP School Kanyadi on 17- 12- 2023.

3. The Department of PG studies & Research in Psychology in association with counselling cell organized a Teach to Reach – skill enhancement programme at SDM English Medium School, DKZP School Belthangadi, SDM English Medium (CBSE) School, Ujire, DKZP School Kalmanja, SDM English Medium School (State), DKZP School Halepete, SDM English Medium School Dharmasthala and DKZP School Kanyadi on 24- 12- 2023

4. The Department of PG studies & Research in Psychology in association with counselling cell organized a Teach to Reach - skill enhancement programme like Module presentation and individual counselling was conducted at SDM English Medium School, DKZP School Belthangadi, SDM English Medium School (CBSE), Ujire, DKZP School Kalmanja on 31-12-2022.

5. The Department of PG studies & Research in Psychology in association with counselling cell organized a Teach to Reach -skill enhancement programme like Module presentation and individual counselling was conducted at DKZP school, SDM English Medium School Belthangadi, DKZP School Kalmanja, SDM English Medium School (CBSE), SDM English School (state), Ujire , DKZP, Halepete School on 7-1-2023.





6. The Department of PG studies & Research in Psychology in association with counselling cell organized a Teach to Reach -skill enhancement programme like Module presentation and individual counselling was conducted at DKZP School, SDM English Medium School Belthangadi, SDM English School (state), Ujire, DKZP, Halepete School on 14-01-2023.

7. Department of PG studies & Research in Psychology in association with counselling cell organized teach to reach programme for students of DKZP School Belthangadi on 10-06-2023. The number of beneficiaries were 25.

8. The Department of Postgraduate Studies and Research in Psychology in association with counselling cell has organized a teach-to-reach extension activity at DKZP School Kanyadi II stage on 10-06-2023. The class of 7th Std. A total of 36 students benefited from the programme.

9. Department of PG studies & Research in Psychology in association with counselling cell organized teach to reach program: a skill development and an awareness programme for students of DKZP School Belthangadi on 17-06-2023. The number of beneficiaries were 25.

10. The Department of PG studies & Research in Psychology organized teach to reach program a skill development and an awareness programme for students of DKZP School Belthangadi on 24-06-2023. The number of beneficiaries were 30.

11. The Department of PG studies & Research in Psychology in association with counselling cell organized a Teach to Reach: a skill development and an awareness programme by I MSc psychology students on 17-06-2023 at DKZP School, Kalmanja, Belthangady Taluk. the beneficiaries were 8<sup>th</sup> standard 40 students.

12. The Department of PG studies & Research in Psychology in association with counselling cell organized a Teach to Reach: a skill development and an awareness programme by I MSc psychology students on 24-06-2023 at DKZP School, Kalmanja, Belthangady Taluk. A total of 80 students of 8<sup>th</sup> & 9<sup>th</sup> standard were the beneficiaries of the programme.



13. The Department of Postgraduate Studies and Research in Psychology in association with counselling cell, SDM College Ujire, has organized a teach to reach programme at Shree Janardhan Swamy Higher primary school Ujire. 1st M.Sc Psychology students were participated. The beneficiaries are 60 students.

14. The Department of PG studies & Research in Psychology in association with counselling cell organized a Teach to Reach: a skill development and an awareness programme by I MSc psychology students on 17-06-2023 and 24-06-2023 at DKZP School, Dompadapalke, Belthangady Taluk. The programme was coordinated by Ms Sindhu V. and the beneficiaries are 34 students.

15. The Department of PG studies & Research in Psychology in association with counselling cell organized teach to reach program: a skill development and an awareness programme for students of DKZP School Belthangadi on 1-07-2023. The number of beneficiaries is 30 primary students.

16. The Department of PG studies & Research in Psychology in association with counselling cell organized a Teach to Reach: a skill development and an awareness programme by I MSc psychology students on 01-07-2023 at DKZP School, Belthangady. The beneficiaries are 8<sup>th</sup> & 9<sup>th</sup> standard 63 students.

17. The Department of PG studies & Research in Psychology in association with counselling cell organized a Teach to Reach: a skill development and an awareness programme by I MSc psychology students on 08-07-2023 at DKZP School, Dompadapalke, Belthangady Taluk.

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## Glimpses of the programme:







## 2. Street Plays

The counselling cell and the Department of PG studies & Research in Psychology jointly organized a street play on the topic Awareness on drug abuse was presented at SDM English Medium School and at DKZP School Belthangadi on 4-02-2023 as well as at Kalmanja and Halepete DKZP Schools on 11-02-2023 respectively.

### Photos of the event:







### **3. Inauguration of Hostel Counselling Service:**

Department of PG studies & Research in psychology association with SDM Counselling Cell organized the Inauguration of hostel counselling service on 06-12-2022 at SDM PG College, Ujire. The programme was inaugurated by Mr Pooran Verma, CEO – IT & Hostel Administration, SDME Society.

### **4. Hostel Counselling Orientation:**

The Hostel Counselling services Arrayah (A Ray of Hope)- hostel counselling orientation programme for IT Hostel Boys and Girls of SDM IT College, Ujire, on 12-12- 2022.



Counselling Cell in Association with IQAC Organized a programme Inauguration of Helpline Service. The programme was inaugurated by Dr. A. Jaya Kumar Shetty Principal, SDMC Ujire on 25<sup>th</sup> January 2023.



## **5. Awareness programme:**

An awareness programme on “The Immoral Traffic (prevention) Act 1956 and Human Trafficking Act for PG Students on 19-01-2023, By Mr. Pratap Singh Thorat, DySP Bantwal and Mr. Shivakumar circle Inspector Belthangadi police station as Resource person organized by SDM Counselling Cell in association with Department of PG studies and Research in psychology.

### **Photo of the event:**





## **6. Radio Talks: “Manadhwani”**

1. The Counselling Cell and the department of PG studies and research in psychology jointly organized a radio talk ‘Manadhwani’ on the topic “Excel the exam” on 22/02/2023. The talk was coordinated by Ms Ashwini. H. Participated by Ms. Smruthi N. Raj, Manasa Priya, Ms Chaya Mr. Manjunatha and Mr Deekshith I<sup>st</sup> MSc psychology Students of SDMC Ujire.

2. The Counselling Cell and the department of PG Studies and Research in Psychology jointly organized a radio talk on the “Importance of Counselling” on 17/06/2023. Ms Ashwini. H. coordinated the talk and the students -Ms. Smruthi N. Raj, Ms Lema P.D, Ms Vishnavi and Ms Sowmya of I<sup>st</sup> MSc Psychology participated in the talk.

3. The Counselling Cell and the department of PG Studies and Research in Psychology jointly organized a radio talk on “Parenting styles” on 8/07/2023. The talk was coordinated by Ms Ashwini. H. The participants were Ms. Manasa Priya, Ms. Bhavana, Mr. Manjunatha, Mr. Viveka, Ms. Smruthi N. Raj, Ms Lema P.D, Ms Sahana and Ms Pruthvi, I<sup>st</sup> MSc Psychology.

### **Photos of the event:**





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## **7. REPORT ON YOGA TRAINING SESSION**

On 22<sup>nd</sup> June 2023, Thursday Yoga Training Program was held at SDM college Ujire. Extracurricular committee in association with SDM Counselling Cell, Department of Psychology organized this programme with a theme of The Power of Breath: The Physical and Psychological Benefits of Yoga. Ms. DISHA RAG, Consultant Psychologist and Certified Yoga Trainer was invited as the resource person of the Training Program.

The session started from 10:30 AM at SDM Cultural Centre with a formal welcoming of the dignitaries and guest introduction followed by a brief knowledge sharing interaction with the Resource person. The practical practice of Yoga started from 11:00 AM which included warm up exercises, Asanas and guided Yoga. The students were benefited with knowledge as well as practical exposure to the practice of Yoga. The session concluded with opinion sharing by students.

Dr Vandana Jain, HOD of Psychology, Dr Sudheer KV, Extra-Curricular Committee and SDM Counselling Cell Coordinator, Dr. Dhaneshwari, Extra-Curricular (PG) Coordinator and Ms. Sindhu V, Event Coordinator were present in the program. The program was hosted by Ms. Neha, welcoming and guest introduction was made by Ms. Anushree S and Ms. Nova delivered the vote of thanks. The training program ended around 12:30 PM.

### **Glimpses of the program:**





## **8. College Counselling Services**

The Counselling Services were provided to the needy students/individuals of SDM UG, SDM PG, SDM PU, SDM IT, SDM Residential PU College students; SDM School students and for other students and for the public based on the need. More than 70 students/individuals benefited from the service in the present academic year.



## **9. Group Counselling Services at Hostels**

### **Group Counselling at SDM Residential PUC Hostel**

Dr. Sudheer K V, Assistant Professor of UG Department of Psychology has handled two group counselling sessions for academically poor students of SDM PU Residential College on 05-02-2023. The first session was begun at 6.15pm and ended at 6.50 pm and the second session begun at 7.05 pm and ended at 7.50 pm. In the first session, the counselling was begun with establishing the rapport which was followed by motivational and self-confidence building activities. In the second session, the counselees were guided about learning strategies which included attention, memory and exam facing skills. The counselees are made to involve in all the activities in both the sessions. Many of the counselee's obtained answers to their questions at the end of each session. A total of 24 students benefited from these sessions.

#### **Photos of the session:**







### **Report on Group Counselling at Manjusha Hostel**

A Group Counselling session was conducted in the Manjusha Boys Hostel on 17 February, 2023 from 6:15 PM to 7:30 PM at Manjusha Boys Hostel, Ujire by Ms. Athmika, Assistant Professor, Department of Psychology, SDM Degree College, Ujire on exam skills. A total of 150 PU students attended the session with complete zeal. The students asked many questions related to exam preparation, study techniques, coping with the stress of board exams and competitive exams and general mental well-being. The counsellor answered all the questions with practical techniques and simple tips that the students could easily follow. She also encouraged them to reach out to their mentors, teachers or wardens whenever they needed help. Ms. Athmika carried out the event in a meaningful and masterful fashion with encouraging results and enthusiastic participation. The session was fruitful in helping the boys to understand the need for mental healthcare and the shortcuts that can be used to achieve good results in the upcoming board exams. The Wardens of Manjusha Hostel facilitated the event.



**Glimpses of the session:**



**Report on Group Counselling at Mythreyi Girl's Hostel**

Ms. Ashwini Shetty conducted a group counselling session on “Exam anxiety” to PUC girls at Mythreyi B Block hostel on 25-02-2023. The program was organized by dept. of PG studies & Research in Psychology in association with counselling cell. The number of beneficiaries was 32.

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## Photo of the session:



## Report on Group Counselling at SDM IT Hostel Hostel

Dr. Maheshbabu N conducted a group counselling session on Exam preparation for SDM IT Students at SDM IT Hostel for Boys on 28/02/2023. The talk was organized by the Dept. Of PG Studies and Research in Psychology, SDM PG Centre, Ujire on behalf of Counselling Cell.



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## Photo of the session:

