



R.V. Educational Institutions  
**Sivananda Sarma Memorial R.V. College**  
UG, PG Programmes & Research Centre  
Affiliated to Bengaluru Central University  
Accredited by NAAC with 'A' Grade  
Ranked among top 5 Colleges in India  
(India Today - NDRA Survey 2018 & 2019)



## Students Counselling Center - 'UDYOTANA'

### Online Counselling Report

As per the instructions of the MHRD, Government of India, SSMRV College through Students Counselling centre, organised Online counselling Session with respect to mental health and wellbeing of the students during and after Covid – 19 pandemic.

- Date : 30<sup>th</sup> April, 2020  
Time : 11:30am to 1:45pm  
Topic : “Managing Mental Health Issues During and After Covid – 19”  
Resource Person : Dr. M. Manjula, Professor,  
Department of Clinical Psychology, NIMHANS  
Organisation : NIMHANS, Wellbeing Centre  
Beneficiaries : Students – B.Com, BBA, BCA –SSMRV College  
Registration Procedure: Google Form  
No. of Participants: 41- Students.  
Terms of Service : Zoom Meeting.  
Host : Ume Salma, Asst. Professor & Coordinator – Students Counselling Centre. Department of Commerce.  
Report : Overall a very informative Session, it was excellent with good interaction. The session helped students in building their confidence. Dr. Manjula, she has shared various authentic websites and Meditation links, e-library links, and also helpline – NIMHANS which would help students, who can now manage their mental and emotional issues.

  
**PRINCIPAL**  
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