

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



Students Counselling Canter - '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

30th 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

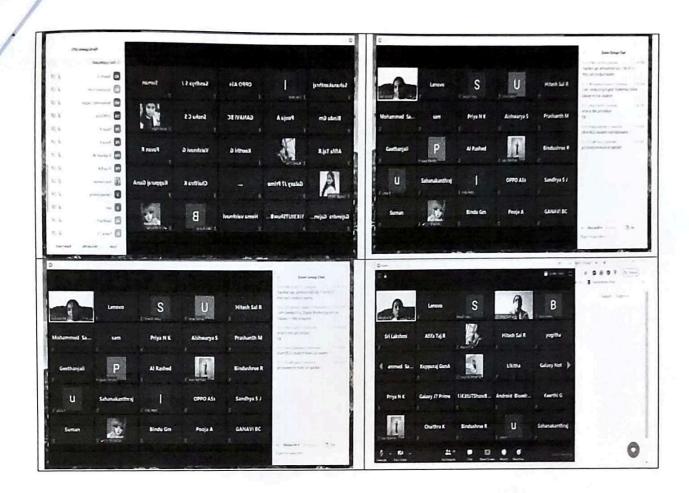
Counselling Centre. Department of Commerce.

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, elibrary links, and also helpline - NIMHANS which would help students, who can now manage their mental

and emotional issues.

SSMRV College Jayanagar, Bangalore-41



PRINDIPAL SSMKV College Jayanagar, Bangalore-41