



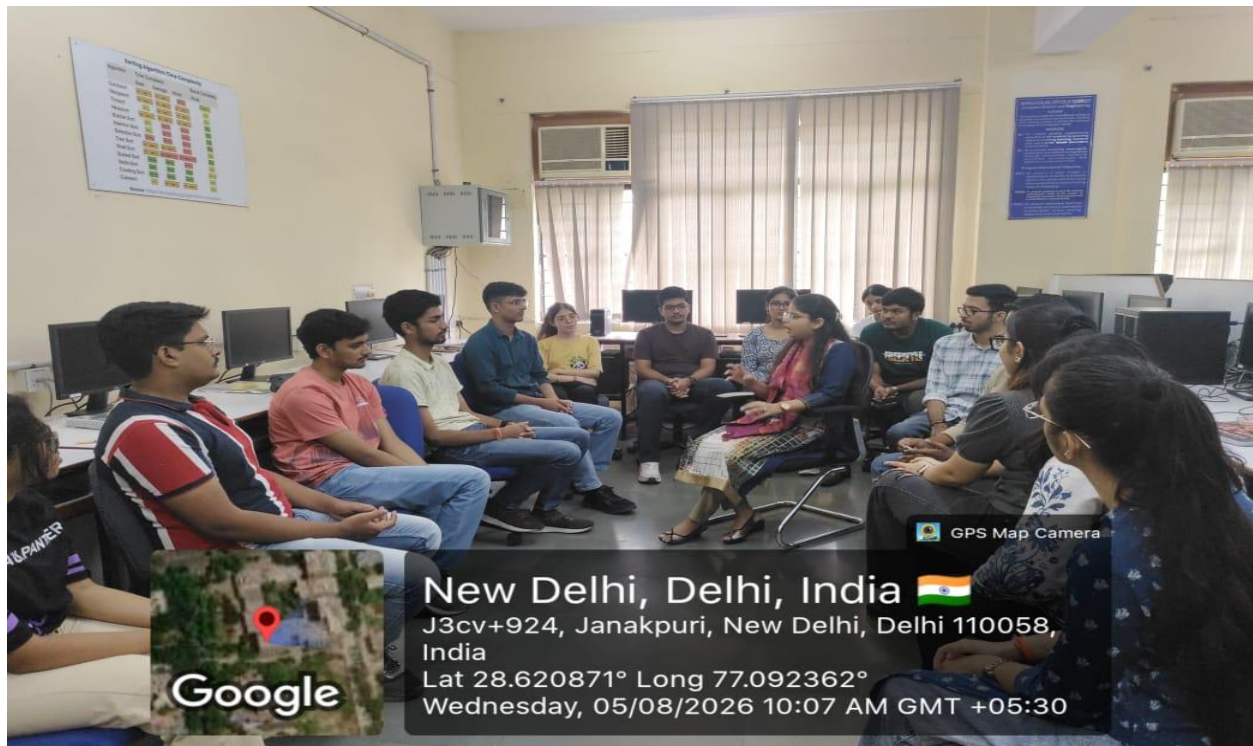
Department of Computer Science Engineering

Report on the Interactive Counselling Session on Student Mental Health and Well-being

Introduction

An interactive counselling and awareness session on Student Mental Health and Well-being was conducted in our college by **Ms. Dhriti Singh**, on campus professional psychologist, at the beginning of the new academic session. As the college reopened on 1st August after the summer vacation, the session aimed to understand the emotions, challenges, and expectations of students while transitioning back to their academic routine.

The session was highly engaging and focused on the various academic, personal, and emotional challenges faced by students. Through real-life examples and practical techniques, Ms. Dhriti Singh encouraged students to prioritize their mental well-being while maintaining a healthy balance between academics and personal life.





Key Topics Discussed

1. Students' Mindset After Summer Vacation

The session began with a discussion about the mixed emotions students experience on the first day of college after the summer break. Some students feel excited to return, meet new teachers, reconnect with friends, and begin a fresh academic year with renewed energy. On the other hand, many students associate reopening with assignments, mid-semester examinations, project work, and the return to a busy academic schedule. Ms. Dhriti Singh explained that both perspectives are completely natural and encouraged students to embrace the new session with a positive mindset.

2. Challenges Faced by Students

Ms. Dhriti Singh discussed the common difficulties that students experience during the initial months of an academic session. These include:

- Academic pressure and workload
- Stress related to placements and career planning
- Personal and family-related issues
- Emotional stress and anxiety
- Difficulty in maintaining a healthy work-life balance

She emphasized that stress is a normal part of life; however, managing it effectively is essential for both academic success and personal well-being.

3. Understanding the Generation Gap

Another important topic covered during the session was the generation gap between students and their parents. Ms. Dhriti Singh explained how differences in perspectives, expectations, and communication styles often lead to misunderstandings within families.

She encouraged students to communicate openly, listen patiently, and understand the viewpoints of their parents instead of reacting emotionally. Healthy communication, mutual respect, and empathy were highlighted as the key factors in reducing conflicts and maintaining stronger family relationships.

4. Managing Interview and Viva Stress

The session also focused on the anxiety students commonly experience before interviews, viva examinations, and placement drives. Ms. Dhriti Singh explained that nervousness before such important events is completely normal and can be managed with the right approach.



She advised students to remain confident, avoid negative thoughts, and focus on their preparation rather than worrying about the outcome. A calm and positive mindset, according to her, significantly improves performance during interviews and examinations.

5. Four-Step Breathing Technique for Stress Management

One of the most practical takeaways from the session was a simple four-step breathing exercise that students can practice before interviews, viva examinations, presentations, or any stressful situation. The technique involves:

- Slowly inhaling a deep breath.
- Holding the breath for a few seconds.
- Slowly exhaling the breath.
- Relaxing before repeating the process.

She explained that practicing this breathing technique helps calm the mind, reduce anxiety, improve concentration, and enhance confidence during stressful situations.

6. Importance of Taking Short Mental Breaks

Ms. Dhriti Singh highlighted how students often become so deeply involved in studying or daily responsibilities that they forget to take care of themselves. Continuous study for several hours without a break can lead to mental exhaustion and reduced productivity.

To overcome this, she encouraged students to engage in small activities that bring them happiness and help refresh their minds. For example, she suggested looking around one's room and reconnecting with meaningful objects such as childhood toys, souvenirs, decorations, or other personal belongings that may have been forgotten over time. Such simple moments of reflection can help students relax and regain mental energy.

7. Creating a Personal Reflection Corner

Another valuable suggestion was to create a special corner in one's room dedicated to self-reflection and relaxation. She advised students to spend a few quiet minutes there every day, free from distractions, to think about:

- Their personal goals
- Areas where they wish to improve
- Activities and hobbies they genuinely enjoy
- Things that bring them happiness and peace



According to her, regular self-reflection promotes emotional stability, self-awareness, and better mental health in today's fast-paced lifestyle.



8. Availability of One-to-One Counselling

Towards the end of the session, Ms. Dhriti Singh informed students that anyone facing academic, personal, emotional, or family-related challenges could approach her for an individual counselling session. She assured students that seeking help is a sign of strength and encouraged them to speak openly whenever they feel overwhelmed or require guidance.

Conclusion

The counselling session conducted by Ms. Dhriti Singh was highly informative, interactive, and beneficial for all students. It provided valuable insights into managing academic pressure, handling personal and family-related stress, maintaining emotional well-being, and preparing confidently for interviews and examinations. The practical stress-management techniques and self-care strategies shared during the session offered students simple yet effective ways to maintain a healthy balance between their academic responsibilities and personal lives.

Overall, the session successfully motivated students to prioritize their mental health, develop a positive outlook, communicate effectively, and seek support whenever required. It was an enriching experience that left students with useful life skills that will benefit them throughout their academic journey and beyond.