

## **Group Guidance Session (Mental Health Awareness) for B.Com students**

Under the able guidance of honorable Principal of the College, Ms Rajni Bhalla, a group Guidance session was organized for B.Com students by The Guidance and Counselling Cell of the College on 21 Sept, 2022. The aim was to foster awareness among the students regarding signs and symptoms of various mental health issues common among youth. Power point presentation and experiential activity were used by Dr. Nandini Moudgil (PhD and NET in Psychology and Post Graduate Diploma in Guidance and Counselling, NCERT) in the Group Guidance session to make students aware regarding depression, anxiety, suicide, abusive relationships and drug abuse.



The session was hosted by Mrs Monika and attended by honorable Principal Ma'am, committee members- Mrs Vineeta and Ms Suman; and Ms Neha. The session was attended by 54 students of B.Com. Anonymous feedback forms were filled by the students that helped in gauging if students were benefitted by the session and the range of positive response was from 80 to 100 %. They were also asked to highlight the key concerns for which they would further like to attend Group Guidance sessions. Some common concerns that emerged were time management, study techniques and stress management.

