B. L. D. E. ASSOCIATION'S

S. B. ARTS AND K. C. P. SCIENCE COLLEGE

BLDE New Campus, Shri B. M. Patil Road, Vijayapur-586103

Student Counseling Cell

An Awareness Program

On

Mental Health Issues and Coping Strategies

For

Girl Students Residing in Hostel

Date : 20/09/2024

Place : SB Arts and KCP Science College, Girls Hostel
Smt. Bangaramma Sajjan Campus, Solapur Road,
Vijayapur

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Date : 19/09/2024

Notice

It is hereby informed to all the First Semester girl students residing in hostel that, Student Counseling Cell of the college is organizing an awareness program about Mental Health issues and Coping Strategies on 20/09/2024 in the KCP Girls Hostel at 5:30 pm after college hours.

19.09.24

[Smt. Mulati Chanagond]

CHAIRMAN

Student Counseling Cell

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Report

Mental Health Issues and Coping Strategies

Mental health issues among students have become increasingly prevalent in recent years. Factors such as academic pressure, social isolation, financial stress, and the transition to adulthood contribute significantly to mental health challenges faced by this demographic. Understanding these issues and implementing effective coping strategies is essential for promoting well-being and academic success. To address this issue, college Student counseling Cell organized an awareness program on 20th September 2024 at 5:30 pm onwards at the KCP Girls Hostel, Smt. Bangaramma Sajjan Campus, Vijayapur. Smt. Malati Chanagond , Chairman of the Cell addressed the students. Other members of the cell were also present. Following things were discussed with the students .

Picture : Cell Chairman Smt. Malati Chanagond addressing the students.

Picture : Students present during the program.

Picture : Cell Chairman Smt. Malati Chanagond addressing the students.

Common Mental Health Issues

1. **Anxiety Disorders**: Anxiety is one of the most common mental health issues reported by students. It can manifest as generalized anxiety disorder (GAD), social anxiety, or panic attacks. Symptoms may include excessive worry, restlessness, difficulty concentrating, and physical symptoms like increased heart rate.
2. **Depression**: Depression is another significant concern among students. It can lead to feelings of hopelessness, loss of interest in activities, changes in appetite or sleep patterns, and difficulty functioning academically or socially.
3. **Stress**: Academic demands often lead to high levels of stress among students. This stress can be acute or chronic and may result from exams, deadlines, or balancing multiple responsibilities.
4. **Substance Abuse**: Some students may turn to alcohol or drugs as a coping mechanism for their mental health struggles. This can lead to addiction and further exacerbate existing mental health issues.
5. **Eating Disorders**: The pressure to maintain certain body images can lead some students to develop eating disorders such as anorexia nervosa or bulimia nervosa.
6. **Sleep Disorders**: Poor sleep quality is common among students due to irregular schedules and high-stress levels, which can further impact mental health.

Coping Strategies

1. **Time Management Skills**: Developing effective time management skills can help reduce academic stress. Tools such as planners or digital calendars can assist students in organizing their schedules and prioritizing tasks.
2. **Mindfulness and Meditation**: Practicing mindfulness techniques such as meditation can help reduce anxiety and improve overall mental well-being. Mindfulness encourages individuals to focus on the present moment without judgment.
3. **Physical Activity**: Regular exercise has been shown to reduce symptoms of anxiety and depression while improving mood through

the release of endorphins. Activities like jogging, yoga, or team sports can be beneficial.

4. **Social Support Networks**: Building a strong support network with friends, family, or student organizations provides emotional support during challenging times. Engaging in social activities helps combat feelings of isolation.
5. **Professional Help**: Seeking counseling services offered by universities can provide students with access to trained professionals who understand their unique challenges. Therapy options may include cognitive-behavioral therapy (CBT), group therapy, or workshops focused on coping skills.
6. **Healthy Lifestyle Choices**: Maintaining a balanced diet, getting adequate sleep, and avoiding excessive alcohol or drug use are crucial for mental health stability.
7. **Setting Realistic Goals**: Students should set achievable academic goals that consider their personal limits and capacities rather than striving for perfectionism.
8. **Journaling**: Writing about thoughts and feelings can serve as an emotional outlet for students experiencing stress or anxiety while helping them process their experiences more effectively.
9. **Utilizing Campus Resources**: Many universities offer resources such as wellness programs, peer support groups, and workshops focused on mental health awareness that students should take advantage of.
10. **Developing Resilience Skills**: Learning resilience skills helps students cope better with setbacks by fostering a positive mindset that emphasizes growth from challenges rather than defeat.

In conclusion, college is putting efforts to address such issues among students by organizing such programs.

24.09.24

[Smt. Malati Chanagond]

CHAIRMAN
Student Counseling Cell

IQAC, Co-ordinator
S.B.Arts & K.C.P.Science College,
Vijayapur.

Principal,
S.B.Arts & K.C.P. Science College,
VIJAYAPUR.

BLDEA's S B Arts and K C P Science College, Vijayapur

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List of Students present during the program

Sl No	Name of the Student	Course	Semester	Signature
01	Jyoti, S. Sultanpur	BSC	1st sem	
02	Shilpa. M. Policepatil	BSC.	1st Sem	
03	Sneha. S. Dashyal	B.Sc.	1st Sem	
04	Anushree. Wali	B. SC	1st Sem	
05	Rakshita, Hadapad.	B.SC	1st sem	
06	Sahana, S. Biradar	B.S.C	1st sem	
07	Parvati Angadi	B.S.C	1st sem	
08	Vaishnavi. Hiremath	B.S.C	1st sem	
09	Annapurna. Biradar	B.S.C	1st sem	
10	Bhagyashree. R. Teli	BSC	1st sem	
11	Aishwarya - A - Biradar	B.S.C	1st sem.	
12	Laxmi . M. Teli	B. A	1st sem	
13	Nikhita. S. Malli	BSC	1st sem	
14	Soundarya S Naik	B.C.A	1st Sem	
15	Vidyashree. S. Devanagaon	BSC	1st sem	
16	Varsha. N. Ganiger	B. SC	1st sem	
17	Bhagyashree. S. Naganagur	B.SC	1st sem	
18	Geeta. C. Gilli	B.SC	1st sem	
19.	Bhagyashri. V. Patil	B.S.C	1st sem	
20]	pratibha. Shabadi	B.S.C	1st sem	
21	Aishwarya. R. Malipatil	BSC	1st sem	
22]	Manjula. B. Mendigeri	BSC	1st sem	
23>	Bhagyashree Pujari	BA.	1st sem	
24>	Sneha. A. yaragall	BSC	1st sem	
25>	Akshata. B. Guggari	BSC	1st sem	
26>	Swati. S. Bavi	B.Sc	1st sem	
27>	Bhoomika. S. Patil	B. SC	1st Sem	Bhoomika
28>	Takshita. S. Salotagi	BCA	1st sem	
29>	Kalpana. G. Uppar	BCA	1st sem	
30>	Aishwarya. I. Awarsang	BCA	1st Sem	
31>	Soumya. S. Zalaki	B.SC	1st Sem	

32	Bhagyashree. Hiremath	B.Sc	I st sem	Bsh
33	Vijaylaxmi. Hiremath	B.Sc	I st sem	VH
34	Vidya. D. Talawar	B.Sc	I st sem	VDT
35	Hallemma. H. Chalawadi	B.A	I st Sem	HHC
36	Priyanka. A. Muslmani	B.A	I st sem	PAM
37	Anita. S. Hadimani	B.A	I st sem	A.S.H
38	Rakshita. S. Salotagi	BCA	I st sem	RSS
39	Kalpana. G. Uppar	BCA	I st sem	Kalpana
40	Aishwarya. I. Avarsang	BCA	I st sem	AIA
41	Akshata. B. Guggari	BSC	I st sem	ABG
42	Swati. S. Bhavi	BSC	I st sem	SSB
43	Bhagyashree Pujari	BA	I st sem	BC Pujari
44	Aishwarya. A. Biradar	B.S.C	I st sem	A.A.B
45	Sahana. S. Bixodar	B.S.C	1st sem	S.S.B.
46	Anushree. wali	B.S.C	1st sem	Awali
47	Bhagyashree. R. Teli	BSc	1st sem	BRTeli
48	Rakshita. Hadapad	BSC	1st sem	RH
49	Bhoomika. S. Patil	B.SC	1st sem	Bhoomika
50	priyanka. Y. Biradar	B.SC	1st sem	PB
51	Anushri. Biradar	B.SC	1st sem	AB

20.09.24

[Smt. Malati Chanagond]

CHAIRMAN
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Feedback of Students present during the Awareness program

*	* Firstaple Thank you so much madam. ಮಾನಸಿಕ ಒತ್ತಡ ಅನ್ನುವುದು ನಿಜಕ್ಕಾಗಿಯೂ ನಮ್ಮ ಸಂಯಮ ನಮ್ಮ ಮನಸ್ಸುಮಾಡುವಂತಹದ್ದು ಧನ್ಯವಾದ Ma'am. ನಾವು ತಂದೆ-ತಾಯಿಗಳನ್ನು ಬಿಟ್ಟು ಇಲ್ಲಿಗೆ ಬಂದಿದ್ದೇವೆ. ಒಳ್ಳೆಯ ಪರಿಚಯ ಅನಿಸ್ತು Ma'am.
*	* ಈ ಸಂಯಮಗಳು ಮುಕ್ತ ಜೀವನದಲ್ಲಿ ಒಳ್ಳೆಯ ಅಲೋಚನೆಯ ತಾತ್ಪರ್ಯ ಬದಲಾವಣೆಯನ್ನು ತರುತ್ತವೆ ಎನ್ನುವುದರಲ್ಲಿ ಎರಡು ಮಾತಿಲ್ಲ. ನಮ್ಮ ಈ ಕೆಲಸಕ್ಕೆ ನಮ್ಮವರ ಕಡೆಯಿಂದಲೂ ಪ್ರೋತ್ಸಾಹವಿರಲಿ Ma'am.
*	Cultural Activities ಗೂ ನಮಗೆ ಅವಕಾಶ ಮಾಡಿಕೊಟ್ಟಿ ಮೇಡಮ್. ಇದನ್ನು ಯಾಕೆ? ಕಲ್ಪಿಸಿದ್ದಿರಿ, ಅಂದರೆ ಈ Activities ಗಳು ಯಾವುದೇ ಮಾನಸಿಕ ಸಮಸ್ಯೆಗಳಾ Depression ಇಂದ ಹೊರಗಡೆ ಬರಬಹುದು ಎಂಬುದು ನನ್ನ ಅಭಿಪ್ರಾಯ.
*	ನಮ್ಮ ಮಾತುಗಳು, ಅಂದರೆ ಇಂತಹ ಒಳ್ಳೆಯ ಮುಕ್ತ ಚರ್ಚೆಯನ್ನು ಎಷ್ಟಲಗೊಳ್ಳುವ ತರಬಾಗಿನ ಹೋದರಾಷ್ಟಕ್ಕೆ ನಾವು ಎಲ್ಲಾಗಿಯೂ ಶರಣಾಗುವುದು Ma'am.
*	ಇಂತಹ ಕಾರ್ಯಕ್ರಮಗಳು ನಮ್ಮ ಯೋಚನೆಯಲ್ಲಿ ಇನ್ನಾ ಹೆಚ್ಚಾಗಬೇಕು. So ನಮ್ಮ ಈ ಇಂತಹ ಕಾರ್ಯಕ್ರಮಗಳನ್ನು ಕೊಡಿಸಿ ಮುಂದುವರೆಸಿಕೊಂಡು ಹೋಗಬೇಕು.
*	ಇಂತಹ ಹುಂಡರ ನಮ್ಮಲ್ಲಿ ತಂಡೋಪಂಡರ ಇಂತಹ ನಾವು ಈ ಸಂಯಮಗಳನ್ನು ಕಾಲಕಾಲಕ್ಕೆ ಮಾಡುತ್ತಿರಬೇಕು. Once again Thank you so much Madam. - ಶಿಲ್ಪಾ. ಬಿ. ಪೂಜಾರಿ

20.09.24

[Smt. Malati Chanagond]

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