



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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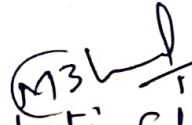
Student Counseling Cell



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.


[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.

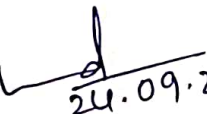
Coping Strategies

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.

(M3)  24.09.24
[Ms. Malati Chanagond]

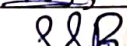
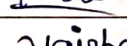
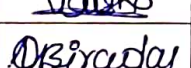
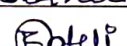
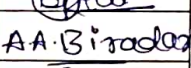
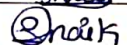
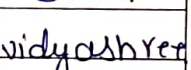
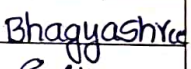
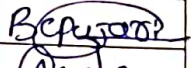
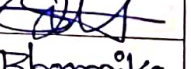
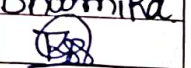
CHAIRMAN
Student Counseling Cell


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


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

Student Counseling Cell

List of Students present during the program

Sl No	Name of the Student	Course	Semester	Signature
01	Jyoti, S. Sultanpur	BSC	1 st Sem	
02	Shilpa. M. Policepatil	BSC.	1 st Sem	
03	Sneha. S. Dashyal	B. Sc.	1 st Sem	
04	Anushree. wali	B. GC	1 st Sem	
05	Rakshita, Hadapad.	B. Sc	1 st sem	
06	Sahana, S. Biradar	B.S.C	1 st sem	
07	Parnali Angadi	B. S. C	1 st sem	
08	Vaishnavi. Hiremath	B. S. C	1 st sem	
09	Annapurna. Biradar	B. S. C	1 st Sem	
10	Bhagyashree. R. Teli	BSC	1 st Sem	
11	Aishwarya- A- Biradar	B. S. C	1 st Sem	
12	Laxmi. M. Teli	B. A	1 st sem	
13	Nikhita. S. Malli	BSC	1 st sem	
14	Soundarya S. Naik	B. C. A	1 st Sem	
15	Vidyaashree. S. Devanagaoth	BSC	1 st Sem	
16	Vansha. N. Ganiger	B. SC	1 st sem	
17	Bhagyashree. S. Naganasur	B. SC	1 st Sem	
18	Geeta. C. Silli	B. SC	1 st Sem	
19	Bhagyashree. V. Patil	B. S. C	1 st Sem	
20	Pratibha. Shabadi	B. S. C	1 st sem	
21	Aishwarya. R. Malipatle	BSC	1 st sem	
22	Manjula. B. Mendigeri	BSC	1 st Sem	
23	Bhagyashree Pajari	BA.	1 st sem	
24	Sneha. A. Yargall	BSC	1 st sem	
25	Akshata. B. Guggari	BSC	1 st sem	
26	Swati. S. Bavi	B. S. C	1 st sem	
27	Bhoomika. S. Patil	B. SC	1 st Sem	
28	Rakshita. S. Solatagi	BCA	1 st Sem	
29	Kalpna. G. Uppar	BCA	1 st sem	
30	Aishwarya. T. Awasang	BCA	1 st Sem	
31	Soumya. S. Zalaki	B. SC	1 st Sem	

32	Bhagyashree. Hiremath	B.Sc.	I st sem	Bab
33	Vijaylaxmi. Hiremath	B.Sc	I st sem	24
34	Vidya. D. Talawar	B.Sc	I st sem	25
35	Halleemma. H. Chala Vadli	B.A	I st Sem	142
36	Priyanka. A. Mulimani	B.A	I st sem	26
37	Amita. S. Hadimani	B.A	I st sem	A.S. 11
38	Rakshita. S. Salotagi	BCA	I st sem	27
39	Kalpana. G. Uppari	BCA	I st sem	Palpana
40	Aishwarya. T. Auradang	BCA	I st sem	28
41	Akshata. B. Guggari	BSC	I st sem	29
42	Swati. S. Bhavi	BSC	I st Sem	30
43	Bhagyashree. Pujari	BA	I st sem	B.Pujari
44	Aishwarya. A. Biradar	B-s.c	I st sem	A.A.B
45	Sahana. S. Biradar	B.S.C	I st sem	S.S.B
46	Anushree. wali	B.S.C	I st sem	31
47	Bhagyashree. R. Teji	BSC	I st sem	32
48	Rakshita. Hadapad	BSC	I st sem	33
49	Bhoomika. S. Patil	B.Sc	I st sem	Bhoomika
50	Priyanka. G. Biradar	B.SC	I st sem	34
51	Anushree. Goudan	B.SC	I st sem	35

(M3) 20.09.24

[Smt. Malati Chanagond]

CHAIRMAN
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Feedback of Students present during the Awareness program

- * * Firstable Thank You So much madam.
ಮಾನ್ಯತೆ ಪಡೆದು ಅನುಮತಿಸುತ್ತೇನೆ...ನೀಚ್ಚಾಗಿರುತ್ತಾ ನಮ್ಮ ಸಂತೋಷ
ಗಾಗಿ ಮನವಿಮಾಡುವಂತಹದ್ದು ಆಗಿದೆ. Ma'am.
ನಾವು ಅಂದ - ಕೊಯಲಾಗುತ್ತಿದ್ದ ಬೆಳೆ ಇಲ್ಲದೆ ಬಾಡುತ್ತದೆ.
ಬೆಳೆಯ ಜವಬ್ದಾರಿ ಅಲ್ಲದೆ Ma'am.
- * * ಈ ಸಂತೋಷ ಮೆಚ್ಚುಗೆ ಜೀವನದಲ್ಲಿ ಬೆಳೆಯಾ ರೀತಿ
-ಯೂ ನಾಣಿತ್ತು ಬದಲಾವಣೆಯನ್ನು ತರುತ್ತದೆ ಎನ್ನು
-ವುದೆಲ್ಲಾ ಯಾರೂ ಮಾತಲ್ಲ. ನಮ್ಮ ಈ ಕೆಲಸಕ್ಕೆ
ನಮ್ಮೆಲ್ಲರ ಕೊಡುಹಣವಾಗಿ ದೀಪ್ತಿವಾಗುತ್ತೆ Ma'am.
- * Cultural Activities ಗಳು ನಡೆ ಅವಕಾಶ ಮಾಡಿಕೊ
-ಟ್ಟು ಹೇಡರ್ವರ್. ಇದನ್ನೇ ಯಾಕೋ? ಹೆಚ್ಚಿನ, ಅಂದರೆ
ಈ Activities ಗಳು ಯಂಥಾದ ಮನಸ್ಸಿನವರ ಮೇಲೆ
-ಯಾಂಥೆ ಹೊರಗಡೆ ಬರಬಹುದು ಯಂಥಾದ ಸನ್ನಿ ಆಗುತ್ತೆ.
- * ನಮ್ಮ ಮಾತುಗಳು, ಅಂದರೆ ಇಂತಹ ಬೆಳೆಯ ಮೆಚ್ಚುಗೆ
ಹೇಳುತ್ತಿದ್ದನ್ನು ಎಚ್ಚರಿಕೆಯಿಂದ ನೋಡುವಾಗಲೇ ಹೋ
-ರಾಣಕ್ಕೆ ನಾವು ನೀಚ್ಚಾಗಿರುತ್ತಾ ಕೆಲಸವನ್ನು ಮಾಡ್ತೆ Ma'am.
- * ಇಂತಹ ಕಾರ್ಯಕ್ರಮಗಳು ನಮ್ಮ ಹೇಡದಲ್ಲಿ ಇನ್ನೂ
ಹೆಚ್ಚಾಗಬೇಕು. ಏ ನಮ್ಮ ಈ ಇಂತಹ ಕಾರ್ಯಕ್ರಮಗಳ
-ಗಿತ್ತು ಮಾಂಡುವೆರೊ ಹೇಡರ್ವರ್.
- * ಇಂತಹ ಅಂದರೆ ನಮ್ಮೆಲ್ಲ ಕೊಡುಹಣವೆಲ್ಲಾ
ನಾವು ಈ ಸಂತೋಷವನ್ನು ಹಾಲನೆ ಮಾಡುತ್ತೇವೆ.
Once again Thank You So Much
Madam. - ಶ್ರೀ. ಎಂ. ಕುಮಾರ್ ಪ್ರಸಾದ್.

(M3) 20.09.24
[Smt. Malati Channagond]

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