

Health Education and Counselling Cell Report 2022-23

Introduction: With the sole intention of equipping students with essential life-saving skills and addressing mental health concerns, our institution initiated a dual program comprising first aid training on 05/06/2023 and counselling sessions. This report outlines the planning, execution, and outcomes of these initiatives.

First Aid Training Program: It is important for every student to possess basic first aid knowledge. Therefore we endeavoured to conduct a comprehensive training program. However, with approximately 1500 students and time constraints, managing such a large-scale program proved challenging. Consequently, we collaborated with the District Hospital Tumkur, which agreed to conduct training for a selected batch of students. Subsequently, we identified a diverse group of students to undergo this training, ensuring representation from various academic disciplines and extracurricular backgrounds.

NCC Volunteers: Understanding the need for broader dissemination of first aid knowledge, we furthered our efforts by sending NCC volunteers to learn the first response program at the District Hospital. This strategic decision aimed to empower our volunteers to educate more students within our college community, thus amplifying the impact of the training program.





Counselling Sessions: As a parallel to acknowledge the importance of mental health support, we reached out to Dr. Tavikumar S. P, a renowned psychologist from the Manasparsha Center for Well-being in Tumkur. Dr.Tavikumar graciously agreed to conduct counselling sessions for students in need. To identify participants, we liaised with proctors to gather names of students requiring counselling support. Additionally, we extended an invitation to students to voluntarily avail themselves of these sessions.

Conclusion: The combined efforts to conduct first aid training and counselling sessions reflect our institution's commitment to holistic student well-being. By addressing both physical and mental health needs, we strive to create a supportive and empowered learning environment. Moving forward, we remain dedicated to sustain and expand these initiatives to serve the diverse needs of our student body.