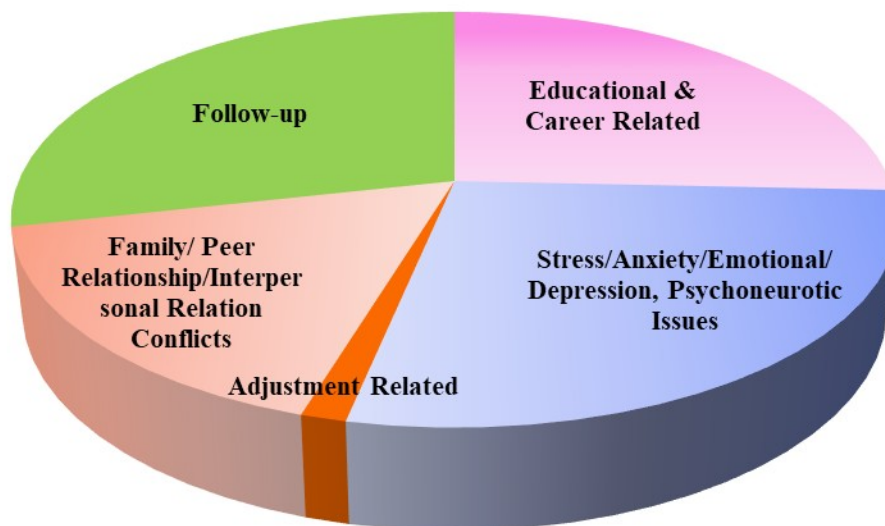


Report of Counselling
Number of Students Counselling (Area wise)
(1/01/2023 – 31/12/2023)


Number Of Clients (Area wise)				Follow-up	Total Number of Clients
Educationa l & Career Related	Stress, Anxiety, Emotional, Depression/ Psychoneurotic Issues	Adjustment Related	Family/ Peer Relationship/Interpersonal Relation Conflicts		
55	59	3	36	61	214

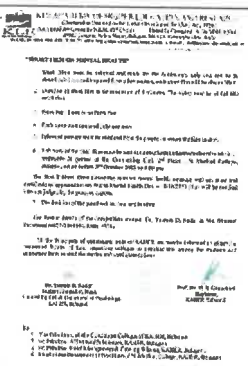


**Counselling-
Number of Clients(Areawise)**



Total: 214

Activities Conducted By Counselling Cell, KAHER January 2023-December 2023

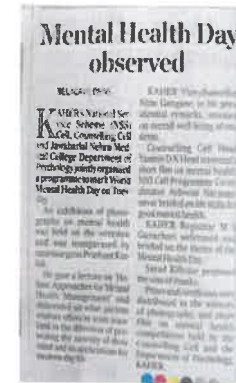
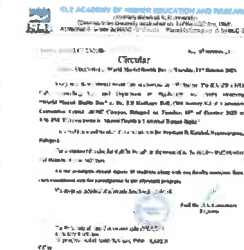
Sl No	Activities/Program	Date	Beneficiaries	Photos
1	Competition: Intercollegiate level Competition on Photography for mental health for the students of constituent colleges of KAHER on occasion of world mental health day organized by Counselling cell and Department of Psychology, KAHER	4/10/2023		

2	Competition: Intercollegiate level Competition on short film making for mental health for UG,PG, students, Interns of constituent colleges of KAHER on occasion of world mental health day organized by Counselling cell and Department of Psychology, KAHER	3/10/2023		
3	Programme: Ghar Ghar Manasik Aroghy Abhiyan'- Door to Door Mental Health Campaign Activities: educating the staff, faculty in JNMC Quarters -going door to door of staff quarters distributing pamphlets on mental health in JNMC Campus. Provision of Number for Free Tele Counselling on every Working Saturday (10am -1pm) .	All the staff quarters in JNMC campus Nehru Nagar Belagavi.	houses covered - 220 No of Beneficiaries 880+	
4	Observation of World Mental Health Day at 300 seater KLE Centenary Convention Hall, JNMC Campus, Belagavi organized by Counselling and NSS Cell and Dept. of Psychology, KAHER Activities: i) Inauguration of Exhibition of Photographs (on mental health) by KAHER's Students	10/10/2023	Beneficiaries: 300 Students, NSS Volunteers, Faculty	

ii) **Showcase of Short-film on Mental Health-Reaching out for Help** made by Students of J. N. Medical College, KAHER.

iii) **Guest Lecture on “Holistic Approaches for Mental Health Management”** by Dr.Katkol, Neurosurgeon


iv) **Prize distribution** to the winners of competitions of Photography and short film on mental health




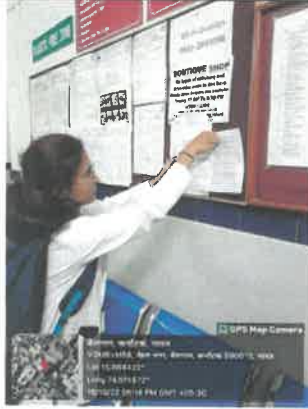

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5	Slogan writing on mental Health by UG, PG students, NSS Volunteers, Staff & Faculty of KAHER	10/10/2023	UG, PG students, NSS Volunteers, Staff & Faculty	 
6	Programme: Mental Health Awareness in Hostel premises. Activities: *Short Talks on Mental Health & Wellbeing, Time Management Bullying Mobile Phone Addiction, Suicide Prevention at Girls Hostel Premises, J.N. Medical Campus, KAHER. *Availability of Tele Counselling *Display of posters and Brochures on various mental health concerns and management on the notice boards of UG and PG hostels in J.N. colleges	16/10/2023	151 MBBS Girls Students	 


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	Premises.			
7	<p>Programme: Mental Health Awareness Talk on mental health concerns & management with interaction for MBBS Students in College</p> <p>Activities:</p> <ul style="list-style-type: none"> *Short Talks on Mental Health & Wellbeing, Time Management Bullying Mobile Phone Addiction, Suicide Prevention at Lecture Hall, J.N. Medical Campus, KAHER. *Availability of Tele Counselling *Display of posters and Brochures on various mental health concerns and management on the notice boards of UG and PG hostels in J.N. colleges <p>Premises</p>	20/10/2023	MBBS first year students	

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8	<p>Skit and briefing on ' learning difficulties/disabilities, bullying, anxiety and suicide prevention' was performed and given by faculty Dr. Yasmin and PG students of psychology KAHER. In Kannada and Hindi at KLE Venudhwani 90.4 FM</p>	October 2023	KLE venudhwani 90.4 FM Community Radio Audience	
09	<p>Display of posters and Brochures on various mental health concerns and management on the notice boards of UG and PG hostels in J.N. Medical College premises.</p>	16/10/2023	<p>Beneficiaries : Students in UG and PG hostels in J.N. Medical College premises</p>	 

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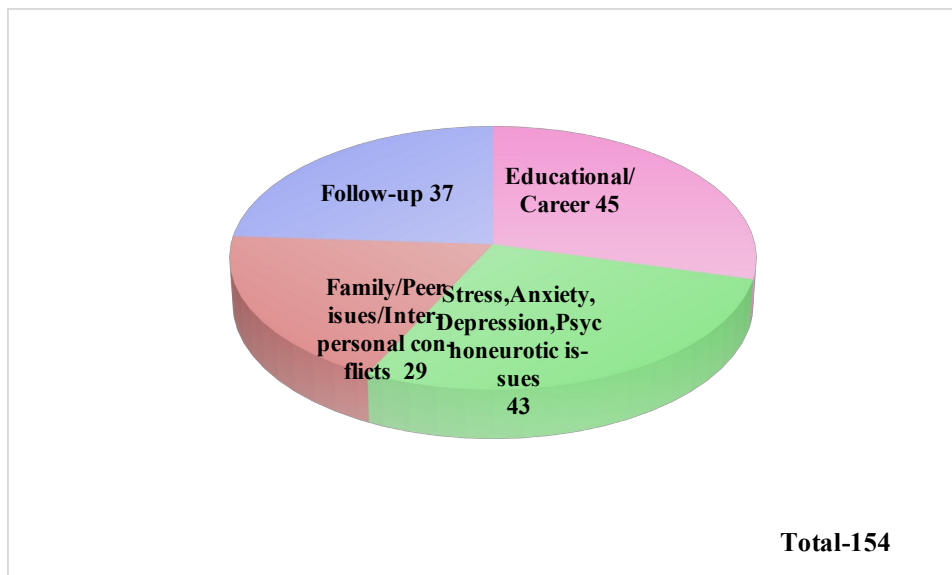
10	Display of posters and Brochures on various mental health concerns and management on the notice boards of constituent colleges of KAHER	30/10/2023	Beneficiaries : Students of constituent colleges of KAHER.	
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**Activities conducted by Counseling Cell and Department of Psychology
KAHER**

1st January 2024 to 8th November 2024

- Number of Clients for Counselling**



- Activities conducted on Mental Health by Counseling Cell and Department of Psychology
KAHER**

- 1) Counselling Cell and Department of Psychology of KLE Academy of Higher Education and Research, Deemed-to-be-University, Belagavi, Karnataka had organized **two days 2nd International Conference on ‘Hardware (Brain Health) and Software (Techniques, Therapies...) for Mental Health Management’** in *Hybrid mode* on **27th and 28th March 2024** at Dr. B. S. Kodkany Hall (300 Seater), KLE Centenary Convention Centre, JNMC Campus, Belagavi.

Participants: 300+ participants from *Eight countries* and *24 States and Union Territories of India* participated in this conference with diverse Specialties-Psychology, Medical (Clinical, Pre & Para Clinical), Psychiatry, Dentistry, Physiotherapy, Pharmacy, Nursing, Ayurveda, Homeopathy, Neurosciences, Public Health, Social Work, Information Technology, Allied Health Sciences, Arts and Humanities, Education, Physical Education, Yoga and Social Sciences

In Scientific sessions, 125 Abstracts were received, out of which 104 Papers were presented by participants from Abroad and India.

Resource Persons:

- **Dr. Randolph Cornelius** Professor of Psychology Vassar College, New York, USA
- **Mrs. Annette Kreuz Smolinski** Clinical Psychologist Director, Center for Family Therapy, Valencia, Spain
- **Dr. Ashok H. S.** Professor of Psychology, Chanakya University, Bangalore. Advisor & Research Faculty, Center for Educational and Social Studies. Bangalore
- **Dr. Shanmukh V. Kamble** Professor and Chairperson, Department of Psychology, Karnatak University, Dharwad
- **Dr. Keshav Kumar** Professor, Neuropsychology Unit, Department of Clinical Psychology, NIMHANS, Consultant, Geriatric Unit, Neurorehabilitation Dept. NIMHANS, Bangalore.
- **Dr. Paulomi M. Sudhir** Professor of Psychology, Department of Clinical Psychology. Consultant at Behavioral Medicine Unit, Stress and Lifestyle Clinic, NIMHANS, Bangalore
- **Mr. Sumit Dutta** Counselling Psychologist and Mental Health Trainer, Kolkata. Resource Person for International Institute of Peace and Development Studies, Bangkok, NCERT, NERIE Shillong, NIEPA, New Delhi.
- **Dr. C. Anitha** Assistant Professor & Chairperson, Department of Studies and Research in Food Science and Nutrition, Karnataka State Open University, Muktagangotri, Mysore



- 2 Street Play on '**Mental Health concerns of children of alcoholics**' and **distribution of the pamphlets** (Psychoeducation Material) of the same, organized by Counselling Cell & Dept. of Psychology, KAHER, Belagavi on **13/02/2024 at Central Bustand Belagavi** to create awareness of Mental Health concerns of children of alcoholics.

Beneficiaries: 100+ Passengers (Youths, adults Male &Female, Old aged) & KSRTC Staff.



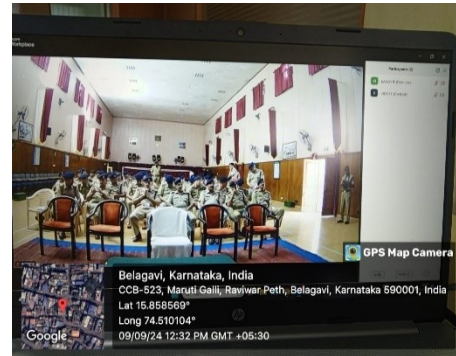
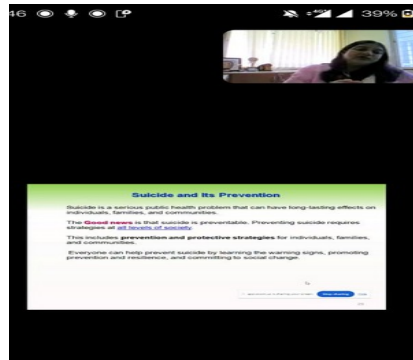
- 3 **Radio skit & talk** by Student Counselor, KAHER & Post Graduate Students of Psychology, KAHER, Belagavi at KLE Venudhwani 90.4 FM on **17/02/2024** to create awareness about the problems of children of alcoholics.

Beneficiaries: Audience of Venudhwani 90.4 FM from Belagavi



- 4 Dr. Yasmin D. Nadaf Student Counsellor (Psychologist) & Associate Professor of Psychology & I/C Head Department of Psychology, KLE Academy of Higher Education and Research, Belagavi (KAHER) had a session & talk on **Stress Management and Suicide Prevention** (Virtual Mode) for the **Personnel of 19th BN Indo TIBETAN Border forces Sarahan, Himachal Pradesh** as a **Resource Person** the occasion of World Suicide Prevention Day on **9th September 2024**.

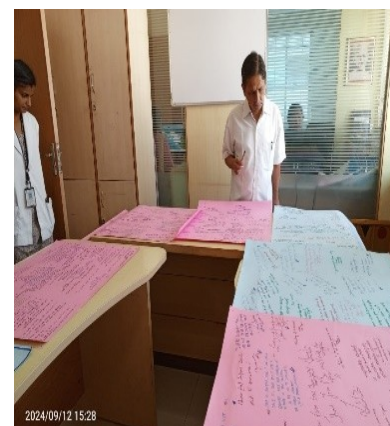
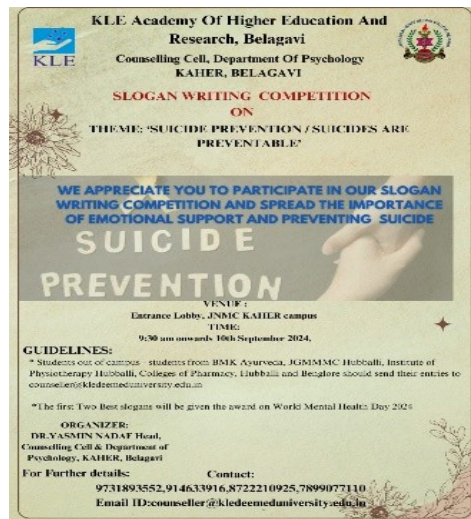
It was highly appreciated by The Office of the COMMANDANT, 19th BN ITB Police (Ministry of Home Affairs), Government of India PO. Bonda (Sarahan), Dist. Shimla (H.P) & willing to avail the wisdom and participation of Dr. Yasmin for such future awareness Programmes.



- 5 Counselling Cell & Department of Psychology, KAHER organized an Inter – collegiate competition for UG /PG students and staff of all constituent colleges of KAHER, Belagavi for **Slogan Writing on ‘Suicide Prevention / Suicides Are Preventable’** on 10th September 2024.

The first Two Best slogans were given the awards in students and staff section

Number of Participants: 279



- 6 Counselling Cell & Department of Psychology, KAHER organized Health awareness Programme on World Suicide Prevention day on the theme “**Suicide Prevention /Suicides are Preventable**” in association with **KLE Venudhwani 90.4 FM Community Radio Station** Belagavi on 12th September 2024.

Resource Person: **Dr Ashok H. S Professor of Psychology** at School of Arts, Humanities and Social Sciences, Chanakya University, Bengaluru and Former Chairperson of Dept. of Psychology, Bangalore University, Bengaluru was the Resource Person and the program was broadcasted on 14th September 2024 at 9.AM



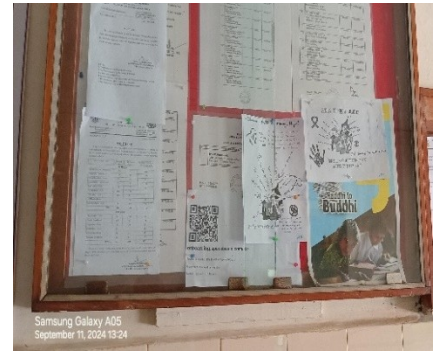
- 7 Discussion on **Suicide Prevention /Suicides are Preventable**: Students shared their views and discussed about suicides are preventable and how they can be prevented in campus and in life.

Venue: Entrance Lobby of the J.N. Medical College, KAHER, Belagavi

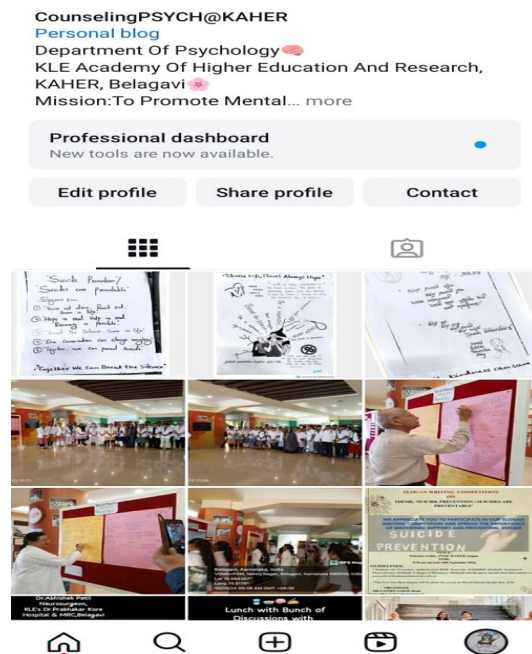


- 8 The Slogans and posters on **Suicide Prevention and Changing The Narrative On Suicide** (made by UG & PG students Constituent college of KAHER & PG Scholar of

Department of Psychology) were displayed in Boys & Girls hostels and on notice boards of Departments in JNMC Premises.



- 9 Suicide Prevention related posts and messages were shared on social media- Dept. Instagram psych_kaher and Facebook.



- 10 **Ghar Ghar Manasik Arogya Abhiyan**-Student Counsellor of KAHER, Faculty & Post Graduate Students of Department of Psychology, KAHER went door to door and briefly explained and educated the public about mental health, ADHD, Mental Retardation, Learning disabilities and their management tips and distributed Psychoeducation material (Brochures in Regional Language prepared by counselling Cell & Department of Psychology). **No of Houses:** Around 160+ Houses in Ashok Nagar, Belagavi. **Beneficiaries:** 214+



- 11 Awareness talk on 'Learning disabilities, ADHD and Management in students' for teachers of Government schools, Ashok Nagar, Belagavi by Counselling Cell & Dept. of Psychology, KAHER, Belagavi. **Beneficiaries:** Teaching faculty & Administrators of 2 Governments Schools.



- 12 **Photography and Reel Making competitions** on the eve of Mental Health were held by Counselling Cell & Department of Psychology, KAHER for the students of constituent colleges of KAHER.

- 13 Counselling Cell, NSS Cell of KLE Academy of Higher Education and Research, Deemed-to-be-University, Belagavi and Department of Psychology J. N. Medical College, Belagavi jointly organized '**World Mental Health Day**' Programme on **10th October 2024** at KLE Centenary Convention Centre, Belagavi.

Dr. Geeta Kamble, District Mental Health, Program Officer & District Leprosy Officer Belagavi was the Chief Guest, more than 300 UG & PG students/NSS Volunteers were present on this occasion.



- 14 **Exhibition of Photographs on Mental Health made by students of constituent colleges of KAHER** was inaugurated by Chief Guest and Hon. Vice-Chancellor of KAHER, Belagavi on the occasion of World Mental Health Day.



- 15 **Dr. Sudheendra Huddar**, MD, DM Addiction Psychiatry (NIMHANS), Assistant Professor, Tele MANAS, DIMHANS, Founder Sukhibhava Healthcare, Hubballi delivered *Guest Lecture on Mental Health* on the Occasion of World Mental Health Day at KLE Centenary Convention Centre, Belagavi, more than 300 UG & PG students/NSS Volunteers were present.



- 16 Prizes & Certificates were distributed to the winners of Photography, Reel Making and Slogan Writing competitions on Mental Health Day Programme on **10th October 2024**.



17 Group counselling Session for Primary school students for Urdu Medium Government school on Mental Health, study habits & mobile phone addiction on 21st October 2024. Beneficiaries: 20



18 Behavioural problems, Suicide prevention, Addiction (made by Counselling Cell & Department of Psychology, KLE Academy of Higher Education & Research) were displayed in the prominent areas of constituent colleges of KAHER.





19 Posters on Mental Health & its Management, Behavioural problems, Suicide prevention, Addiction (made by Counselling Cell & Department of Psychology, KLE Academy of Higher Education & Research) were displayed on notice boards in Boys & Girls hostels and of Departments in College Premises.

