

M.E.S COLLEGE OF ARTS & COMMERCE, ZUARINAGAR – GOA
ACADEMIC YEAR 2021- 2022
COUNSELLING CELL

The Counselling Cell organized various activities for the students and staff of the college.

Report on World Suicide Prevention Awareness Month

The Counselors conducted a session on 30th September 2021 on topic “**SUICIDE IS PREVENTABLE**” to the students of T.Y B.A and T.Y B.COM class wise and via google meet. A total number of 91 students benefitted from the session. The counselor presented a powerpoint presentation to the students which included vital information on increasing rates of suicide in India, punishment given to attempt suicide, the sources and causes of suicide and how Covid - 19 has influenced the risk of suicide. The counsellor also explained the signs and behaviours of suicidal person so that as students they can help their friends, family members and society, similarly explained how to help a suicidal person when required or contact the suicide prevention helpline number available in Goa. The counsellor shared reasons why one should stay alive and what is the importance of life given by God and family.

The session was followed by question and answer round, the students asked various questions related to suicides such as is it compulsory to show signs of suicide by a person, is suicidal behaviour inherited etc.



The counselors creating awareness among students on Suicide Prevention


Report On “The World Mental Health 2021”

To commemorate World Mental Health Day on 10th October 2021. Counselors of the College Ms. Swiszel Fernandes and Ms. Ankita Vengurleker along with Assistant professor Shri. Jayesh Raut trained our college students to enact a street play depicting issues leading to mental health illness and ways to help oneself deal with issues leading to mental illness. The main objective of this activity was to sensitize the students on importance on mental health which is vulnerable in this 21th century.

The street play was recorded due to Covid restriction and circulated to students of our college through social media.



Image of Students performing street play

 **Link Sharing**
1 file (691.7 MB)
linksharing.samsungcloud.com

<https://linksharing.samsungcloud.com/vkK9P3wcHRJ4>
Valid until 11 Oct 2021

M.E.S College of Arts and Commerce, Zuarinagar.
Counselling Cell

On Occasion of World Mental Health Day on 10th Oct 2021, the Counselling Cell, organized a street play depicting the factors leading to Mental Health. Due to Covid SoP we couldn't have a street play in the campus so we have made a video of the street play.

Hope you'll like it.

Please share this link to students.

Thank You,
Counselling Cell. 7:03 am

Our sincere thanks to Principal mam for encouraging and supporting us always. Thanks to our college counselors and Asst.Prof. Jayesh for training our students in the street play in creating awareness on Mental Health 7:37 am

Image of the link shared to the students and the staff of M.E.S College.

Report on Awareness on Domestic Violence Against Women

The College Counselors organised a session on topic “**Awareness on Domestic Violence against Women**” from 27th November 2021 to 30th November 2021 to students of SYBA, TYBA and TY B.COM session was conducted in offline mode. A total of 62 students benefitted from this session.

The counselor presented a powerpoint presentation to the students which included vital information regarding Domestic Violence, type of domestic violence such as physical, emotional violence, root causes of domestic violence, effects of domestic violence on students such as low self-esteem, less concentration and how as students and young youth of this society they can help and be a part of creating awareness against Domestic Violence.

The session was followed by question and answer round; the students asked various questions related to Domestic Violence such as why the victim stays with abusers? Is it possible for abusers to change?



Counselor conducting session on domestic violence

Report on WORLD AIDS DAY

To commemorate World AIDS Day on 1st December 2021, the counselors created a poster themed “END INEQUALITIES END AIDS” which included how AIDS is transmitted, precautions to be taken and myths or misconceptions on spreading of AIDS. The poster was circulated to students and staff of the M.E.S College.

**M.E.S. COLLEGE OF ARTS & COMMERCE,
ZUARINAGAR - GOA
Counseling Cell**

**1st
December
2021**

**World
AIDS
Day**

**LET'S SHARE FACTS
NOT FEAR**

World AIDS Day is remembered to show support to those living with the disease and to remember those who have lost their lives.

Acquired Immunodeficiency Syndrome (AIDS)

TRANSMITTED THROUGH


- Sexual Contact
- Sharing needles or syringes
- Receiving blood transfusions
- From mother to child

The Theme of World AIDS Day 2021 is
**“End
inequalities
End AIDS”**

PREVENTION

- Avoid multiple partners – use **CONDOMS**
- Use sterile needles each time for injection
- Never share needles
- Avoid unnecessary blood transfusions
- Never buy blood from professional donors.
- Donate blood
- All pregnant women should be tested for HIV

AIDS DO NOT SPREAD THROUGH



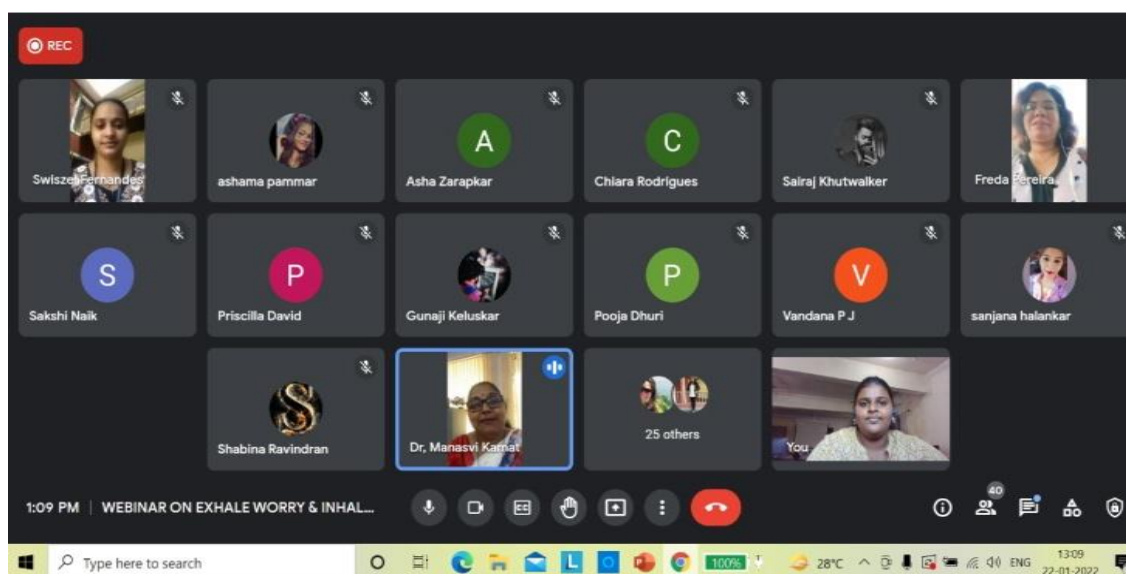
TOUCHING THROUGH FOOD WITH A KISS INSECT BITES IN THE POOL

College Counselors
Ms. Ankita Vengurleker: 7798108479 & Ms. Swiszel Fernandes: 9545850600

Poster Circulated to Students and Staff of the College

Report Webinar on Exhale –Worry Inhale –Peace, Lets Breakup –Exam Stress

The Counselling Cell organized a Webinar on “**Exhale –Worry Inhale –Peace, Lets Breakup –Exam Stress**”, on 22nd January 2022 for the students. The resource person for the session was Ms. Ankita Vengurleker, College Counselor. The Co-ordinator and the host of the webinar was Ms. Swiszel Fernandes, College Counselor. Principal Dr. Manasvi Kamat addressed the students and staff attending the session. Dr. Freda Cota e Pereira Chairperson of Counselling Cell welcomed the speaker, students and teachers for the session. The webinar was streamed via Google Meet. A total number of 40 students attended the session. Ms. Ankita Vengurleker spoke on stress, sources of stress, exam anxiety their causes and symptoms and how to reduce exam stress. Some of the tips given to reduce stress were deep breathing exercises, yoga, eating healthy food, going for 15 minutes walk after study and preparing timetable. Dr. Freda Cota e Pereira, Chairperson of Counselling Cell gave the vote of thanks.



The Resource Person Ms. Ankita, Principal Dr. Manasvi Kamat, Coordinator Ms. Swiszel Fernandes , Chairperson Counselling Cell Dr. Freda Cota e Pereira and Students attending the webinar.



**MURGAON EDUCATION SOCIETY'S
COLLEGE OF ARTS & COMMERCE**

Zuarinagar, Goa – 403726

Affiliated to Goa University | Accredited by NAAC with B+ Grade (4th cycle)

Counselling Cell Organises

Webinar on

EXHALE - WORRY & INHALE - PEACE

LET'S BREAKUP, EXAM STRESS



SAVE THE DATE & TIME

22nd JANUARY 2022

@ 12:30pm to 1:30pm



Ms. Ankita Venguriker
Speaker

GOOGLE MEET

Registration Link:

<https://forms.gle/kokSG8tx7V5GhMWt6>



Dr. Freda Cota e Pereira
Chairperson of Counselling Cell



Ms. Swiszel Fernandes
Coordinator



Dr. Manasvi Kamat
Principal

For any queries contact college counselor: Ms. Swiszel Fernandes: 9454850600

Image of Poster Circulated to Students

Report E-Quiz on Nutrition Eat Well to Live Well

The counsellor conducted E- Quiz Competition for the students and staff of the college on E-Quiz on Nutrition Eat Well to Live Well on 29th January 2022 from 9:00 am to 1:00 pm The Quiz had 20 questions all related to nutrition and healthy ways to eat well and live well. A total number of 82 participated in the quiz, from which 66 were students, 7 were teachers and 9 others. Participants who scored above 75% i.e. 15 answers correct, were awarded with E-certificate through email. A total of 36 Participant received e -certificate.



Image of certificate emailed to the participants scored above 75% and Poster circulated to students and staff.

Dr. Freda Cota e Pereira
Chairperson Counselling Cell

Dr. Manasvi Kamat
Principal