



AMITY UNIVERSITY
— UTAR PRADESH —

Sessions/Activities conducted by Amity Centre for Guidance and Counselling (ACGC)

Content:

- De-stress fest dated 27.07.2023
- Workshop on Managing Campus Life dated 24.08.2023
- Workshop on Managing Campus Life dated 15.09.2023
- World Mental Health Day - 10th October 2023
- Mental Health Awareness session dated 12.10.2023
- Mental Health Awareness session dated 19.10.2023
- Mental Health Awareness session dated 27.10.2023
- Mental Health Awareness Month dated 30.10.2023
- Workshop on Tips to manage Exam Anxiety dated 23.11.2023
- An Interactive session on the theme "Managing Behavioural issues of Millennials and GenZ" dated 30.01.2024
- Workshop "Managing Behavioral issues of Students." Faculty Sensitization Program dated 01.02.2024
- Relationship Management Session dated 22.02.2024
- Workshop on Stress Management through Mindfulness dated 21.03.2024.
- Workshop on “Mental Health and Well- Being” from 3:00pm-5:00pm dated 09.04.202

27.07.2023: De-stress fest

De-stress fest is an initiative of ACGC to connect to the students directly and to spread the word about the services provided by it. During de-stress fest, students are briefed about the counselling services provided by the ACGC with its special features like confidentiality and non- judgmental attitude and are also encouraged to enrol themselves for free of charge counselling services provided by the centre. Students are attracted towards the stall through a display board and then ACGC counsellors gave them some stress management tips, later they are introduced to the services of ACGC and are encouraged to express their feeling on a white board. They are also helped with a thought for their day as a token of gratitude.



24.08.2023 Workshop on Managing Campus Life.

An interactive session was organized on 24th August 2023 by Dr Alka Sharma and Ms. Nikita Prabhakar on managing campus life. During the session the importance of Time Management and the art of healthy eating habits were discussed with the students for managing their campus life. As campus life is all about management of one's own self and environment, thus it is

essential to sensitize the students on learning various skills for smooth functions of day-to-day activities. It was also discussed with the students to maintain healthy interpersonal relationships with assertiveness and understanding and acknowledging the invisible scars affecting their well-being.



15.09.2023 Workshop on Managing Campus Life.

An interactive session was organized on 15th September 2023 by Dr. Aruna and Ms Nikita Prabhakar in Amity Institute of Pharmacy on managing campus life. During the session the importance of Time Management and the art of healthy eating habits were discussed with the students for managing their campus life. As campus life is all about management of one's own self and environment, thus it is essential to sensitize the students on learning various skills for smooth functions of day-to-day activities. It was also discussed with the students to maintain healthy interpersonal relationships with assertiveness and understanding and acknowledging the invisible scars affecting their well-being.



World Mental Health Day - 10th October 2023 organized by:

Amity Institute of Psychology and Allied Sciences, Amity Institute of Behavioural Health and Allied Sciences and Amity Centre for Guidance & Counselling

World Mental Health Day - 10th October 2023

World Mental Health Day is an important health awareness event celebrated on 10th October every year. The objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health. The Day provides an opportunity to all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide. The

theme of this year is 'Mental health is a universal human right'.



Mental Health Awareness Month Oct 2023

Mental health awareness month was organized by conducting sessions in different departments of the university to connect with the students and faculty to spread awareness for mental health and to help them develop deep understanding about the various ways to manage mental health conditions. The sessions were attended by Students and Faculty of Amity University wherein team ACGC (Amity Centre of guidance and counselling) succeeded to spread awareness across AUUP.

Objectives of the workshop

- To understand the importance of Mental Health
- To develop understanding of Common Mental Health Problems
- To understand ways in which people can manage their individual mental health to make everyday living easier
- To reduce the frequency of unproductive worry and help them to identify irrational and rational thoughts
- To create awareness on how to support a colleague/peer with a mental health problem

12.10.2023 -Mental Health Awareness session:

The mental health awareness session was organized by Dr Alka and Ms. Nikita at Amity Institute of Education (AIE) of the university to connect with the students and faculty to spread awareness for mental health and to help them develop deep understanding about the various ways to manage mental health conditions. The sessions were attended by Students and Faculty of Amity University wherein team ACGC (Amity Centre of guidance and counselling) succeeded to spread awareness across AUUP.



19.10.2023 -Mental Health Awareness session:

The mental health awareness session was organized by Dr Aruna Maheshwari at Amity Institute of Social Sciences (AISS) of the university to connect with the students and faculty to spread awareness for mental health and to help them develop deep understanding about the various ways to manage mental health conditions. The sessions were attended by Students and Faculty of Amity University wherein team ACGC (Amity Centre of guidance and counselling)

succeeded to spread awareness across AUUP.



27.10.2023 -Mental Health Awareness session:

The mental health awareness session was organized by Dr Alka and Ms. Nikita at Amity Institute of Technology (AIT) to connect with the students and faculty to spread awareness for mental health and to help them develop deep understanding about the various ways to manage mental health conditions. The sessions were attended by Students and Faculty of Amity University wherein team ACGC (Amity Centre of guidance and counselling) succeeded to spread awareness across AUUP.



30.10.2023 -Mental Health Awareness Month.

The mental health awareness session was organized by Dr Aruna Maheshwari at ASIBAS of to connect with the students and faculty to spread awareness for mental health and to help them develop deep understanding about the various ways to manage mental health conditions. The

sessions were attended by Students and Faculty of Amity University wherein team ACGC (Amity Centre of guidance and counselling) succeeded to spread awareness across AUUP.



23.11.2023: Workshop on *Tips to manage Exam Anxiety*

ACGC organized Exam Anxiety workshop for the students at Amity University Noida on 23.11.23. The workshop was organized by Dr. Alka Sharma and Ms Nikita Prabhakar to connect with the students and to help them develop deep understanding about the various ways to ***“Manage Exam Anxiety” in AIP.*** Under the guidance of Dr. Harminder Kaur Gujral and Dr. Jaideep Kaur, session was organized for the wellbeing of the students. The session was conducted by counselling psychologist of ACGC. It was an interactive session where in the students were sensitized about ACGC Services as well. The ppt was also shared with the students for their future reference.



30.01.2024 - An Interactive session on the theme "Managing Behavioural issues of Millennials and GenZ"

(Amity Centre for Guidance and Counselling)

The Apex Management of Amity University places a high priority on of its students. The ACGC team is firmly committed to promoting students' wellbeing. Management of behavioural issues is crucial for students', and it affects the mental and physical health of the students so to give the tips for managing behavioural issues of millennials, ACGC organized an interactive session on "Managing Behavioural issues of Millennials and GenZ". This interactive session conducted at ABS for the students of MBA (HR) on January 30, 2024. The goal of the session was to discuss the behavioural issues of Millennials and GenZ and their management at the workplace. Students actively participated in the session and trying to identify the behavioural issues and discussed the management part as well. The students pointed out many behavioural issues which one can face at workplace, including exhibiting over confidence, lack of patience, lack of innovation, multitasking, not ready to take criticism, over empathetic behaviour and constantly checking phone or social media account. Discussed the management part also with the help of many imaginary situations and counselling psychologists given them tips to handle such situations. At the end of the session Counselling Psychologists sensitized the students

about the services offered by ACGC with location, timings and 24/7 toll free number for booking the appointment.



01.02.2024 Faculty Sensitization Program

An Interactive workshop on the theme "Managing Behavioural issues of Students."

The ACGC team is firmly committed to promoting students' wellbeing. Considering this, on February 01, 2024, ACGC hosted an interactive session for SGT members, Faculties, and coordinators on the topic of "Managing Behavioral Issues of Students." The goal of the session was to establish a rapport with the students and gain an understanding of the numerous behavioral issues they encounter daily. Students took part in the session as well, making it simple to identify potential issues and solutions. The counselling psychologist Ms. Nikita Prabhakar and Dr Alka Sharma led the interactive session with Dr Jaideep Kaur. The SGT

members, and other faculty members had an engaging discussion on the students' behavioural issues and potential solutions.

The discussion was initiated by stressing the significance of mental health, particularly for the Gen Z generation. Some pertinent statistics, including the fact that 68% of mental health problems increased during the pandemic. Pandemic negatively impacted on the attitudes of young adults, so they are still facing lots of mental health problems. In this situation, it's critical to talk about and educate SGT and faculty members about the behavioural issues facing students.

At the end of the session, a checklist of early intervention indications and symptoms was discussed, and information was provided to them regarding the necessity to send students to ACGC if these symptoms persisted over time. SGT members and faculties were thanked for participating actively and being involved, which helped to make the session's environment engaging.





22.02.2024 - Relationship Management Session

ACGC (Amity Centre for Guidance and Counselling) organized a relationship management group session for the students to impart deep understanding of relationships and their management. The sessions were conducted by counselling psychologist on 22nd February, 2024 from 10:00am to 11:00am at ACGC. It was an interactive session with the students wherein the students were sensitized about ACGC. The students were provided with handouts on relationship management for future reference.

21.03.2024- Workshop on Stress Management through Mindfulness

Workshop on **Stress Management through mindfulness** was organized by ACGC psychologists - Dr. Alka Sharma and Ms. Nikita Prabhakar for post graduate students of AISS where 75 Participants attended the session. It was an interactive session with full of activities and discussion on various issues like time management, open communication and many more. The workshop was very useful for the students at Amity University. Following are the few glimpses of the workshop.



09.04.202 - Workshop on “Mental Health and Well- Being” from 3:00pm-5:00pm

One day workshop on “Mental Health and Well- Being” was organised by ACGC at Amity Business School on April 9th, 2024, from 3:00PM -5:00 PM. The purpose was to connect with the Students and Teachers to help them develop deep understanding about the various Mental Health Issues. It has a crucial impact on the ideas, feelings, and behaviour of an individual. It also helps an individual in making decisions, dealing with stress, anxiety and interacting with people. Mental health is crucial at all stages of life starting from childhood to old age. An individual is facing many situations in daily life, good mental health state helps an individual to perform well and enjoy day-to-day life. On the other hand, trying times can greatly affect an individual’s mental health and make it hard to handle his day-to-day life. The workshop was attended by Students and Faculty of Amity University wherein the total number of Attendees were 120.

