

BVRIT HYDERABAD

COLLEGE OF ENGINEERING FOR WOMEN



PROFESSIONAL COUNSELLING (Dr. Anitha Are , Clinical Psychologist)

"In life everyone has a choice. The key is: Make the right choice." DJ Khaled

Motto of Professional Counseling is "to facilitate positive behavior changes, improving the student's ability to establish and maintain relationships socially, promoting their decision making process, helping the student to understand their own potential and cope effectively with the problems they face."

Activities conducted

- ✓ **Suicidal Prevention**
- ✓ **Cyber Security**
- ✓ **Interpersonal Relations**
- ✓ **Stress Management during Exams**
- ✓ **Parents Counselling**
- ✓ **Empower the Girl**
- ✓ **FDP on Emotional Intelligence**



Suicidal Prevention



Inter Personal Relations



FDP on Emotional Intelligence



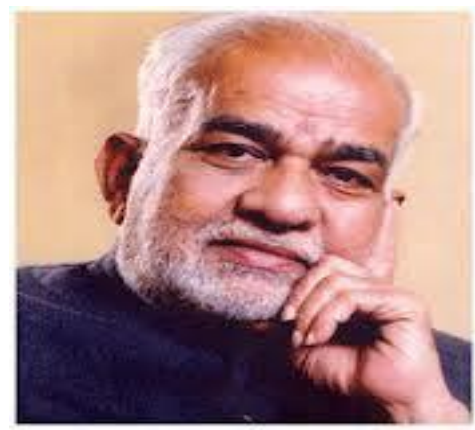
Empower the Girl



Cyber Security



Stress Management during Exams



PROFESSIONAL COUNSELLING

The College has created a new record in the ASIA BOOK OF RECORDS (ABR - is registered with Government of India with RNI no HRENG/2011/40693) for the mass attempt on "Largest Mental Health Peer counseling Session for Women" on 7th March 2019 on the eve of International Women's Day -2019. Five hundred trained BVRITH peer Counselors (MITRAS) used scientific process to develop case sheets and attempted counseling for 500 counselees for the conduction of the events



ABR Certificate



**ASIA BOOK OF RECORDS
(Peer Counselling)**



**MITRA
(Peer Counselling)**



**Counselling
Session**



**Session on
ABCD for Safety
of Girls**



**Group
Counselling**



BVRITHYDERABAD COLLEGE OF ENGINEERING FOR WOMEN

BVRITH for Psychological Well - being

“In life everyone has a choice. The key is: Make the right choice.”

DJ Khaled

The motto of “ Psychological Well - being”

(Professional Counselling) is to facilitate positive behavior changes, improving the **student's** ability to establish and maintain relationships socially, promoting their **decision-making** process, helping the **student** to understand their own potential and cope effectively with the problems they face.”

BVRITH recognizes the importance of mental and physical health in shaping up professionals of future. The College provides professional counseling and psychological assistance to all its students and staff to promote and ensure a healthy environment and emotional wellbeing. These counseling sessions are conducted in a private confidential environment to help them in taking right decisions and overcoming all kinds of mental and emotional blocks.

Potential Benefits of Counseling

The counseling process is, in many ways, like an educational experience. The student not only learns more about him/herself, but also acquires new skills. Sometimes, counseling involves learning more about a particular condition (e.g., depression, anxiety, eating disorders) by which the student is affected, so that he/she can better understand treatment options. Below are some examples of what students can gain from personal/psychological counseling:

- Improved communication and interpersonal skills
- Greater self-acceptance and self-esteem
- Ability to change self-defeating behaviors/habits
- Better expression and management of emotions, including anger
- Relief from depression, anxiety or other mental health conditions
- Increased confidence and decision-making skills
- Ability to manage stress effectively
- Improved problem-solving and conflict resolution abilities

Confidentiality

Any information you share with a counselor is considered privileged information. This means that your visits and conversations are treated as confidential, and do not become part of any other college record.

Confidentiality is a Virtue of the Loyal as Loyalty is the virtue of Faithfulness

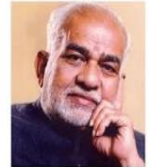
- Edwin Louis Cole

Psychological Well - being Coordinators for 2012- till now :

Dr.K.Kavita & B.Sreekala



BVRIT HYDERABAD COLLEGE OF ENGINEERING FOR WOMEN



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Psychological Well - being

Events Conducted for the A.Y 2019-2020

Date	Event Name	Venue	Remarks
10-07-2019	FDP for the faculty of BVRTH at "working together to present "	APJ block 2 nd floor	
02-09-2019	Suicidal presentation for first years of students	4 to 5p.m, Kalavedika	
14-09-2019	Suicidal presentation for 2 nd , 3 rd years for students	4 to 5p.m, Kalavedika	
16-09-2019	Suicidal presentation for 4 th years students	4 to 5p.m, Kalavedika	
25-09-2019	Cyber Security for students @ 3 to 4 pm	4 th floor seminar hall	
10-11-2019	Parents meeting with first years	4 th floor seminar hall @ 2 to 5pm	
07-12-2019	Empower Power the girl(incident with disha) Dress code: Navy blue & black afire	1.30pm, kalavedika	
03-12-2019	Stress management during exam for Ist year Students	1.30pm, 4 th floor seminar hall	
04-01-2020	FDP on Interpersonal relations	4 th floor seminar hall diamond block	
12-08-2020	FDP on personality development on legal & ethical leadership	Online Mode through Microsoft Teams from 2 to 4 P.M.	
13-08-2020	FDP on give wings to stress – EEE	Online Mode through Microsoft Teams from 2 to 4 P.M.	
14-08-2020	FDP on balancing personal & work life - ECE	Online Mode through Microsoft Teams from 2 to 4 P.M.	
24-08-2020	FDP on the persu IT of happiness – IT	Online Mode through Microsoft Teams from 2 to 4 P.M.	
20-08-2020	FDP on balancing personal & work life	Online Mode through Microsoft Teams from 5.30 to 7P.M	

EVENT - 1

On behalf of **Psychological Well - being(Professional Counselling)** unit , we conducted FDP for the faculty of BVRTH at “**working together to present**” on 10-07-2019 at APJ block 2nd floor. The entire teaching & non-teaching faculty attended this FDP.



EVENT - 2

On behalf of **Psychological Well - being (Professional Counselling)** unit, an event “Suicidal prevention for first years of students ”was **conducted from** 4 pm to 5pm **at** Kalavedika on 02-09-2019 . The First-year students, teaching & non-teaching faculty attended this EVENT.



బీవీఆర్ఐటీలో ఆత్మహత్య నివారణ దినోత్సవం



కుడ్చుల్లాపూర్ (ఆదాబ్ హైదరాబాద్): ప్రతి 40 సెకన్లకు ఒక ఆత్మహత్య జరుగుతుందని డాక్టర్ అనిత ఆరే అన్నారు. నిజాంపేట్ సర్కిల్ బాచుపల్లి బీవీఆర్ఐటీ మహిళా ఇంజనీరింగ్ కళాశాలలో శనివారం ప్రపంచ ఆత్మహత్య నివారణ మాసంలో భాగంగా ఆత్మహత్య నివారణ దినోత్సవాన్ని నిర్వహించారు. ఈ కార్యక్రమానికి ముఖ్య అతిథిగా విచ్చేసిన డాక్టర్ అనిత

ఆరే మాట్లాడుతూ గత పది సంవత్సరాలుగా 160% ఆత్మహత్యలు పెరిగాయని తెలిపారు. ఒంటరిగా ఉండడం, ఆత్మహత్యలకు ప్రణాళికలు వేసుకోవడం, ఆత్మహత్యకు సంబంధించిన వస్తువులు సమకూర్చుకోవడం, చివరిగా ఆత్మహత్యకు ప్రయత్నించడం, ద్వారా ఆత్మహత్యలు జరుగుతున్నాయన్నారు. 60% ఆత్మహత్యలు ఇతరులతో బాధను పంచుకోవడం ద్వారా నివారించవచ్చన్నారు. ఆత్మహత్యలు చేసుకునేవారు అధికంగా కోపం, చికాకు, నిరాశ, భవిష్యత్తుపై ఆశ లేకపోవడం వంటి లక్షణాలు కలిగి ఉంటారని తెలిపారు. అనంతరం విద్యార్థినిలు ఆత్మహత్యలకు ప్రేరేపించబడి వాటి లక్షణాలు గుర్తించడం వాటిని నివారించే విషయమై విద్యార్థినిలు నాటక రూపంలో వివరించారు. కార్యక్రమంలో కళాశాల విద్యార్థినిలు ఉపాధ్యాయులతో పాటు సిబ్బంది పాల్గొన్నారు.

ENT

ఈనాడు
epaper.eenadu.net

ఆదివారం 15 సెప్టెంబరు 2019



సదస్సులో విద్యార్థుల ప్రదర్శన

ఆత్మహత్యలు లేని సమాజాన్ని నిర్మించాలి

బాచుపల్లి (నిజాంపేట), న్యూసెంటుడే: ఆత్మహత్యలు లేని సమాజాన్ని నిర్మించాల్సిన అవసరం ఉందని, మానసిక సైన్స్ రంగంలోనే అది సాధ్యమని మానసిక ఖైద్య నిపుణురాలు డాక్టర్ అరుణ ఆరే పేర్కొన్నారు. ప్రపంచ ఆత్మహత్యల నివారణ దినోత్సవం సందర్భంగా బాచుపల్లి బీవీఆర్ఐటీ మహిళా ఇంజనీరింగ్ కళాశాలలో విద్యార్థులకు ప్రత్యేక అవగాహన సదస్సు శనివారం నిర్వహించారు. ఈ సందర్భంగా ఆమె మాట్లాడుతూ ప్రస్తుతం 40 సెకన్లకు ఒక ఆత్మహత్య జరుగుతుందన్నారు. ఒంటరితనం సమస్యకు మూలమన్నారు. అటువంటి వారిని సహచరులు గుర్తించి చేయూతనందిస్తే ఒక కుటుంబాన్ని కాపాడినవారం అవుతామన్నారు. ఈ సందర్భంగా విద్యార్థులు ప్రదర్శించిన నాటకం ఆకట్టుకుంది. కళాశాల ప్రిన్సిపల్ కె.వి.ఎన్.సునీత తదితరులు పాల్గొన్నారు.

EVENT - 3

On behalf of **Psychological Well - being(Professional Counselling)** unit , we conducted “ Suicidal presentation for Second & Third years of students ” of BVRTH at 4 to 5p.m, Kalavedika on 16-09-2019 .The entire Final year students , teaching & non-teaching faculty attended this EVENT.





EVENT - 4

On behalf of **Psychological Well - being (Professional Counselling)** unit, we conducted “Suicidal presentation for Final years of students” of BVRTH at 4 to 5p.m, Kalavedika on 16-09-2019 . The entire Second & Third year students, teaching & non-teaching faculty attended this EVENT.





EVENT - 5

On behalf of **Psychological Well - being (Professional Counselling)** unit , we conducted “ Cyber Security for students” @ 3 to 4 pm of BVRTH at 4th floor seminar hall on 25-09-2019 . The First, Second, Third and Final -year

students, teaching & non-teaching faculty attended this EVENT.







EVENT - 6

On behalf of **Psychological Well - being(Professional Counselling)** unit , we conducted “ Parents meeting with first years ” of BVRTH at 4th floor seminar hall @ 2 to 5pm on 10-11-2019 . The First year students, teaching & non-teaching faculty attended this EVENT.



EVENT -7

On behalf of **Psychological Well - being (Professional Counselling)** unit , we conducted “ Empower Power the girl (incident with Disha) Dress code: Navy blue & black afire ” of BVRTH at kalavedika 1.30pm on 07-12-2019. The First ,Second ,third and final year students, teaching & non-teaching faculty attended this EVENT.









EVENT - 8

On behalf of **Psychological Well - being (Professional Counselling)** unit, we conducted “Stress management during exam for Ist year Students” of BVRTH at 1.30pm, at 4th floor seminar hall on 03-12-2019. The First year students attended this EVENT.



EVENT - 9 :

On behalf of **Psychological Well - being(Professional Counselling)** unit , we conducted “ Parents meeting with first years” of BVRTH at 4th floor seminar hall @ 2 pm to 5pm on 10-11-2019. **First year students, teaching & non-teaching faculty attended this EVENT.**



EVENT - 10

On behalf of **Psychological Well - being(Professional Counselling)** unit , we conducted an FDP on '**Interpersonal Relationships**' from 2pm to 5pm on 4th January 2020. Principal Dr. KVN Sunitha and faculty from all branches participated. Dr.Anitha has explained the need of interpersonal relationships with general examples. Dr.Anita Are discussed Time Management, Professional Etiquette, Interpersonal relationships. In between she made the participants to interact and allowed them to share their opinion. Few faculty members Dr. Vishnu, Dr. Anwer, Dr. Nagasaish and Dr. Kavitha.... expressed their views in interaction. Principal

Dr.KVN Sunitha responded to the queries by the faculty. A very beneficial academic environment was experienced by the participants.



EVENT - 11

On behalf of **Psychological Well - being(Professional Counselling)** unit, **International women's Day** is celebrated in **BVRIT HYDERABAD College of Engineering for Women, Bachupalli**, today. All the students participated with enthusiasm and happiness. Principle addressed all the students, about the women empowerment; she said that with courage and hard work you can succeed in life. There are number of opportunities to get the best for women these days. As women they can become role models to their future generations. The law is giving most of the privileges to the women. The motherhood is the toughest time in every female life. After become mothers every **woman is spending time is caring the children**, after few months they may miss the updates in work and technology. In recent days there are few corporates which are taking initiative to fill this gap. The women faculty of the college also participated in the event. College

conducted fun games for the hostellers. Clinical Psychologist Dr. Anitha, Dr. Kavitha, Dr. Aruna
rao Participated and other faculty took part.





EVENT - 12

On behalf of **Psychological Well - being(Professional Counselling)** unit , we conducted a FDP on "Personality development on legal & ethical leadership(BS & H)" of BVRTH , Online Mode through Microsoft Teams from 2 to 4 P.M. on 12-08-2020. The teaching & non-teaching faculty attended this EVENT.

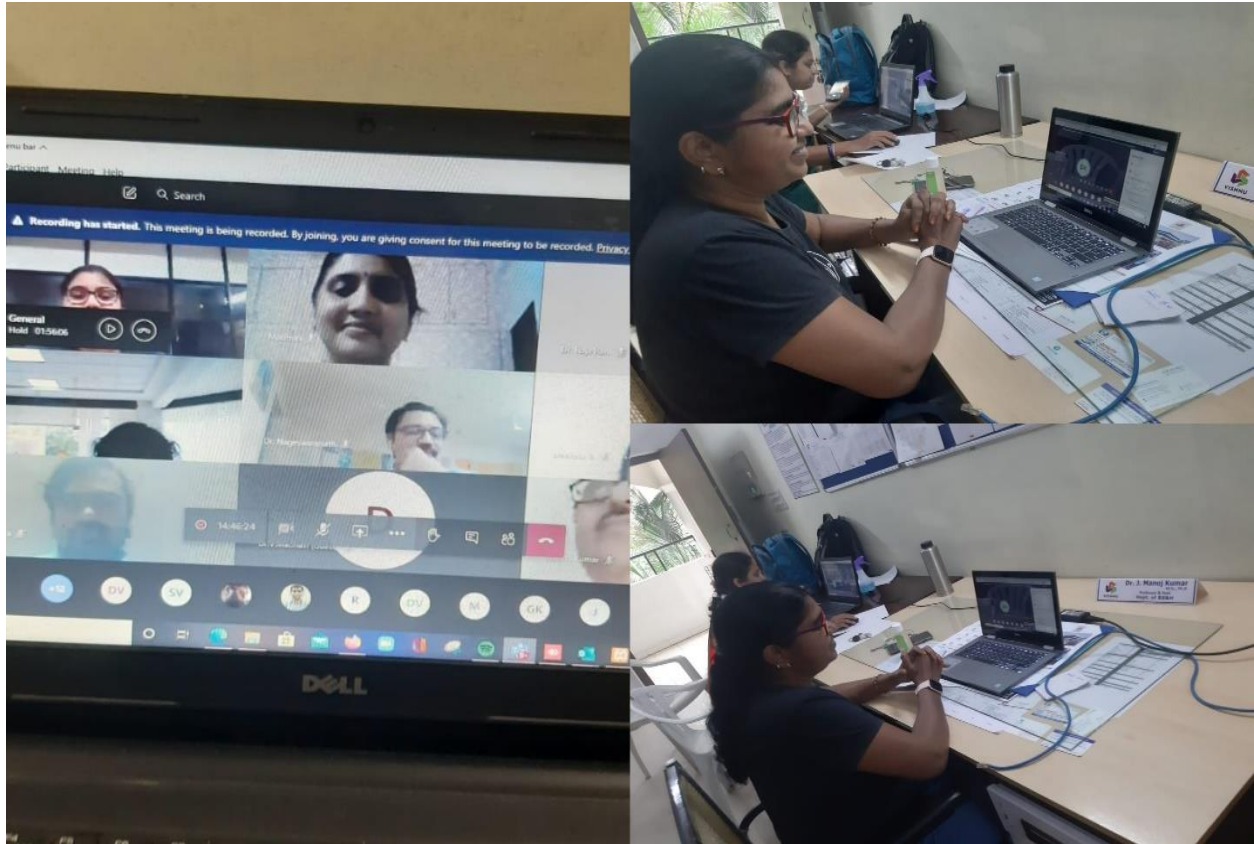
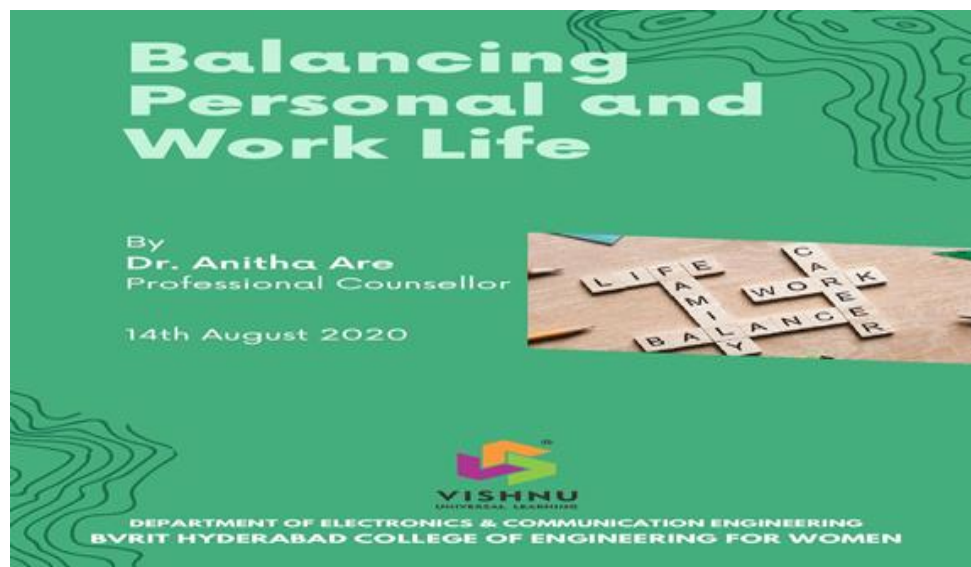


Fig. Few glimpses of the program

EVENT - 13



On behalf of **Psychological Well - being(Professional Counselling)**

unit , we conducted a session on **“Balancing Personal and Work Life”** on **14th August, 2020** for the faculty members of ECE. The Speaker, **Dr. Anitha Are**, Professional Counselor handled the session energetically with an emphasis on Time management, work and personal life balancing and stress management in current situation. She also motivated the faculty members to create their own identity and leave their mark wherever they work. It was an interactive session. The faculty members enjoyed the session and given a very good feedback. All the faculty members and non-teaching staff attended the session.

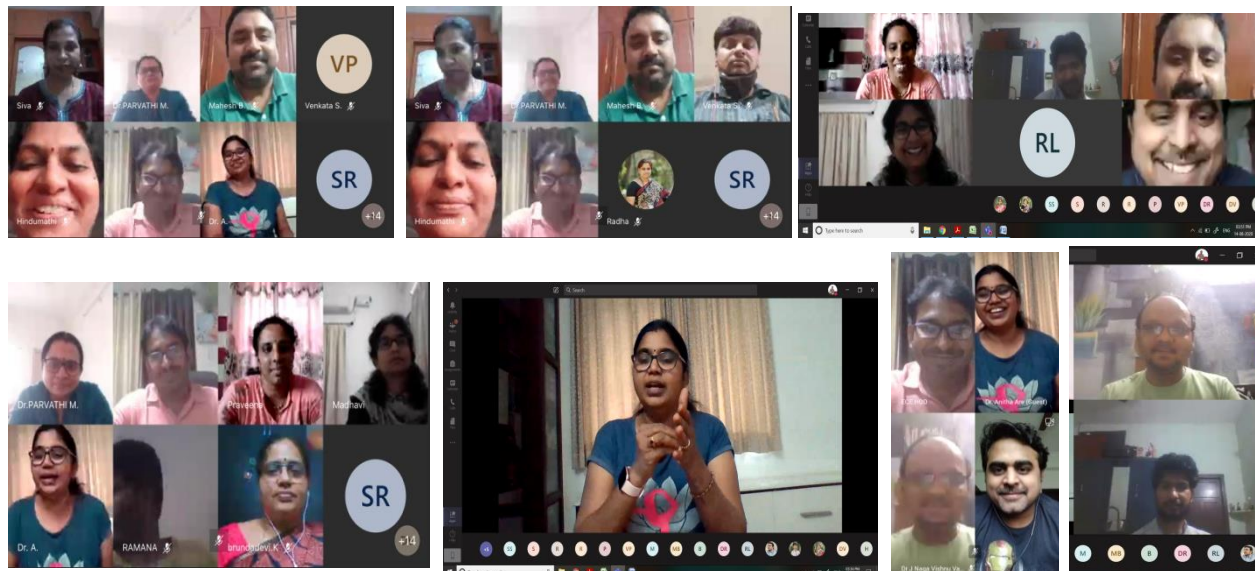
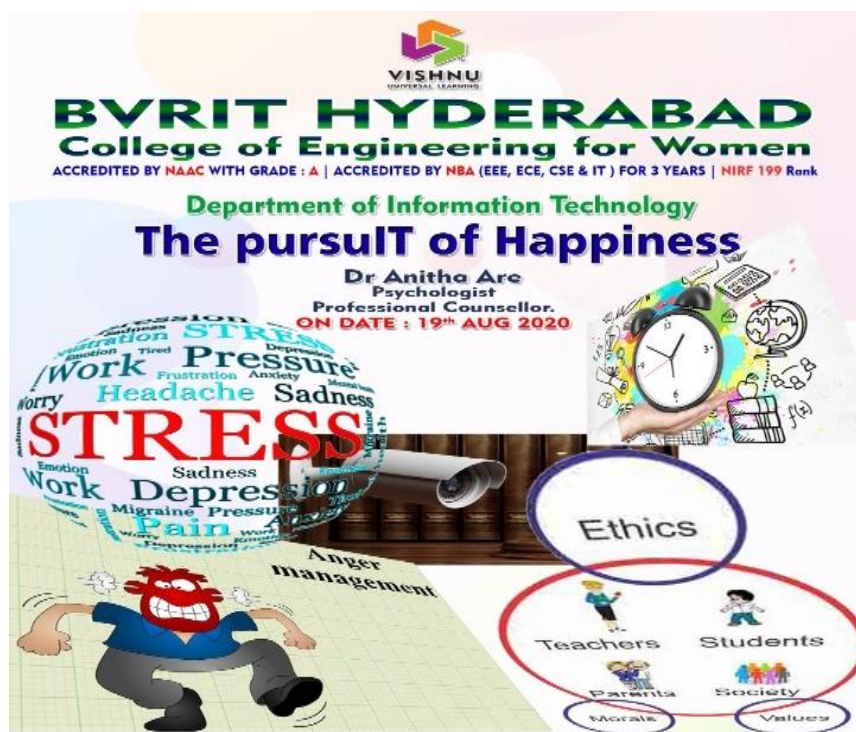


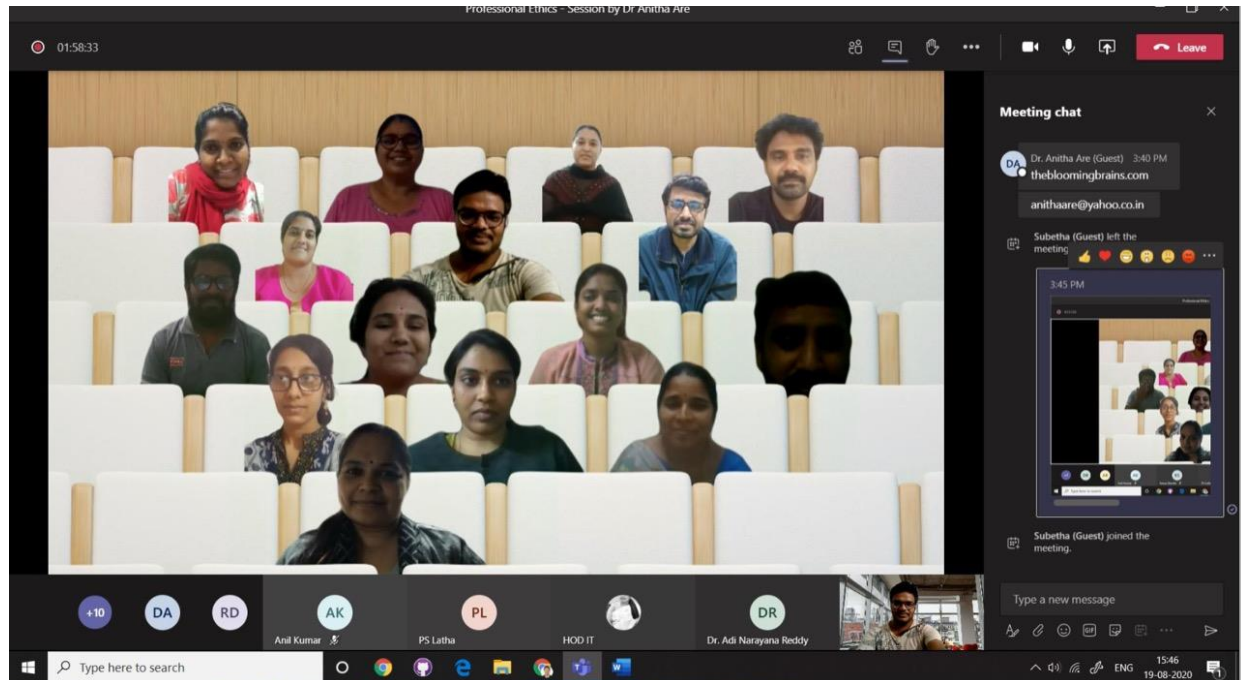
Fig. Few glimpses of the program

EVENT - 14



On behalf of **Psychological Well - being(Professional Counselling)** unit , we conducted a session on “The Pursu’IT’ of Happiness” for IT department on 19th August 2020. The psychologist Dr. Anitha Are, Professional Counselor handled the session enthusiastically with emphasis on Time management, work and personal life balancing, anger management, stress management in current situation. She aslo motivated the faculty to handle the situation with three “AAA” suthara. Faculty members were interactive and enjoyed the session.

All IT department faculty and programmers attended the session.



EVENT - 15

On behalf of **Psychological Well - being(Professional Counselling)** unit , we conducted A session on “*Balancing Professional and Personal Life*”by the Professional Counsellor, **Dr.Anitha Are** is organized by Department of CSE on 20th August 2020 for its staff members from 5:30 PM to 7 PM. The whole session went on in an energetic, joyful and interactive fashion.



EVENT - 16

On behalf of **Psychological Well - being(Professional Counselling)**

unit , we conducted Online FDP titled “Give Wings to Stress” was conducted for the staff of EEE department on 13th Aug’ 2020 from 2:00PM on Microsoft Teams. Dr Anitha Are, Clinical Psychologist was the speaker. She addressed the important points related to Time Management, Interpersonal Relationship, Work Life Balance and Stress Management. The psychologist addressed the common mistakes we do in everyday life and also enlightened the participants about remedial actions which are very useful. Few faculty also shared their concerns regarding work and stress management, which the speaker addressed very efficiently. The complete department, i.e., 13 faculty and 3 non-teaching staff attended the FDP



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E
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Give Wings to Stress

By
Ms. Anitha Are,
Clinical Psychologist
13-08-2020, 2:00PM on Microsoft Teams

