



# Report

## Introductory Session on Counselling and Outreach for Peer Empowerment (COPE)

First Event, *Introductory Session on Counselling and outreach for peer empowerment (COPE)* was conducted under ABET (Aditya Birla Educational Truést) on 28<sup>th</sup> February 2024 by Ms. Reena Narang.

The session conducted FN (11 am to 12 noon) for 25 students.

### **About the Program:**

*Introductory Session on Counselling and outreach for peer empowerment (COPE)* was conducted under ABET (Aditya Birla Educational Truést)

### **Walkthrough:**

- 1) What is cope
- 2) Vision
- 3) Mission
- 4) Cope goals
- 5) Consequences of poor mental health
- 6) How students are being affected by this
- 7) What Mpower offers us
- 8) What Mpower expects from the college
- 9) How are students benefitting from it

## **BREIF:**

### **Cope: What is it?**

A community dedicated to improving the mental health of today's youngsters.

A student-led initiative raises awareness about mental health issues while also having a beneficial influence on young people.

Mental Health – what is it?

The capacity to overcome obstacles that need attitude and EQ

### **Vision: A stigma-free world**

**Mission:** raising awareness, promoting hostile mental health, and enhancing the lives of foster children

### **COPE's goals are to:**

- Increase awareness of mental health concerns
  - DE stigmatize mental health and conversation
  - Encourage asking for assistance
  - Close the distance between students and resources for mental health
- a few details** 15-20% of people have anxiety disorders  
Suicide rate 8.7% Academic stress levels: 38.4%

### **Consequences of poor mental health:**

Decreased academic performance  
a decline in school attendance

Unfavourable campus environment Hindered interpersonal communication  
increased need for health services

### **How it affects students:**

missing opportunities for growth  
poor self-confidence and self-esteem untreated medical conditions  
long-term adverse effects

### **How can we working together, make a difference?**

Become a mental health champion; chances to make a difference; accreditation as a helping network

### **What MPOWER offers the college?**

Includes webinars, workshops, and one-on-one assistance. **Youth Mental Health First Aid Course (YMHFA)**

**What does MPOWER anticipate from the university?** Games, quizzes, and open microphones sessions of mindfulness workshops in dance and art therapy blogs, newsletters, and articles

The purpose and responsibilities of students are to raise awareness and connect them to a non-judgmental, emphatic, good path. Mental health support and mental health champion Lead by a

Student coordinator, calendar activities newspaper Instagram story, Instagram page  
important points:  
4 activities each year; 1 meeting per month

**Photos:**





**No. of Students Participated: 25**

**No. of faculty Participated: 3**

**Name of the Co-ordinators:**

1. Dr.Chava Sunil Kumar

Professor, Vice Principal

Dept. of EEE

2. Dr.K. Kavitha

Associate Professor

Dept. of BS&H