

COUNSELLING AND AWARENESS PROGRAM ORGANIZED UNDER PM-USHA MERU SOFT COMPONENT 44

SHAIKH COLLEGE OF EDUCATION ORGANIZED A **COUNSELLING AND AWARENESS PROGRAM** in collaboration with the Department of Studies and Research in English under **PM-USHA MERU Soft Component 44** titled "*Counseling and Awareness Program.*"The program was conducted at the **Golden Jubilee Hall** and witnessed enthusiastic participation from students and faculty members.The function began with a melodious welcome song by Nikita and group, followed by a warm welcome speech delivered by Kavya Hiremath, a B.Ed. 2nd-year student.

The resource person for the program was Mr. Tejas Kolekar. Prof. Kavita Kusugal served as the Coordinator of PM-USHA MERU Soft Component 44.

During his session, Mr. Tejas Kolekar delivered an insightful lecture on:

- Life Skills
- Character Development
- Emotional Intelligence
- The difference between Anxiety and Depression
- The importance of intentional involvement with family members
- Handling rejection effectively

He also elaborated on the various factors affecting mental health, categorizing them into:

- Biological factors
- Psychological factors
- Social factors

The session was highly informative and interactive, helping students understand the importance of mental well-being in both academic and personal life.

The program concluded with a vote of thanks delivered by Lecturer Mubeena Kazi, who expressed gratitude to the resource person and the coordinator for organizing such a beneficial and enlightening session for the students.The event was organized under the guidance of R & C Nominee Lecturer Usha D. B.

