

Counselling Cell

Lecture Series on Student Wellness for the Academic Year 2025–2026

The **Counselling Cell of RPA First Grade College** successfully organized a **Student Wellness Lecture Series** during the academic year **2025–2026**, with the objective of supporting first-year students in their academic transition and promoting mental health, emotional well-being, and balanced lifestyles.

Recognizing the academic, social, and emotional challenges faced by students entering higher education, the college conducted two offline guest lectures specifically designed for first-year students of **B.Com., BBA, BCA, and B.Sc.** The sessions collectively benefited **212 students** by providing practical strategies for stress management, emotional resilience, and healthy digital habits.

On **1 July 2025**, the Counselling Cell organized a seminar on "**Stress Management Techniques**" by **Dr. Shreenivasa Murthy K G**, Chief Coordinator, **Prasanna Counselling Centre**. The session was attended by **70 students** and focused on effective ways to manage academic pressure and develop personal coping strategies. Dr. Murthy highlighted the importance of self-exploration through creative activities such as singing, dancing, painting, and creative writing as tools for emotional well-being. He also guided students on relaxation practices, including deep breathing and meditation, while emphasizing the importance of proper sleep, time management, and a balanced diet for maintaining overall health.

On **29 January 2026**, the second session of the lecture series titled "**Mental Health Through Digital Wellness**" was conducted by **Ms. Sushma Sandeep**, Mental Health Therapist, **Mano Mitra**. The session was attended by **142 students** and focused on the impact of digital habits on mental and physical well-being. Ms. Sandeep sensitized students about the effects of excessive screen time, unhealthy online habits, and digital dependency. She encouraged students to practice mindfulness, maintain healthy boundaries with technology, and seek professional support whenever required.

The **Counselling Cell Lecture Series 2025–2026** successfully created awareness among students about the importance of mental wellness, self-care, stress management, and responsible technology usage. The initiative equipped students with essential life skills to handle academic challenges, maintain emotional balance, and lead healthier, more mindful lives.