

Workshop Report: 3rd year Engineering (Computer Department)

Date: 16/7/18

Specialization: Computer Science

Venue: Seminar Hall

Duration: 2 hours

Number of students: 26

Facilitator: Kuntal Teli, Counselor

Topic:

1. Bridging the gap between the teachers and the students
2. Mental Health first aid

Rationale:

As experienced by the teaching staff, with this batch of students they are experiencing difficulty in reaching out to them. The interaction between them is limited and they don't feel any proactive participation from the end of the students. This makes communication with the students and enthusiastic teaching difficult. The teachers felt the need to bridge this gap so that there is rapport, motivation, understanding and efficient mentoring of the students. This was also clubbed in with the topic of mental health first aid; wherein the focus was to understand the different mental illness prevalent at this age and how they can cope, deal and avoid them. It was also to spread the awareness to notice their friends experiencing any of the symptoms and how can they help them.

Response of the students:

This session saw a good participation from the end of the students in terms of their involvement in activities and discussions. They were proactive and did ask questions which made the session livelier.

Topics covered:

The session included bridging the gap between the educators and students to make the college years a success, understanding depression, anxiety and how to help self and others if they have such issues. The session also focused on understanding suicidal tendencies and preventing suicides of the loved ones.

The students gave the feedback of having more activities and videos to make the session more interesting

Report drafted by,

Kuntal Teli

Counselor, DBCL

