ACADEMIC VISIT TO JEEVANI COUNSELLING CENTRE FOR WELLBEING

An academic visit to the Jeevani Counselling Centre at the college was conducted on 7th October 2026 as part of the academic activities of the B.A. Psychology Honours programme. A total of 21 students from the fifth semester participated in the visit, which was coordinated by Dr. Hiya Roy. The session was led by Ms.Malavika, the psychologist at the Jeevani Counselling Centre. The visit aimed to familiarise students with psychological assessment procedures and provide practical insights into the functioning and services of the centre.

The programme commenced with a welcome address by Adhidhi, who welcomed the psychologist and the participants. Ms.Malavika then conducted an informative session on case history taking, Mental Status Examination (MSE), and Mini-Mental State Examination (MMSE), explaining their principles, components, and applications in psychological assessment. She discussed case history taking as an essential process for collecting information about an individual's personal background, presenting concerns, family history, developmental experiences, educational background, and social relationships. The importance of rapport building, active listening, confidentiality, and ethical practices while interacting with individuals seeking psychological support was also emphasised.

The session further covered the major components of MSE, including appearance and behaviour, speech, mood and affect, thought processes and content, perception, attention, memory, orientation, insight, and judgment. The psychologist also introduced MMSE as a brief screening tool used to assess cognitive functioning, including orientation, registration, attention, recall, language, and visuospatial abilities. The distinction between screening and diagnosis was highlighted, along with the importance of professional interpretation and further assessment whenever necessary.

Information regarding the year-wise cases handled by Jeevani Counselling Centre was also presented. The records included 52 cases during 2024–2025, 51 cases during 2025–2026, and 26 new cases along with 88 follow-up sessions from June to October of the 2026–2027 academic year. These details provided an overview of the centre's activities and highlighted the importance of systematic case documentation and follow-up services in providing psychological support to students.

The visit also provided an opportunity for students to become familiar with the Jeevani Counselling Centre and its functioning, as some participants had not visited the centre previously. It helped them gain awareness of the counselling facilities available within the

college and the support provided to students experiencing emotional, behavioural, academic, and personal difficulties. The session connected theoretical concepts learned in psychology with their practical applications and highlighted the significance of psychological assessment, empathy, confidentiality, and a non-judgmental approach in counselling practice.

The programme concluded with a vote of thanks delivered by Jewel Mariya, who expressed gratitude to Malavika for sharing her knowledge and practical insights, as well as to everyone who contributed to organising the programme. Overall, the academic visit was a meaningful learning experience that enhanced the students' understanding of psychological assessment procedures and the role of the Jeevani Counselling Centre in promoting students' psychological well-being.





