

## GLOBAL SCHOOL OF COUSSELLING



Dr. Shobita, speaking to students, emphasized the importance of seeking counseling for mental

health, comparing it to visiting a doctor when we're physically unwell. The Psychology Department, in collaboration with the Global School of Counseling, organized an awareness program on June 2, 2022. Dr. Shobita Shantakumari and Fr. Sunil from the Global School of Counseling initiated the session with a game to illustrate the significance of mental health and counseling.



Our Principal, consistently supported and encouraged students. The global school of counselling providing counseling sessions twice a week while adhering to ethical standards. Through this partnership, students received enriching support and guidance, fostering their well-being. The message was clear: it's normal and important to seek help for mental health concerns, just like seeking medical help for physical ailments

In 2023, St. Aloysius College organized a student development program focusing on depression and coping strategies, recognizing its relevance in our daily lives. The speakers, Dr. Shobitha and Mr. Gourav Dalal, conducted two insightful sessions on the topic. Depression, a common mental health concern, affects many people, and learning how to cope with it is crucial.

During the program, students showed keen interest, highlighting the importance of addressing mental health issues in educational settings. Dr. Shobitha and Mr. Gourav Dalal shared practical strategies for managing depression, such as seeking professional help, engaging in self-care activities, and building a support network.



The sessions emphasized that depression is a normal human experience and that seeking support is a sign of strength, not weakness. By discussing this topic openly, the program aimed to reduce the stigma associated with mental health challenges and encourage students to prioritize their well-being.

Overall, the student development program provided valuable insights and tools for managing depression, empowering students to take proactive steps towards mental wellness. Initiatives like these play a vital role in promoting mental health awareness and fostering a supportive community within educational institutions