



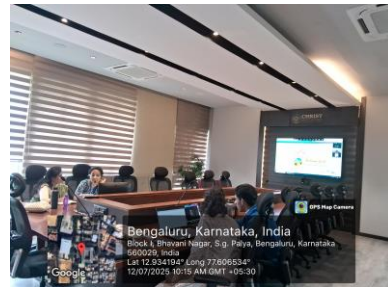






**CCHS ANNUAL REPORT - ACADEMIC YEAR 2025-26**  
**CENTER FOR COUNSELING AND HEALTH SERVICES**  
**CHRIST (DEEMED TO BE UNIVERSITY)**



	Date	Time	Venue	Topic	Description	Documentation Pics	Link
1.	During the admission process	During the admission process	105, central block	Induction Counseling	The new joiners, along with their parents/guardians, were introduced to the university culture, norms, attendance and promotion policies, etc. by the counsellors. The session helps the student, parent/guardian, to interact with counsellors and clear their queries if they have any.		
2.	26/05/2025	09:45 am	Christ Junior College Quadrangle	The Strength Within: Mastering Emotions and Overcoming Pressures	The session was conducted by Ms. Ashly George & Ms. Shylaja John for the students of Christ Junior College. The session empowered students with strategies to manage emotions, handle stress, and build resilience. Interactive activities and discussions encouraged self-awareness, confidence, and positive coping skills for personal and academic growth.		<a href="#">1. Mastering Emotions and Overcoming Pressures - session for cjc students</a>

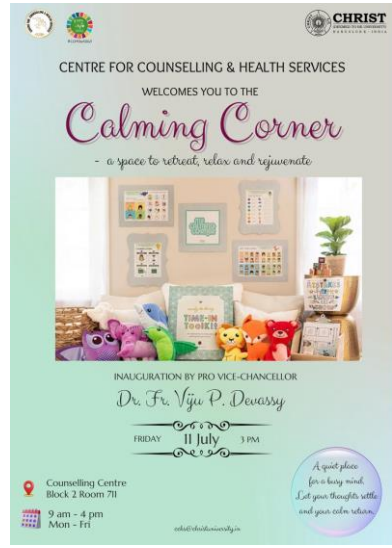
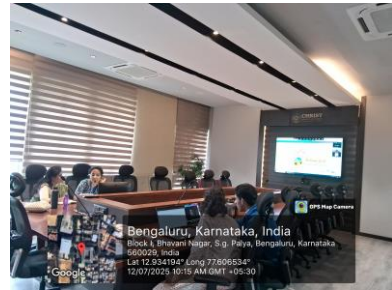
	Date	Time	Venue	Topic	Description	Documentation Pics	Link
3.	First 2 Weeks of college		Respective Classrooms	Psychoeducation sessions	The Psychoeducation sessions were conducted for all the classes by their respective batch counselors. These sessions mainly focused on addressing certain challenges that students commonly face such as stress, self regulation, time management etc. Through these sessions the batch counselors introduced themselves to their respective classes thereby building a rapport with their students.		
4.	31/05/25	01:00 pm	T-John College of Pharmacy	Building Resilience	Ms Vidya Vijay Kumar and Ms Anisha Thampy conducted an engaging session on 'Building Resilience' for the students of T John College of Pharmacy. The session highlighted strategies to cope with stress, enhance emotional strength, and adapt to challenges, empowering students with practical tools for personal growth and well-being.		<a href="#">2. Building Resilience - T-John College of Pharmacy</a>



	Date	Time	Venue	Topic	Description	Documentation Pics	Link
5	09.06.25 to 13.06.25	9:00 to 4:30 pm	Garden Street	Freshman stall.	The Freshman Stall, led by senior peer educators and RAFFTERS, was organized for a week to introduce the Centre for Counselling and Health Services (CCHS) to new students. The initiative created a welcoming space, fostering awareness about mental health resources, peer support, and the services available on campus.		
6.	First and second week of June		Main Audi	Orientation for Freshers.	The Freshers were oriented by the counsellors, introducing students to the university's support systems and wellness initiatives. The session aimed to ease their transition into college life, promote mental well-being, and encourage students to seek guidance whenever needed.		
7.	16.06.25	1:30 pm to 4:00 pm	Seminar Hall, Block 1	Peer Education Program Orientation	An orientation for the Peer Education Program was held for 130 peer educators, facilitated by Ms Smita. The session introduced the objectives and structure of the program, emphasizing leadership and mental health advocacy. Fr Viju graced the event with his presence, encouraging students to actively contribute to campus well-being.		



	Date	Time	Venue	Topic	Description	Documentation Pics	Link
8.	18.06.25	12:00 pm & 2:00 pm	KE Audi, Block 4	NRI Orientation	Ms Vidya, Ms Deepa, and Ms Sara, along with senior peer educators, conducted an engaging NRI Orientation to welcome and support students. The session introduced campus resources, cultural adaptation tips, and wellness services, helping students transition smoothly while fostering a strong sense of belonging in the university community.		
10	19.06.25	1:45 pm	Central Block, Floor 5, # 505	Enhancing Emotional quotient for SLCU Faculty	Ms Sowmya conducted a session on 'Enhancing Emotional Quotient' for the faculty of SLCU. The session focused on building emotional awareness, empathy, and interpersonal effectiveness, equipping educators with tools to manage stress and foster positive relationships. Faculty members actively engaged, reflecting on strategies to enhance well-being and professional growth.		<a href="#">3. <u>Enhancing Emotional quotient for SLCU Faculty</u></a>



	Date	Time	Venue	Topic	Description	Documentation Pics	Link
11	25.06.25	9:00 to 4:30 pm	Kengeri Campus	Communication & Team Building	A dynamic session on ‘Communication and Team Building’ was conducted at Christ University, Kengeri Campus, for 130 peer educators. Facilitated by Ms Smita, the session focused on strengthening collaboration, leadership, and interpersonal skills, empowering peer educators to work effectively as a team and enhance campus engagement.”		
12	02.07.25 & 04.07.25	1:45 to 02:45pm	Block 2, Floor 2, # 711	Wellness Clique - Exploring Through Water colours	The Wellness Clique hosted ‘Exploring Through Watercolours,’ a creative art-based wellness session. Ms Jaya facilitated the workshop for students, while Ms Sowmya conducted the session for staff and faculty. Both sessions encouraged relaxation, self-expression, and mindfulness, providing participants with a refreshing and therapeutic experience through the medium of art.		<a href="#">4. Wellness Clique - Exploring Through Water colours</a>



	Date	Time	Venue	Topic	Description	Documentation Pics	Link
13	09.07.25	10:30 am	Central Block, 9th floor, Audi	Orientation for the International Students	Ms Ludhiya and Ms Jaya conducted an Orientation for International Students, introducing them to campus facilities, cultural integration initiatives, and wellness support services. The session aimed to create a welcoming environment, helping students transition smoothly into university life while fostering a sense of connection and belonging in the community.		
14	07.07.25 to 21.07.25		Respective classrooms.	Session for 2nd Year UG Students - Topic: Relationship	Peer educators took sessions on 'Relationships' for second-year undergraduate students in their respective classes. The sessions focused on fostering healthy boundaries, effective communication, and emotional well-being. Students actively engaged in discussions and activities, gaining valuable insights to navigate personal relationships and enhance their social and emotional growth.		

	Date	Time	Venue	Topic	Description	Documentation Pics	Link
15	11.07.25	3:00 pm	Block 2, Floor 2, #711	Inauguration of Calming Corner	The Centre for Counselling and Health Services (CCHS) inaugurated the Calming Corner, a new wellness initiative for students. Designed as a safe and soothing space, it offers fidget toys, colouring activities, music, soft toys, and positive affirmations, encouraging students to relax, de-stress, and prioritise their mental well-being.	 <p>The poster for the Calming Corner inauguration features the CCHS logo and text: 'CENTRE FOR COUNSELLING &amp; HEALTH SERVICES WELCOMES YOU TO THE Calming Corner - a space to retreat, relax and rejuvenate'. It shows a cozy room with a sofa, fidget toys, and a potted plant. The inauguration is by Pro Vice-Chancellor Dr. Fr. Viji P. Devassy on Friday, 11 July, from 3 PM to 5 PM. The location is Counselling Centre, Block 2 Room 711, with hours 9 am - 4 pm, Mon - Fri. A quote reads: 'A quiet place for a busy mind. Let your thoughts settle, and your calm return.'</p>	<a href="#">5. Inauguration of Calming Corner</a>
16	12.07.25	10:00 am	Online	Online Refresher Session with Srepuram Students - Understanding Self Discipline/Teamwork	Ms Shessy and Ms Vidya, along with two peer educators, conducted a session on 'Self-Awareness,' 'Self-Discipline,' overcoming negative habits, and the role of peer educators. The interactive session aimed to help students reflect on their personal growth, build positive habits, and understand how peer support can contribute to their overall well-being and development.	 <p>The screenshot shows an online session in progress. Participants are visible in a virtual meeting room. Text overlay includes: 'Bengaluru, Karnataka, India', 'Block 4, Shivani Nagar, 3rd Floor, Bengaluru, Karnataka, 560029, India', 'Lat: 12.2642104, Long: 77.6065345', and '12/07/2025 10:16 AM GMT +05:30'. A 'QR Meet Camera' icon is also present.</p>	<a href="#">6. Online Session with Srepuram Students</a>




	Date	Time	Venue	Topic	Description	Documentation Pics	Link
17	24.07.25 - 31.07.25	9:00 am to 4:00 pm	Counselling Centre and Garden Street	.De-stress stations	<p>In order to help students cope up with exam related stress, the destress stations were set up by our peer-educators guided by their mentors.</p> <p>The de-stress stations offered students and faculty a peep into the different therapies and activities of the center. The objective was that anyone who visits will feel a bit lighter than when they came and with new insight on helpful coping strategies. The stalls were set up on the garden street as well as room no 711 block 2 was also used to conduct games, mandala art,sand therapy, zen studio etc.</p>		
18	04.08.25	9:00 am to 4:00 pm	Christ University , YPR Campus	Unlocking young minds and a framework for a positive change.	<p>The team of counsellors from all campuses visited the YPR campus for an enriching session on ‘Unlocking Young Minds and Framework for Positive Change,’ led by Mr Sreedhar Mandyam, Director of the Darwin Psychology Centre. The visit provided an opportunity not only to gain insights into innovative counselling approaches but also to explore the campus and engage in meaningful interactions with fellow counsellors, fostering collaboration and shared learning</p>		<a href="#">7. <u>Unlocking young minds and a framework for a positive change.</u></a>



	Date	Time	Venue	Topic	Description	Documentation Pics	Link
19	05.08.25	9:00 am to 4:00 pm	Central Block, 107	Gatekeepers training for suicide prevention Level II	Ms Jyothi conducted the Level II Gatekeepers Training for Suicide Prevention for the CCHS team at the Central Campus. The training focused on equipping counsellors with advanced skills to identify warning signs, provide timely intervention, and create a supportive network, strengthening the team's ability to safeguard student mental health		<a href="#">8. Gatekeepers training for suicide prevention Level II</a>
20	06.08.25	9:00 am to 4:00 pm	Block 1, 218	<ol style="list-style-type: none"> <li>Multifaceted nature of University Counselling</li> <li>Equipping university counsellors with innovative skills to better</li> </ol>	Counsellors attended insightful sessions on 'The Multifaceted Nature of University Counselling' by Ms Ashly and 'Equipping University Counsellors with Innovative Skills to Better Engage and Support Today's Youth' by Mr Bino Thomas from NIMHANS. The sessions provided valuable perspectives and practical strategies to address evolving student needs, enhance engagement, and strengthen the role of university counsellors in promoting student well-being.		<a href="#">9. Multifaceted nature of University Counselling</a> <a href="#">10. Equipping university counsellors with innovative skills to better engage and support today's youth.</a>



	Date	Time	Venue	Topic	Description	Documentation Pics	Link
				engage and support today's youth.			
21	08.08.25	9:00 am to 4:00 pm	Cental Block, 107	Neurographic Art - A psychological technique for wellbeing.	Dr Asha Pinto conducted a session on 'Neurographic Art – A Psychological Technique for Well-being' for the CCHS team. The workshop introduced participants to neurographic art as a creative therapeutic tool to reduce stress, promote mindfulness, and enhance emotional expression, equipping the team with innovative approaches to support student mental health.		<a href="#">11. Neurographic Art - A psychological technique for wellbeing.</a>
22	18.08.25 to 13.09.25		Respective class rooms	Session for 1st Year UG Classes. Topic: Personal Safety	Peer educators conducted engaging sessions on 'Personal Safety' for first-year undergraduate classes, aiming to raise awareness and empower students with practical safety strategies. The sessions covered self-protection tips, campus safety resources, and ways to seek help, encouraging students to stay vigilant, make informed decisions, and create a safer, more supportive campus environment.		



	Date	Time	Venue	Topic	Description	Documentation Pics	Link
23	02.09.25	3:45 pm	Island opposite Block 1	Body Neutrality Awareness - Flash Mob, Street play and Stall	As part of the Body Neutrality Awareness initiative, students organized a vibrant flash mob, an engaging street play, and an interactive stall. The events aimed to challenge beauty stereotypes, promote acceptance beyond appearances, and create a safe space for conversations on self-worth, mental health, and holistic well-being.		<a href="#">12. Body Neutrality Awareness</a>
25	10/09/25	11:00a m - 1:00p m	Christ Central Campus, R&D Block, 6th Floor,628	Awareness Programme on Suicide Prevention exclusively for Research Scholars	<p>A session on suicide prevention was organized by the Centre for counselling and health services to sensitise the research scholars. This initiative intends to improve scholar well-being, mental health and identify potential threat of suicide among their peers.</p> <p>MS. Jyoti Sharma, the facilitator, oriented the group regarding incidence and prevalence of the same in research scholars. She presented an overview of the warning signs and protective factors related to the potential suicide threat students/victims. She also emphasized the importance of safety planning and referral to the</p>		<a href="#">13. Awareness Programme on Suicide Prevention</a>

	Date	Time	Venue	Topic	Description	Documentation Pics	Link
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					<p>mental health professionals. The session was very participative with the scholars sharing case instances and experiences.</p>		
	22/09/2025	11.45 am-1.45 pm	Room No.: 913 Central Block & Island Central Campus	Beyond Vision: Understanding Corneal Blindness	<p>Beyond Vision: Understanding Corneal Blindness" was a thought-provoking awareness event conducted collaboratively by the Sumanahali Society, the Student Disability Centre of the Department of Social Work, and the Centre for Counselling and Health Services, CHRIST University. The event aimed to educate participants about corneal blindness, foster empathy, and inspire action through the unique experience of simulated blindness.</p>	 	<a href="#">14. Beyond Vision: Understanding Corneal Blindness</a>



	Date	Time	Venue	Topic	Description	Documentation Pics	Link
	09.10.25	09.30-12.00	Theology Block, Dharmaram	Nurturing Potential-Effective mentoring and counselling for young adults	The training on “Effective Mentoring and Counselling for Young Adults” by Ms. Ashly George and Ms. Shylaja John equipped 40 deacons with practical mentoring skills through role plays, group discussions, and videos. Participants learned the importance of empathy, active listening, and self-care, emphasizing that mentoring is ministry and that young adults need safe, supportive spaces for growth.		<a href="#">15. Effective mentoring and counselling for young adults</a>
	16.10.25	10.00-12.00pm	R&D Block, Floor 6,628	Nurturing positive relationships in a professional setting	The session for newly joined PhD scholars focused on building and maintaining positive professional relationships in academic settings. Through interactive activities, participants explored communication, trust-building, conflict resolution, and networking strategies. Emphasis was placed		<a href="#">30. Nurturing positive relationships in a professional</a>



	Date	Time	Venue	Topic	Description	Documentation Pics	Link
					on cultural sensitivity and self-awareness, with scholars developing practical action plans to strengthen connections and support their research journey.		<a href="#">l setting</a>
	23rd October 2025	12 pm to 1 pm and 1:30 pm to 2:30 pm	Block 3	Well-being - Channelizing emotions	The session on “Well-being – Channelising Emotions” began with an energising Zumba activity to uplift participants’ mood, followed by an interactive exercise, “What Colour Is Your Emotion?” Through group discussions, participants identified and expressed basic emotions such as happiness, sadness, and fear, explored their physical responses to emotions, and shared practical coping strategies. The session concluded with reflections on healthy emotional expression and ways to support one another in maintaining emotional well-being.		<a href="#">16. Well-being session for housekeeping staff</a>
	24th October 2025	10:30 am to 11:30 am & 2:30 am to 3:30 am	Block 3	Well-being: Happiness Quotient	The “Well-being: Happiness Quotient” session helped housekeeping staff explore sources of happiness and emotional well-being. Activities included a talk on health and happiness, a creative “Pick, Click, or Draw” exercise, and a “Complementary Train” appreciation circle. Participants reflected on gratitude, shared		<a href="#">16. Well-being session for housekeeping staff</a>



	Date	Time	Venue	Topic	Description	Documentation Pics	Link
					positivity, and learned to nurture happiness in daily life.		
	06/11/25	12.15-1.10 pm	Seminar hall block-2	Being Well to Engage	This session was conducted by the staff counsellor, Ms. Sowmya Srikumar, for the faculty of the Commerce Department. It focused on the importance of emotional regulation and managing stress for effective professional engagement. Beginning with a mindfulness activity, the session explored causes of stress, emotional responses, and practical strategies for stress reduction, while highlighting key competencies for improved professional effectiveness.		<a href="#">17. Being Well to Engage - Session for commerce faculty</a>
	10/11/2025	9:45 am to 12:45 pm	R& D Block, 5th Floor	PG Peer Leadership-Orientation	The PG Peer Leadership Orientation introduced postgraduate peer leaders to their roles and responsibilities, emphasizing teamwork, communication, and mentorship skills to effectively support peers and promote a culture of collaboration and well-being.		

	Date	Time	Venue	Topic	Description	Documentation Pics	Link
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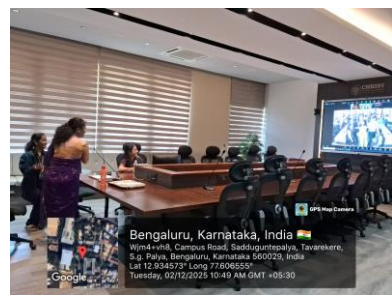
							
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	Throughout the semester	Weekly basis	Block 2, Room no 711	<p>Listening circle-</p> <ol style="list-style-type: none"> <li>1. <i>Overthinking</i></li> <li>2. Resilience and perseverance</li> <li>3. Binding and Bonding - Nurturing healthy relationships</li> </ol>	<p>Three listening circles were conducted with groups of 7–12 students, each facilitated by a counsellor. The sessions focused on Overthinking, Resilience and Perseverance, and Binding and Bonding: Nurturing Healthy Relationships. These circles provided a safe space for students to share experiences, reflect on challenges, and learn supportive strategies through guided discussion and peer interaction.</p>	 	
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	Date	Time	Venue	Topic	Description	Documentation Pics	Link
	19th Nov 2025	2:45 PM to 4:15 PM	Room No. 211 and Room No. 301	Balance Blueprint – A practical framework for achieving balance in life	Balance Blueprint – A Practical Framework for Achieving Balance in Life is a session designed for MBA students to help them understand the importance of maintaining balance between academic demands, personal well-being, and future professional responsibilities. The session focuses on practical strategies for managing stress, setting priorities, and developing healthy habits that support productivity, resilience, and overall well-being.		<a href="#">18. Wellness session for MBA</a>
	20/11/2025 & 21/11/2025	1:45 pm - 2:45 pm	Block 2, Room no 711	Wellness Clique - Zentangle	The Wellness Clique – Zentangle, conducted by Ms Anisha Thampy, enhanced focus, mindfulness, and relaxation. Participants felt calm, attentive, and expressive. The activity proved therapeutic and will continue monthly.		<a href="#">19. Wellness Clique - Zentangle</a>



	Date	Time	Venue	Topic	Description	Documentation Pics	Link
							
	29/11/2025	9.00 am to 5.00 pm	Near UG Library	Daksh/ Open Day	The Centre for Counselling and Health Services (CCHS) hosted a stall to engage students in conversations about mental well-being and support services. Through interactive activities and resources, we highlighted the importance of emotional health and self-care in academic and personal success.		
	02/12/2025	10:30 am	Online	Peer Path - an online Induction	An online induction programme was conducted for 28 newly selected Peer Educators to introduce them to the philosophy, roles, and responsibilities		<a href="#">20. Induction Programme</a>

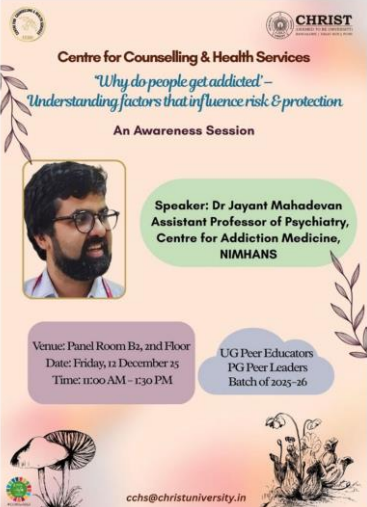

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				Programme	<p>within the Centre for Peer Empowerment. The session also highlighted opportunities for leadership, peer support, and personal development, preparing students to actively contribute to a supportive campus environment.</p>	 <p>The poster for the Peer Path Online Induction Programme features the logos of Christ Nagar College, Christ Deemed to be University, and the Centre for Peer Empowerment. It shows a group of diverse students sitting in a circle, reading books. The text includes the program title, organizers (Centre for Peer Empowerment and IQAC of Christ Nagar College), date (2 December 2025), time (10:30 a.m.), and a list of resource persons: Ms. Deepa Venu Kumar and Ms. Shylaja John, both Counselors at the Centre for Counselling &amp; Health Services (CCHS). It also lists members of the Advisory Committee, Coordinators, and Student Coordinators.</p>	<p><a href="#">for Newly Selected Peer Educators - Trivandrum</a></p>
						 <p>A photograph showing a meeting in progress. Several people are seated around a large conference table in a well-lit room with large windows. A presentation screen is visible in the background. A location tag at the bottom of the photo indicates the meeting is taking place in Bengaluru, Karnataka, India.</p>	



	Date	Time	Venue	Topic	Description	Documentation Pics	Link
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	03/12/2025	10:30 - 11:45 am	Seminar Hall, 2nd Block, ground Floor	Christmas Celebration - Disability Support Cell	<p>The Disability Support Cell organised a Christmas celebration at the Seminar Hall, 2nd Block (Ground Floor) from 10:30 to 11:45 AM. The event brought together students and staff to celebrate the festive spirit through joyful interaction, inclusivity, and community bonding, creating a warm and supportive environment for all participants.</p>	 	<p><a href="#">21. Christmas Celebration by the Disability Support Cell</a></p>
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	03/12/2025 & 04/12/2025	1:45 to 2:45pm	Block 2, Room no 711	Wellness Clique - The Art & Joy of Christmas	As part of the Wellness Clique initiative, one-hour sessions titled “ <i>The Art &amp; Joy of Christmas</i> ” were conducted separately for faculty and students. The sessions focused on celebrating the festive spirit through creative expression, reflection, and shared activities, encouraging relaxation and emotional well-being within the campus community.		<a href="#">22. Wellness Clique - Art and Joy of Christmas - Students</a> <a href="#">23. Wellness Clique - Art and Joy of Christmas - Staff</a>
	10/12/2026	1:30 PM to 4:30 pm	Panel room, 2nd block,	Vaping Epidemic: Beyond the Flavours	This session was conducted for peer educators to raise awareness about the growing concerns surrounding vaping among young people. The discussion explored the health risks, misconceptions, and social influences associated with vaping, equipping peer educators with knowledge and skills to engage in informed conversations and promote healthier choices among students.		



	Date	Time	Venue	Topic	Description	Documentation Pics	Link
	12/12/2026	11:00 AM to 1:30 PM	Panel room, 2nd block,	Awareness Session on Addiction	This session was conducted for peer educators to build awareness about different forms of addiction and their impact on physical, emotional, and social well-being. The discussion focused on identifying risk factors, understanding early warning signs, and encouraging supportive conversations, enabling peer educators to guide fellow students towards healthier choices and available support systems.	 <p>The poster is for an awareness session titled "Why do people get addicted? - Understanding factors that influence risk &amp; protection". It is organized by the Centre for Counselling &amp; Health Services at CHRIST University. The speaker is Dr. Jayant Mahadevan, Assistant Professor of Psychiatry at NIMHANS. The session is for UG Peer Educators and PG Peer Leaders of the 2025-26 batch. The venue is Panel Room B2, 2nd Floor, on Friday, 12 December 25, from 11:00 AM to 1:30 PM. The contact email is cchs@christuniversity.in.</p>	
	05/01/26	3:30 PM	Peer Education Room, Block 2, 711	Interaction with Christ University Pune Lavasa Campus counsellors	An interaction session was held with counsellors from Christ University, Pune Lavasa Campus, providing a platform to exchange insights, share best practices, and discuss approaches to student mental health and well-being. The session fostered collaboration, learning, and strengthened professional connections between counselling teams.	 <p>The photo shows a group of people sitting in a circle in a room, engaged in a discussion. A Google Maps overlay is visible in the bottom left corner of the photo, showing the location as Bengaluru, Karnataka, India, with coordinates 12°53'30.91"N, 77°33'00.00"E.</p>	



	Date	Time	Venue	Topic	Description	Documentation Pics	Link
			I	Peer Education Formal Sessions II - Addiction	As part of the Peer Education programme, peer educators conducted a session on addiction for their juniors and peers. The session focused on creating awareness about different forms of addiction, understanding its impact, and discussing preventive strategies, while encouraging open dialogue and responsible choices among students.		
	07/01/2026 & 08/01/2026	12 PM to 1:30 pm	Seminar Hall, Block 2	Wellness Session for Housekeeping Staff.	A wellness session was conducted for housekeeping staff to promote awareness about mental and physical well-being. The session focused on stress management, self-care practices, and the importance of maintaining a healthy work-life balance, while also providing a supportive space for participants to reflect, share experiences, and feel valued within the campus community.		<a href="#">24. Wellness Session for Housekeeping Staff</a>
	10/01/2026	10:00 AM	Block 2, 711, Peer Education Room.	Interaction with Delhi, NCR campus counsellor and Faculty.	An interaction session was conducted with the Delhi NCR campus counsellor and faculty to exchange insights and best practices in supporting student mental health. The session fostered collaboration, professional learning, and strengthened connections across campuses.		



	Date	Time	Venue	Topic	Description	Documentation Pics	Link
	23/01/2026	02:30 PM		Interaction with Dr. Binu Thomas	An interactive meeting with Dr. Binu Thomas was conducted to exchange ideas and perspectives on strengthening and developing the organization. The discussion focused on exploring strategies, sharing insights, and identifying opportunities that can contribute to the effective functioning and overall growth of the organization.		
	27th and 29th of January, 2026	1:45 PM to 2:45 PM	R&D Block, 5th Floor, Yoga Room	Wellness Clique - Rhythm to Release	As part of the Wellness Clique initiative, Rhythm to Release: Dance sessions were conducted separately for staff and students. The sessions encouraged participants to use movement and music as a way to release stress, enhance mood, and promote overall well-being, while creating a fun and energizing space for expression and connection.		<a href="#">25. Wellness Clique – Rhythm to Release</a>
	31/01/2025	3:00 p.m. – 5:00 p.m.	Central Block, Ground floor	Effective Inquiry and Compliance under the POSH	A two-hour capacity-building session was conducted for ICC members and counsellors to equip them with essential skills and knowledge related to handling cases under the POSH Act. Led		

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			(Bangalore Campus) & Virtual (NCR and Lavasa Campuses)	Act	by Adv. Siddharth, the session focused on conducting effective inquiries, maintaining proper records, and ensuring compliance with legal and institutional requirements, with participation from multiple campuses through a hybrid format.		
	February 1st week		Block 2, 711	Peer Educator's Selection Process.	The selection process for Peer Educators involved multiple stages to ensure the identification of committed and capable students. It included an initial screening of applications, submission of a Statement of Purpose (SoP), and a final interview. This process helped assess students' motivation, communication skills, and readiness to contribute to the Peer Education System.	 <p><b>PEER EDUCATION SYSTEM</b> CENTRE FOR COUNSELLING &amp; HEALTH SERVICES CHRIST</p> <p>Peer Education system is a unique life skills course launched in CHRIST (Deemed to be University) 15 years ago.</p> <p><b>Inviting Applications!</b> 2026-27 Batch</p> <p><b>Who should apply:</b> Second-semester undergraduate students <b>What you get:</b> Learning for life &amp; 3 Credits/11 <b>Your investment:</b> Rs.1000/- &amp; reasonable effort and time</p> <p><b>PROGRAM HIGHLIGHTS:</b></p> <ul style="list-style-type: none"> <li>• Sessions will be held over Six weeks.</li> <li>• One day session in Kengeri campus.</li> <li>• Interactive &amp; Experiential sessions.</li> <li>• Opportunity to volunteer in CCHS activities like: Distress Stations, Disability Support Services and many more —</li> <li>• On completion of theory sessions, peer educators will take awareness sessions.</li> <li>• Opportunity to represent in the Student Council!</li> </ul> <p><b>OBJECTIVES :</b></p> <ul style="list-style-type: none"> <li>• Provide young adults with factual information about life skills and relationships.</li> <li>• Self-awareness will be explored on a deeper level.</li> <li>• To motivate peers in applying the knowledge and skills acquired in one's own life.</li> <li>• Mentoring to take awareness sessions amongst peers and the community as part of the course</li> <li>• To reflect and have a positive impact on society.</li> <li>• To create a Peer Support Network</li> </ul> <p><b>Selection Procedure:</b></p> <ul style="list-style-type: none"> <li>• Scan QR code to register. Last date to apply is <b>11<sup>th</sup> Feb 2026</b></li> <li>• Interview dates: 16<sup>th</sup> Feb to 20<sup>th</sup> Feb 2026</li> <li>• Venue: Counselling Centre, Room no. 711, 2<sup>nd</sup> floor, Block 2</li> </ul> <p>For further details contact your Batch Counsellor or Email : <a href="mailto:peereducation.cchshchristuniversity.in">peereducation.cchshchristuniversity.in</a></p>	

	Date	Time	Venue	Topic	Description	Documentation Pics	Link
	24.2.26	9.00-10.00	School of Education, Christ University	Role of teachers in psychological wellbeing of students	This session explored the important role teachers play in supporting the psychological well-being of students. It focused on maintaining harmony in the classroom, understanding ethical considerations while addressing student concerns, and developing skills and techniques that help teachers respond positively to the diverse challenges faced by students.		<a href="#">26. Session on Guidance and counselling in schools - B.Ed</a>
	25/02/26 & 26/02/2026	1:45 pm to 2:45 pm	Block2, 711	Wellness Clique - Hand Embroidery	As part of the Wellness Clique initiative, Hand Embroidery sessions were conducted separately for staff and students. The sessions offered a creative and relaxing space for participants to engage in mindful crafting, encouraging patience, focus, and self-expression while promoting stress relief and overall well-being.		<a href="#">27. Wellness clique embroidery skills for relaxation</a>

	Date	Time	Venue	Topic	Description	Documentation Pics	Link
	27/02/2026	2:00 PM to 4:00 PM	Block 2, Assembly Hall, 3rd floor,	Peer Education System - Valediction	The valediction ceremony of the Peer Education System was organized to acknowledge and appreciate the contributions of peer educators throughout the year. The event provided an opportunity to reflect on their learning, experiences, and impact on the campus community, while celebrating their commitment to promoting student well-being and peer support.	 <p>The poster for the Peer Education System Valedictory Ceremony features a light blue and pink background with floral illustrations. It includes the CHRIST University logo, the Centre for Counselling &amp; Health Services name, the event title in a cursive font, the date (Friday, Feb 27, 2-4 PM), and a congratulatory message: 'Congratulations! It's time to celebrate your hard work, achievements &amp; the journey you've completed. Step forward with pride as you receive the applause you genuinely deserve.' The contact email peereducation.cchs@christuniversity.in is at the bottom.</p>	
	2/03/26 - 03/03/26	9:00 AM to 4:00 PM	Block 2, 711 & Garden Street	De-stress Stations II	In order to help students cope with exam-related stress, our PG peer-leaders set up de-stress stations, guided by their mentors.  The de-stress stations offered students and faculty a peek into the different therapies and activities of the centre. The objective was that anyone who visits will feel a bit lighter than when they came and with new insight into helpful coping strategies. The stalls were set up on the garden street as well as room no 711 block 2 was also used to conduct games, mandala art, sand therapy, zen studio etc.	 <p>The poster for De-stress Stations has a purple and pink floral theme. It features the CHRIST University logo and the Centre for Counselling &amp; Health Services name. The text reads: 'Brings to you De-stress Stations. You are welcome to Relax, Recharge and Rejuvenate. 2nd and 3rd March, 2026 9 am-4 pm. Venue I: Counselling centre, Room no: 711, Block II. Venue II: Garden Street.' The contact email cchs@christuniversity.in and hashtag #CCHSforSDG3 are at the bottom.</p>	

	Date	Time	Venue	Topic	Description	Documentation Pics	Link
	12/03/2026	11 to 4 pm	ISRO, Bangalore	Gender Sensitivity	<p>The Gender Sensitisation Session conducted by Ms Manjula and Ms Shylaja, enhanced participants' understanding of gender concepts, challenged stereotypes, and encouraged reflection on unconscious biases. Through discussions and activities, participants developed greater empathy and awareness of how gender roles impact behaviour, communication, and emotional well-being. Overall, it motivated individuals to adopt more sensitive, equitable, and inclusive attitudes in their daily lives both professionally and personally.</p>		<a href="#">28. Gender Sensitivity- Shift your perspective - Transform Your World - ISRO</a>
	13/03/2026	1 to 2.30 pm	Conference room, 336, R&D block	Addressing Student Mental Health: Challenges and Strategic Support Mechanisms, Self-care for Teachers	<p>A faculty development session on addressing student mental health focused on understanding challenges, identifying warning signs, and promoting teacher self-care was conducted for the faculty of the School of Sciences: Chemistry, CHRIST University. This Session was facilitated by Ms. Deepa and Ms Ashly and it included interactive discussions and activities that encouraged reflection on student-teacher dynamics, classroom management, and collaborative support with parents and counsellors to foster a positive learning environment.</p>		<a href="#">29. Addressing Student Mental Health: School of Sciences.</a>

	Date	Time	Venue	Topic	Description	Documentation Pics	Link
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	25/03/2026	9:00 am to 4:30 pm	NIMHAN S				File
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