

HALF YEARLY REPORT

Mpower in association with

- B.K. Birla College of Arts, Science & Commerce,

is providing **psychological counselling** and **psychiatric consultations** to each of the organizations from the 17th of February 2021.

The purpose of the association is that we aim to work on the different ground realities faced by the individuals to break the stigma attached to mental health and provide interventions. It has been a pleasure to work with you.

The team has been supportive and cooperative in the overall process. Based on our time spent in **Feb 2021 to August 2021**.

Following are the details of the same.

Period – 17th Feb to 31st August 2021

Services Provided – Psychological Counselling and Psychiatric consultation.

In House Contact Person: Ms. Aaknksha Thakur, Ms. Esmita Gupta,

Psychologist visiting the cell: Ms. Namrata Chandwadkar

The details of **clients** for counselling and psychiatric consultation are as follows:

Sr. No.	Name of the Institute	Counselling	Psychiatric Consultation
	Total no of counselees	45	7
01	B.K. Birla College	36	5

The **total** number of sessions including follow-up of counselling and psychiatric consultations were – **501**

Referred for following **concerns** collectively were -

- Family and relationship issues,
- Stubborn behaviour,
- Substance abuse,
- Low tolerance and frustration,
- Stress and anxiety,
- Adjustment issues,
- Learning disabilities,
- Poor self -esteem,
- Schizophrenia, etc.

The details of conducted **webinars** are as follows:

The total no of **webinars** Mpower conducted were: **4**

The total no of **orientation sessions** we conducted were: **31**

Sr.No.	Name of the institution	No. of webinars
01	B. K. Birla College	4

Observations and Impact:

- We are getting a **good response from college students** and parents from schools are enquiring to avail the services.
- The overall **feedback** on various webinars was positive.
- The **follow-up** sessions are going well and the student’s feedback regarding the services at Mpower was also good.
- As per the need, creatives are being shared fortnightly to promote the cell.

Challenges:

- Rescheduling the sessions from the student's end.
- Less participation of teachers in webinars.

Recommendations:

- As the therapist always orient students to be consistent in attending scheduled counseling sessions so the faculties can also orient students on the same. So, we can give the slot to the new or waiting students.
- Convey the students to reduce the rescheduling of counselling sessions.
- As we have least referrals from the schools, we would like to request that teachers and counselors can be more proactive and refer students or convey parents to avail the session from Mpower.
- The college POC can convey teachers to attend the webinar as it's planned well in advance or make it compulsory so we can reach the maximum students.
- Awaiting revert from Century Rayon POC to generate more referrals.

Other updates:

- Seminars are planned for all the units in the coming month and the calendar has been circulated.
- The **regular review meetings** with the POC's are going well and have been recorded.
- The follow-up of sharing the **creatives** were recorded.
- The **offline** sessions were started as per the students need and for the same **parent's consents** were also collected as the college POC suggested.