

The Counselling Cell

The Counselling Cell of Cluster Innovation Centre is an initiative of counseling stream students of B.A. Honours (Humanities & Social Sciences). The student members of the cell are Ened D'souza, Shipra Praliya, Payal, Aarushi Guliya, Devang Pandey, Yashi Chauhan, Samarth, Satchit, Shambhavi, Srinivas and Tashi Palmo, who work under the mentorship of Ms. Khyothunglo Humtsoe.

The Counselling Cell envisions ensuring positive mental health and well-being of the students and Faculty members of CIC and making efforts for the growth of counselling. The objectives of the Cell are achieved in two ways: by providing help to students through individual counselling sessions, group discussion and guidance services and to contribute for the growth of the discipline, the Cell conducts two annual academic festivals – *Meraki*, the Annual Counselling Fest & **Mental Health Awareness Week**.

The cell conducts academic events that encourages students to strive for positive well-being and to appreciate the diverse experiences of human relations. There have been panel discussions on Child Sexual Abuse, Identity Issues of Gender & Sex, Mental Illnesses, Breaking Taboos of Menstruation, and Looking Good vs Feeling Good – Body Image.

Events like Slam-Poetry, Doodle-making, and Photography have been conducted to allow expression of emotions and creativity. Film screening and Quiz competitions on relative topics have also been held to initiate deeper discussions. Besides the festivals, members of the Cell also conducts workshops on Child Sexual Abuse, Menstrual Hygiene Management and Gender Sensitization in several universities, colleges, schools and other institutions.