



Villa Marie Degree College for Women

Somajiguda, Hyderabad – 500082

Affiliated to Osmania University, Management Programs Approved by AICTE

Recognized by UGC u/s 2(f), an ISO 9001:2015 Certified Institution

Accredited by NAAC with B++ Grade

COUNSELLING CELL

ANNUAL REPORT 2025-2026

An Extension Lecture on **“Self-Esteem and Confidence: The Psychology of Self-Worth”**, was organized for all the First-year students on **10th November 2025** in the Dr. Sarojini Naidu Auditorium. The guest speaker, **Ms. Serena Ahluwalia**, delivered an insightful, interactive, engaging and thought-provoking, session. The session offered students practical ways to enhance their confidence and mental well-being. It inspired them to adopt a more optimistic outlook and recognize their inner potential. They learnt to channel their thoughts toward self-growth, confidence, and resilience, fostering a stronger sense of self-awareness and motivation. **A total of 183 First year students** attended the session.

Ms. V. Srilatha, a Counselling Psychologist, delivered an Extension Lecture on, **“Behavioural Issues,”** on **9th January 2026** for all the Second-year degree students in Dr. Sarojini Auditorium. The Guest speaker elaborated on, “ABC of Behaviour, (Antecedent, Belief, Consequence), and motivated the students to believe that behaviour could be transformed. She said, “Behaviour does not start with the situation, it starts with the meaning we give to the situation.” She conducted an interactive session and involved a few students to explain the theory. Students actively participated. The session was fruitful as many students were happy to practically apply the techniques and felt confident to face any situations in future. **A total of 150 Second year students** attended the session.

The Counselling Cell of Villa Marie Degree College for Women organized a Guest Lecture on **“Stress and Anxiety”** on **18th February 2026** in the Dr. Sarojini Naidu Auditorium. The guest speaker, **Mrs. Chaya Latha Gande**, delivered an insightful, informative, interactive and therapeutic session for all the Final year students across all programmes. Mrs. Chaya Latha Gande, categorised what is stress and anxiety and then shared a few techniques which the students could follow to release them. She showed a few acupuncture techniques, meditation and released a useful blue print for the students to cope with the stress and anxiety of everyday life in academics, peer pressure, relationships etc. The session was beneficial as many students could identify their stress, measure it and after following the technique could measure again and find a drastic fall in the scale of measurement and felt relieved. **A total of 174 Final year degree students** attended the session.



A token of appreciation –
Memento presented to the
Guest speaker



Guest speaker with the
students during the activity



Students trying the Stress relief
technique shown by the Guest speaker

Savitri
Convener

Rajeev
IQAC Coordinator

Ravati Devi
Principal
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