



Orientation Session for Batch 2025-26

Academic Year: 2025–2026

Dates: 24th to 25th July 2025

Venue: Chanakya Seminar Hall

Organized by: Department of Counselling

Under the Guidance of: Dr. Bodhisatvan .R., Principal of NHCM

Introduction

The Department of Counselling successfully organized orientation sessions for the first-year **BBA, BCA and B COM** Degree students at Chanakya Seminar Hall on the 24th and 25th of July 2025. The sessions aimed to ease the students' transition into college life by focusing on emotional wellness, academic readiness, and peer bonding.

Session Overview

1. Ice-Breaking Activity

The session opened with a warm-up activity designed to help students get acquainted with one another. It created a relaxed environment that encouraged interaction and openness among peers.

2. Mood Check-In

Counsellors conducted a simple mood check-in, giving students an opportunity to express how they were feeling during their initial days in college. This helped identify students who might require emotional support early on.

3. Counsellor Sharing and Student Insights

Counsellors shared their personal first-year college experiences to normalize feelings of nervousness and excitement.

Key Highlights included

- **Importance of the First Year:** Building strong academic and social foundations.
- **Balancing Act:** Managing studies, friendships, and self-care effectively.

4. Overview of the Counselling Process

An overview of the counselling services available on campus was presented. Students were informed about

- How to book appointments.
- Confidentiality of sessions.

- Types of issues that can be addressed (academic stress, adjustment difficulties, etc.)
This session encouraged students to seek help when needed and promoted a culture of mental wellness.

Interactive Activity: “Stand Up If...”

An interactive group activity called “*Stand Up If...*” was conducted, where the facilitator read aloud statements related to habits, experiences, and values (e.g., “Stand up if you’ve helped a stranger” or “Stand up if you love solo travel.”)

Students who related to the statement stood up briefly, made eye contact with others, and sat down. After a few rounds, volunteers were invited to share personal stories related to one of the statements.

The activity helped foster connection, empathy, and self-expression within the group.

Creative Challenge: Magic Box (Branding Activity)

As the closing activity, students were divided into small groups and given mystery products inside a “Magic Box.”

Each group was tasked with

- Creating a unique **brand name**
- Composing a **catchy jingle or tagline**
- Presenting their product as a mock advertisement

This activity encouraged creativity, teamwork, and public speaking, while providing an entertaining end to the session. Students enthusiastically participated, showcasing originality and collaboration.

Conclusion

The orientation sessions were successful in creating a welcoming and inclusive atmosphere for new students. Through engaging discussions, creative challenges, and emotional support, over **607 students from BBA, BCA and B COM** were reached across three sessions.

The Department of Counselling remains committed to supporting students throughout their journey at the institution.

Feedback Collection

Feedback was collected from participants to help improve the structure and content of future orientation sessions.

Team Acknowledgement

The program was conducted under the guidance of
Dr. Bodhisatvan. R., – Principal, NHCM

Organizing Team – Department of Counselling

1. Mrs. Srividya Anand – Senior Student Counsellor
2. Ms. Anna Jogie – Student Counsellor





Students participating on various activities provided during orientation

PRINCIPAL

