

# **Report on Orientation Session for First-Year Commerce/Management Students**

**Academic Year:** 2026–2027

**Venue:** Chanakya Seminar Hall and Falconry Seminar Hall

**Date:** 28/07/2026 and 29/07/2026

**Organised by:** Department of Counselling

**Participants:** BCOM and BBA first-year students

**Under the Guidance of:** Dr. R Bodhisatvan – Principal Of New Horizon College, Marathahalli

## **Introduction**

The Department of Counselling conducted an interactive orientation programme for the first-year undergraduate students to help them make a smooth transition from school to college life. The session aimed to familiarise students with the new academic environment, encourage healthy peer interaction, create awareness about mental well-being, and introduce them to the counselling support system available in the institution. The orientation adopted an experiential learning approach, combining informative discussions with engaging activities to ensure active student participation.

## **Session Overview**

### **1. Silent Line-Up Challenge**

The session commenced with an icebreaking activity titled "The Silent Line-Up Challenge." Students were instructed to arrange themselves in chronological order according to their birth months without speaking, writing, or using mobile phones. They communicated only through hand gestures, facial expressions, and body language. The activity highlighted the importance of non-verbal communication, teamwork, patience, and cooperation while helping students become comfortable interacting with one another.

### **2. Transition to College Life**

The counsellors welcomed the students to their new academic journey and discussed the transition from school to college. Students were introduced to the increased independence, responsibility, decision-making, and self-management expected in college life. They were reassured that emotions such as excitement, curiosity, nervousness, homesickness, confusion, and anxiety are natural during the initial weeks of college. The discussion emphasised that adjustment is a gradual process and encouraged students to give themselves time to adapt to the new environment.

### **3. The College Balance**

Students were introduced to the four important dimensions of a successful college life—Academics, Physical Health, Mental & Emotional Health, and Relationships. Through an interactive discussion, the counsellors emphasised that overall success depends on maintaining a healthy balance among these four areas rather than focusing solely on academics.

#### 4. Introduction to the Counselling Department

The Counselling Department was formally introduced to the students. The counsellors explained the purpose of counselling, highlighting that it is a safe, confidential, and non-judgmental space where students can openly discuss their concerns. Students were informed about situations in which they could seek counselling support, including academic stress, homesickness, anxiety, friendship concerns, time management issues, procrastination, digital distractions, emotional difficulties, and lifestyle-related challenges. The location and working hours of the Counselling Department were also shared.

#### 5. Behavioural Habits and Digital Wellbeing

A brief awareness session was conducted on healthy behavioural habits and responsible digital usage. Students reflected on their daily routines, including sleep patterns, eating habits, study habits, physical activity, and excessive mobile phone usage. Practical strategies to improve focus, manage screen time, and develop healthy routines were discussed to promote overall well-being and academic success.

### **Fun-Filled Activities**

#### 1. College Passport

Students participated in an interactive networking activity titled "College Passport." Each student received a worksheet containing different clues and was required to identify classmates matching those descriptions. The activity encouraged students to interact with new people, discover common interests, and develop confidence while initiating conversations with their peers. It served as an excellent platform for building friendships and reducing the anxiety associated with meeting new people.

#### 2. The Crazy Advertisement Challenge

The final activity of the session was "The Crazy Advertisement Challenge – Sell the Impossible." Students worked in groups and were asked to design an imaginary product, identify the problem it solved, create a unique brand name and tagline, and present a short advertisement before the audience. The activity encouraged creativity, innovation, teamwork, problem-solving, and public speaking skills while bringing the session to an energetic and entertaining conclusion.

### **Conclusion**

The orientation session was highly interactive and received an enthusiastic response from the students. Through discussions and experiential activities, students gained a better understanding of the challenges and opportunities of college life, the importance of maintaining a healthy balance, and the support services available through the Counselling Department. The activities successfully encouraged peer interaction, confidence building, creativity, and self-awareness, creating a positive beginning to their engineering journey.

### **Feedback Collection**

Feedback was collected from the students at the end of the session to understand their experience and to further enhance future orientation programmes. The majority of the students appreciated the interactive nature of the session and expressed that the activities helped them feel more comfortable and connected with their peers.

### **Team Acknowledgement**

The orientation programme was conducted under the guidance of Dr. R Bohisatvan, Principal – New Horizon College, Marthahalli.

The programme was successfully conducted by the Department of Counselling comprising:

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

The Department of Counselling remains committed to supporting students throughout their academic journey by promoting their emotional well-being, personal growth, and overall success.

Photographs:



