



**COUNSELLING CENTRE**  
**SES COLLEGE SREEKANDAPURAM**  
**REPORT OF ACTIVITIES**  
**2022-2023**



*The way we talk to our children becomes their  
inner voice*

*Convener- Dr. Sunitha Joseph  
Assistant Professor  
Department of Economics*



## **SES College Counselling Centre**

Counselling is the service offered to the individual who is undergoing a problem and needs professional help to overcome it. A counselling centre is functioning in the college. The Centre has been established by keeping in mind the problems of students and to channelise their energy in a positive and constructive manner for finding the best in them. Our primary aim is to provide effective counselling services to students who come to us with a wide range of problems. A student who is struggling with anxiety or depression has difficulty with concentration and memory, resulting significant difficulties in colleges. The counselling centre of SES College Sreekanthapuram provides counselling that results in significant improvement for as many students as possible.

### **co- ordinator**

**Smt. Sunitha Joseph, Asst. Prof. Department of Economics**

*Post Graduate Diploma in Counselling and Psycho- therapy*

## **Mission**

- To help in the total development of the students.
- To develop readiness for choices and changes to face new challenges.
- To help freshers to establish proper identity.
- To motivate the students from weaker sections of the society.
- To help the students in their period of turmoil and confusion.
- To identify and help students in need of special help.

## **Vision**

*Purify and strengthen the personality through guidance and counselling*



### **The functioning of the Counselling Centre**

The students can approach the counselling centre at any time. The class teachers and department heads also refer the cases. All the students are free to approach the counselling centre. Dr.. Sunitha Joseph, co-ordinator of the centre and PGDCP holder (Post Graduate Diploma in Counselling and Psycho- therapy) meet the students in the free hours and consult the cases. In certain cases counselling facility is given to the parents also. The practice of counselling and psychotherapy depends on gaining and honouring the trust of clients. The students feel free and comfort with the counselling.

### **Counselling room facility**

A special and separate room is allotted for student counselling in order to keep the privacy and confidentiality of the counselling process.



## ACTIVITIES 2022-23

### Counselling camps and Life skill programmes

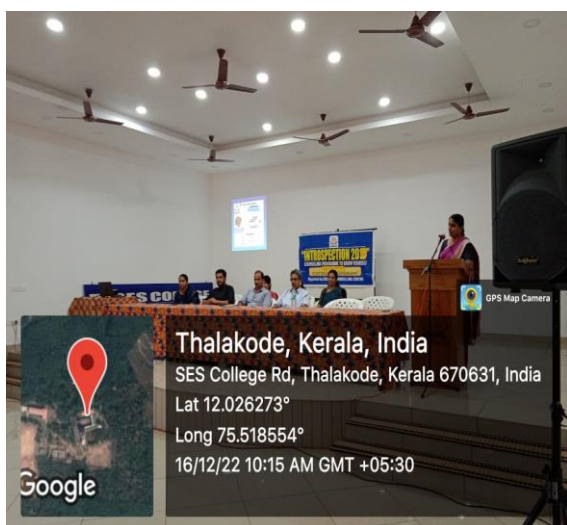
The purpose of any education system is not only to foster academic learning but also the all-round development of children. Academic stress, poor academic performance, cut-throat competition, drop-out, suicide, anger, violence, drug abuse, child abuse, are some of the concerns which require support of guidance and counselling. Thus under the auspicious of the counselling centre counselling camps and training classes are arranged for the students of the colleges every year. The Counselling Centre, SES college Sreekandapuram conducted one day counseling camp named INTROSPECTION -2022

### INTROSPECTION - 22

Date	Name of the Resource Person and programme	List of counselors	Number Students participated
16-12-2022	Sri.satheesan MV  One day seminar on counseling and mental health	1.Smt .Reena 2.Smt.shibhila 3.Smt mislath 4.Smt.sudha A 5.Smt.prabha Jose	50



Under the auspicious of counselling Centre, a counselling camp was organised in the college campus on 16<sup>th</sup> December 2022. Sri. Satheeshan M V, the counsellor and trainer inaugurated the programme. Counsellors were invited to the function. The students were motivated and 50 students had undergone for counselling by the particular counselling camp. It was a relief for the students.



The students were given orientation for the preparation of counselling camp. Their doubts about counselling process were cleared and they were prepared for the counselling camp with the effect of this orientation programme.



### Follow up programme

One of the important factors about counselling is that there should be follow up after the counselling sections. After the camp the counsellors visited the college and done the follow up by meeting the students. We are thankful to the counsellors and appreciate their willingness to help the students.

*“Counselling is a series of direct contact with the individual which aims to offer him assistance in changing the attitudes and behaviour.”*

- Carl Rogers

## *Individual Counselling*

Name of the Programme	Date	Name of the Resource Person	Number Students participated
Individual Counselling	2022-2023	Under –SES College Counsellingcentre	250-sessions (student counselling)

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*Thank  
you*



*Counselling Centre  
SES College Sreekandapuram*

