



COUNSELLING CENTRE
SES COLLEGE SREEKANDAPURAM
REPORT OF ACTIVITIES
2020-2021



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



Counselling is the service offered to the individual who is undergoing a problem and needs professional help to overcome it. Our primary mission 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.

Significance of counselling at colleges

Guidance and counselling is needed to help the students for optimum achievement and adequate adjustment in the varied life situations. Need analysis of the students in the colleges shows the need of guidance and counselling services, in the education, profession, vocation, social, health, moral, personal and marital areas. Counselling is a process of assistance extended by an expert in an individual situation to needy person.

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

- Carl Rogers

SES College Counselling Centre

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 ways to understand and resolve problems as well as make them master of their own destiny. Smt. Sunitha Joseph, Asst. Prof. Department of Economics is the co-ordinator and Anumol Thomas, Asst. Prof. Department of Commerce, Smt. Soumya Maria Jacob, Asst. Prof. Department of Chemistry are the assistant co-ordinators. The centre provides guidance and counselling to the students and parents to motivate and refresh them.



The centre gives more importance enable the students to manage and plan their learning and work pathways in accordance with their life goals.

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. Smt. 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.






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.

ACTIVITIES 2020-21

The Counselling Centre, SES college Sreekandapuram in association with IQAC, S.E.S College, arranged a webinar on “Attitude of Gratitude” on 18th June 2020. This program was inaugurated by our principal Dr. Dominic Thomas and presided by Dr. Sunitha Joseph (convenor counselling centre), Assistant professor of Economics. The session was handled by Mrs Shahanaz P C, Counselling psychologist.

S.E.S. COLLEGE
Affiliated to KANNUR UNIVERSITY
Accredited by NAAC with B Grade
SREEKANDAPURAM, KANNUR, KERALA 670631


K.A.A. (S.A.S.C.)
L.A.A. (S.A.S.C.)


IQAC
in association with
ACADEMIC FORUM

WEBINARS


eLectern

igniting minds

Greetings from the Counselling Cell, S.E.S College, Sreekandapuram!
We are happy to inform you that, Counselling Cell is hosting a Webinar for students on the topic-

"Attitude of Gratitude..."

Resource Person:



Date: 18.06.2020
Time : 10.30 AM to 11.30 AM

Mrs. Shahanaz P. C.
Counselling Psychologist, Hrudayaram community college, Kannur university center.
Kannur

Hrudhya Academy, Saiduappali, Thalassery.
Motivational Trainer
NLP practitioner
Former student counsellor in National Institute of Fashion Technology(NIFT)
Dharmashala, Kannur.

The Registration Link will be available up to 18.06.2020, 8.30 AM
Platform – ZOOM, E- Certificate will be issued to the participants.

Contact:- Smt. Sunitha Joseph Mob: +91 94978 39958

Insight – Monthly Recharging Sessions



Insight is the programme where thought provoking sessions and counselling are provided by trained professionals. It can make a profound impact on the lives of students and helps students to navigate difficult life situations. It provides the tools and insights to manage mental health issues, such as anxiety and depression especially in this pandemic situation. Ultimately, counselling empowers students to lead healthy and fulfilling lives.

Insight -1

**SES COLLEGE COUNSELLING CENTRE -
MONTHLY ONLINE COUNSELLING
PROGRAMME.....**

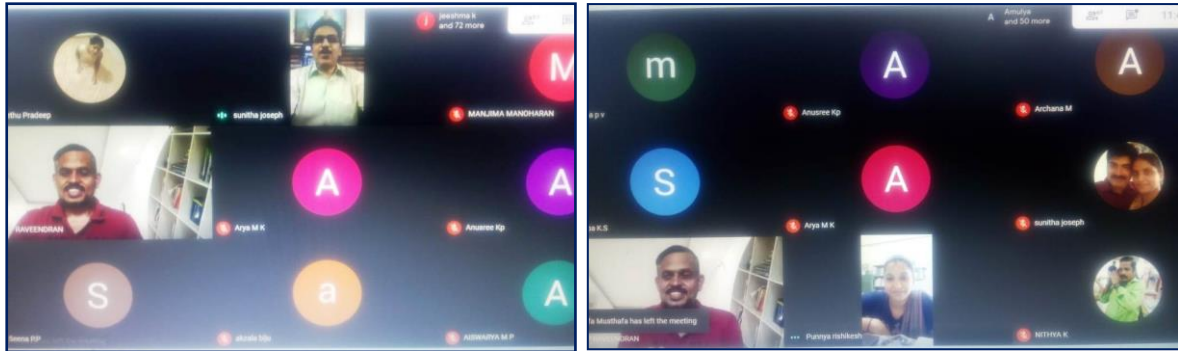
INSIGHT
ON 19-10-2020 AT 10.30 AM

Inauguration : Dr Dominic Thomas
(Principal SES College)

Presentation on Secret of Happiness
By
KP Raveendren
(Mentor Positive commune)

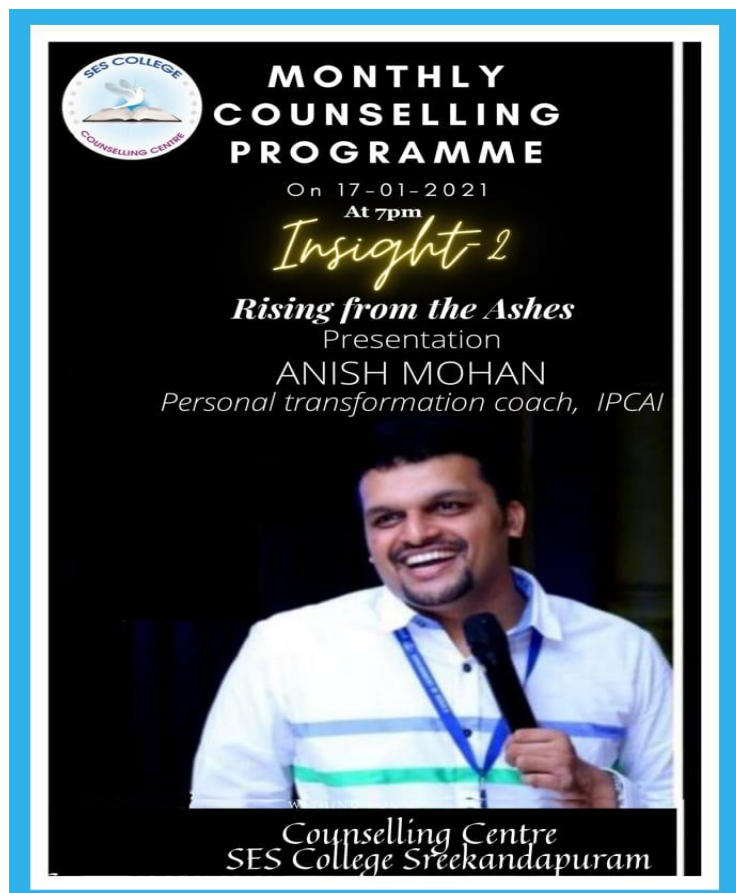
MONTHLY RECHARGEING SESSIONS
BY RENOWENED COUNSELORS

The Counselling Centre, SES College Sreekandapuram conducted a webinar as a part of the *Insight 1* on the topic “Secret of Happiness “on 19th October 2020. This program was inaugurated by our principal Dr. Dominic Thomas and the session was handled by Mr. K.P Raveendran, (Trainer @ mentor positive commune)

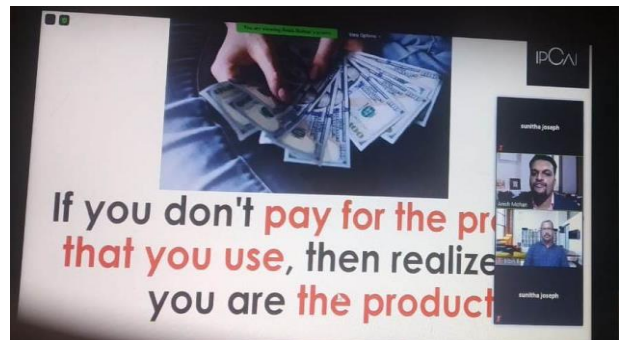
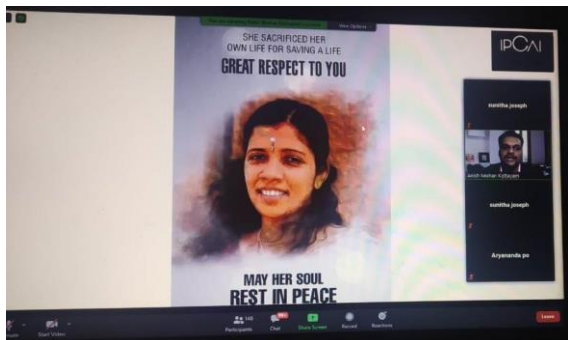


Insight -2

The Counselling Centre, conducted a webinar as a part of the *Insight -2* on the topic “**Rising From the Ashes**” on 17th January 2021. The session was handled by Mr Anish Mohan , (Personal Transformation coach IPCAI)





Trough this session, he won the hearts of the students by narrating his own experiences in a very motivating manner. The students were very inspired by the session.



Insight -3

The Counselling Centre , SES college Sreekandapuram conducted a webinar as a part of the **INSIGHT 3** in association with kannur jilla kudumbasree mission gender help dusk **Snehitha** on the topic " **mental health and Covid-19 Pandemic** " on 24th may 2021. This program was inaugurated by our principal Dr. Dominic Thomas and the session was handled by Smt.Baby Rehna , (Trainer - gender help dusk Snehitha)




**SES COLLEGE COUNSELLING CENTRE -
MONTHLY ONLINE COUNSELLING
PROGRAMME.....**

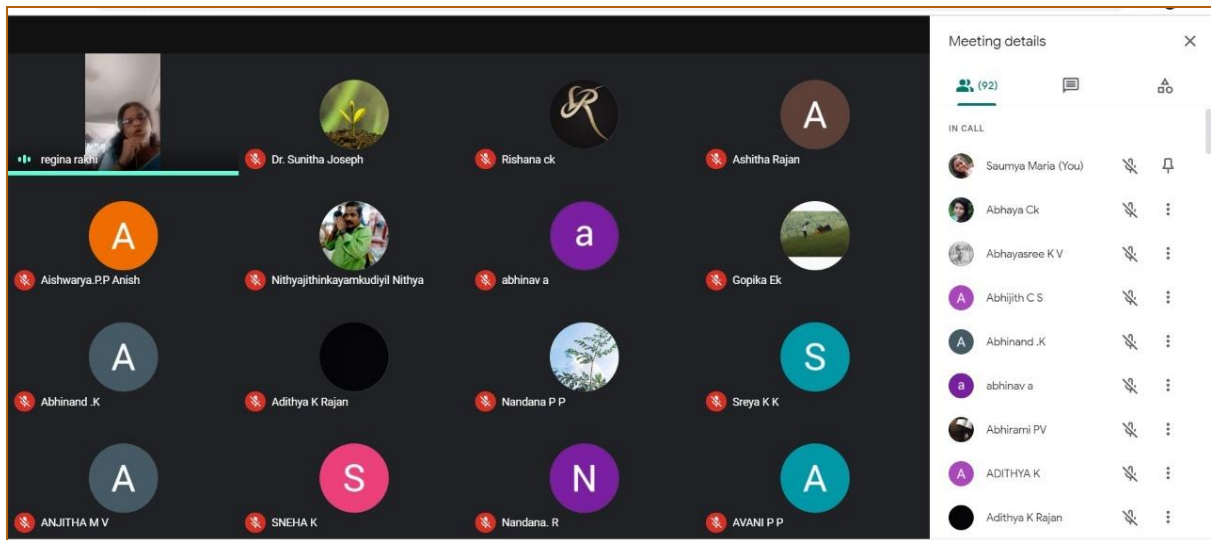
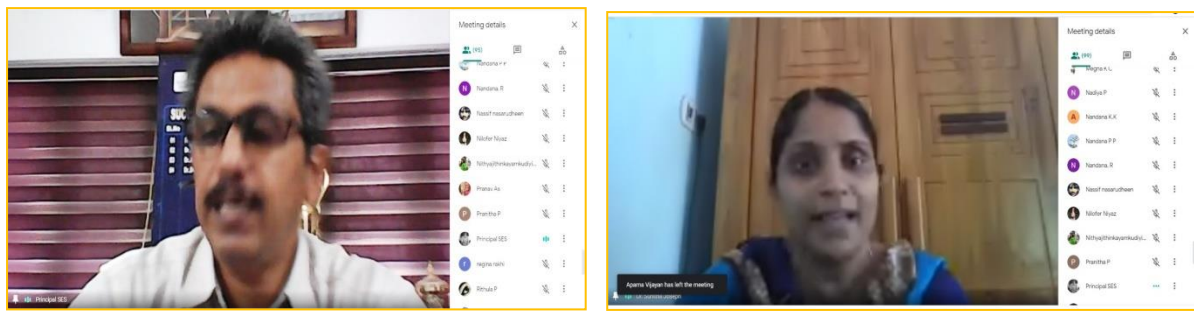
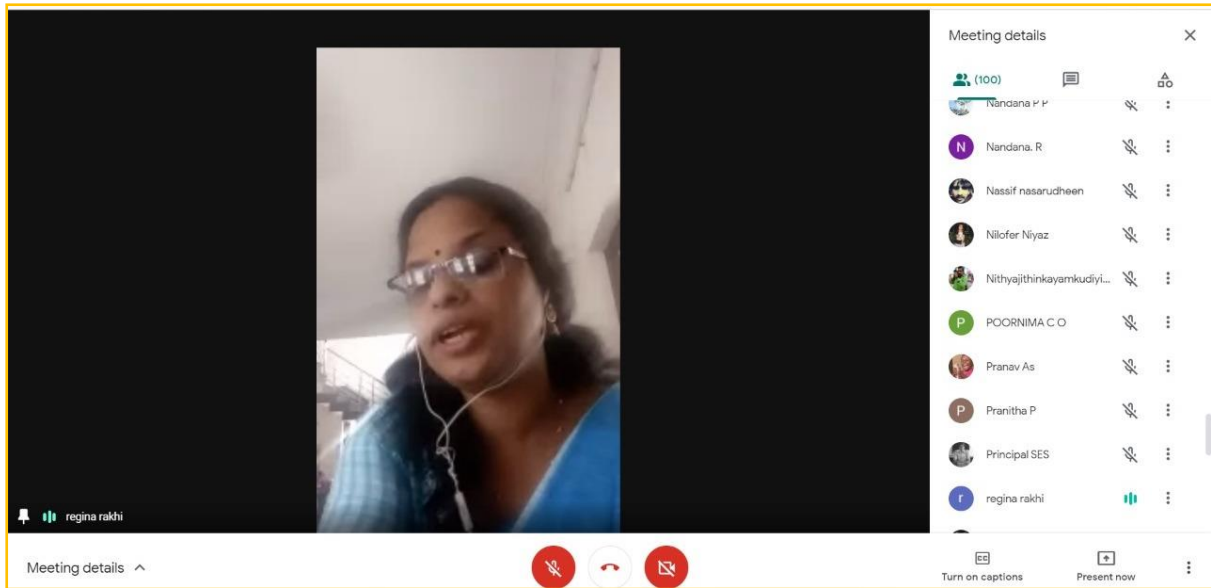
INSIGHT - 3

In Association with
കണ്ണൂർ ജില്ലാ കുടുംബശ്രീ മിഷൻ
(സ്നേഹിത- Gender Help Desk)

ക്ലാസുകൾ നയിക്കുന്നത്
ശ്രീമതി. ബേബി രഹ്ന

വിഷയം:
കോവിഡ് കാലത്തെ മാനസികാരോഗ്യം

സമയം -24-05-2021 രാവിലെ 10.30
 Google meet Platform



The covid-19 pandemic has presented many challenges to student community .They already coping with mental health conditions .This webinar enables participants to learn the impact of crisis situations, loneliness, and isolation; understand what resiliency is and where it comes from; and learn practical and achievable ways to increase one’s resiliency.



Counselling Center

SES College Sreekanthapuram