



COUNSELLING CENTRE
SES COLLEGE SREEKANDAPURAM
REPORT OF ACTIVITIES
2024-2025



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

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



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. Dr. Sunitha Joseph, Asst. Prof. Department of Economics is the co-ordinator. 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

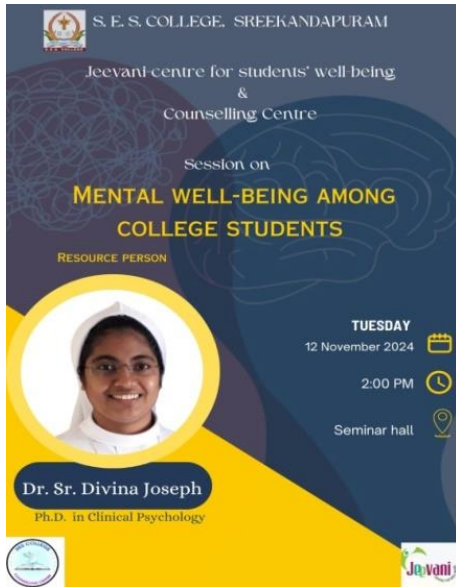


COUNSELLING CENTRE REPORT 2024-25

The **Counselling Centre** at SES College, Sreekandapuram has been functioning efficiently since **2013**. The centre plays a vital role in supporting the emotional and psychological well-being of students. **Dr. Sunitha Joseph**, Assistant Professor in the Department of Economics, serves as the **Co-ordinator** of the counselling centre. For the **academic year 2024-2025**, under the **Government of Kerala's Jeevani Project**, **Smt. Vyshnavi V** has been appointed as the **Counsellor**. She is available **twice a week** at the college to provide counselling services to students. The counselling sessions have proven to be **very helpful** in addressing students' personal, academic, and emotional challenges. **Teachers actively refer students** to the centre, ensuring that those in need receive appropriate guidance and support. The initiative continues to create a **positive impact** on the overall mental health and academic performance of the student community.

CLASS ON MENTAL WELLBEING 12-11-2024

The Jeevani Project at SES College organized a Mental Well-being Class on 12th November 2024, conducted by Dr. Sr. Divina, a distinguished expert with a Ph.D. in Counselling Psychology. The session was held at the College seminar hall and reflecting the growing awareness and importance of mental health in academic settings.



Objective

The primary aim of the session was to promote awareness about mental health, equip students with coping strategies, and encourage positive mental well-being practices among the student community.

Outcome

The session was well-received by the students. Many expressed their appreciation for the interactive format and the approachable nature of the resource person. Feedback indicated increased awareness and willingness to seek help when needed.

INTROSPECTION -ONE DAY COUNSELLING CAMP -



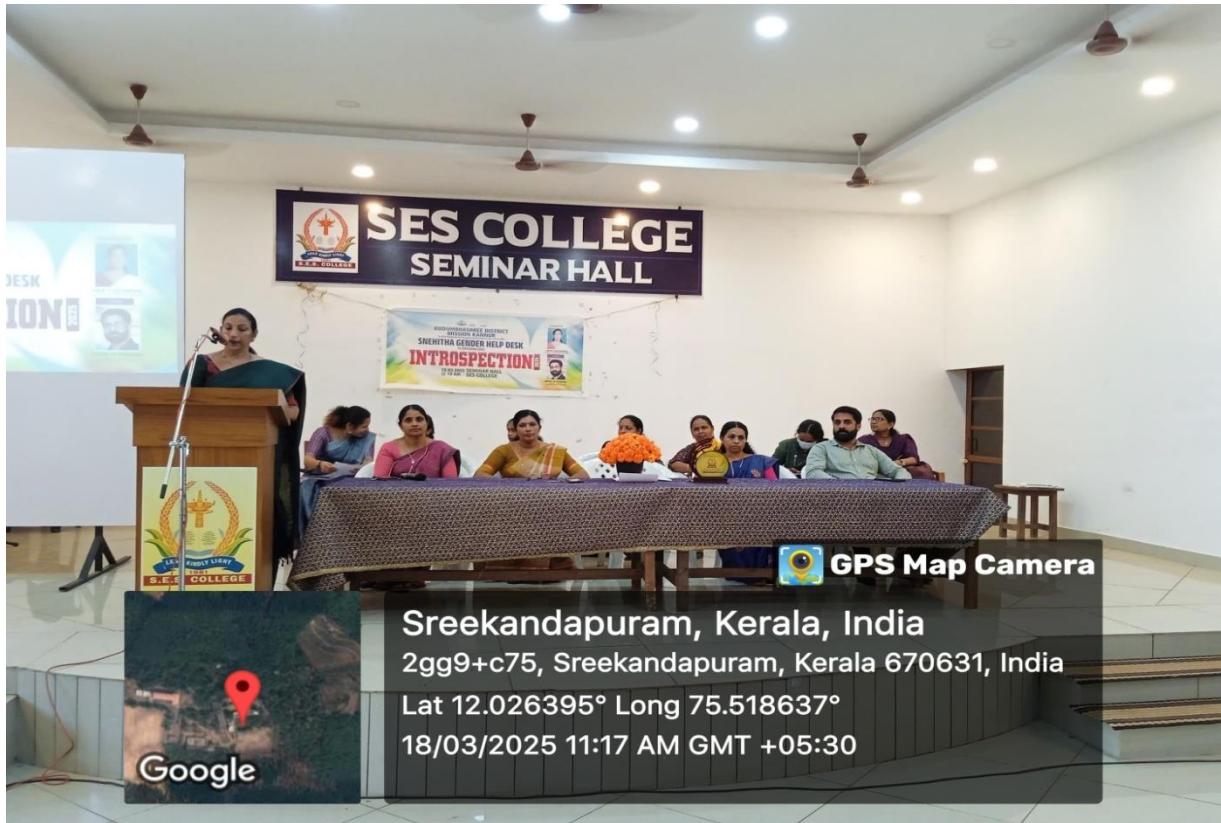
The poster features a vibrant background with a large white circle. At the top, logos of the Kudubhashree District Mission Kannur and Sreekandapuram Municipality are displayed. The text reads: **KUDUBHASHREE DISTRICT MISSION KANNUR**, **Sreekandapuram Municipality Kudubhashree CDS & GRC**, **SNEHITHA GENDER HELP DESK** IS ORGANISING **INTROSPECTION 2025**. The event is scheduled for **18.03.2025 @ 10 AM** in the **SEMINAR HALL SES COLLEGE**. On the right, two portraits are shown: **DR. PHILOMINA** (Chairperson, Sreekandapuram Municipality) under the heading 'Inaguration' and **NIKHIL M EDAVANA** (Program coordinator, Hrudayaram group of institutions) under the heading 'CLASS'.



The poster has a dark red textured background for the top half and an orange background for the bottom half. It reads: **KUDUMBHASHREE DISTRICT MISSION KANNUR**, **SNEHITHA GENDER HELP DESK** IS ORGANISING **MOTIVATION CLASS & COUNSELING CAMP**. Below this, it says **SES COLLEGE SREEKANTAPURAM GENDER CLUB**. At the bottom, the details are: **DATE: 18.03. 2025**, **PLACE : SEMINAR HALL SES COLLEGE**, and **TIME: 10.00 AM**.



ONE DAY COUNSELLING CAMP



Outcome

The counselling camp successfully increased students' awareness of their emotional and mental health, providing them with practical coping strategies to manage stress and academic pressure. Participants demonstrated a positive shift in their attitude toward seeking counselling support, reflecting reduced stigma around mental health. The session also helped foster confidence, resilience, and improved communication skills among the students. Overall, the feedback indicated that the camp was highly useful and relevant to the daily challenges faced by the participants.

JEEVANI PROJECT

Individual Counselling for Students was conducted on behalf of the **SES College Counselling Centre** under the **Jeevani Project**, aiming to provide personalized psychological support to students facing emotional, academic, and social challenges. The initiative offered a safe and confidential space where students could openly discuss their concerns and receive professional guidance. Through one-on-one sessions, students were supported in areas such as stress management, anxiety, relationship issues, academic pressure, and self-esteem. The program emphasized early intervention, emotional well-being, and personal development, reinforcing the college's commitment to fostering a supportive and mentally healthy campus environment.

Objective

The primary objective of the individual counselling sessions was to provide students with a confidential and supportive environment to address their personal, emotional, academic, and psychological challenges. These sessions aimed to offer personalized guidance tailored to each student's unique concerns, helping them develop emotional resilience and self-awareness.

Outcome

The individual counselling sessions had a positive impact on the student community. Students reported feeling heard, supported, and better equipped to manage their

personal and academic challenges. The initiative led to increased openness in discussing emotional and psychological concerns, along with noticeable improvements in coping skills and emotional regulation. Many students experienced better academic focus and motivation as a result of the support received. The sessions also strengthened trust in the college's mental health support system and encouraged more students to voluntarily seek counseling services, marking a significant step toward normalizing mental health care on campus.

PERSONAL COUNSELLING

	Counselling centre /jeevani	Counseling case attended – Introspection –Counselling Camp
No of students	96	25

