



COUNSELLING CENTRE
SES COLLEGE SREEKANDAPURAM
REPORT OF ACTIVITIES
2015-2020



*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 Sreekandapuram 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.





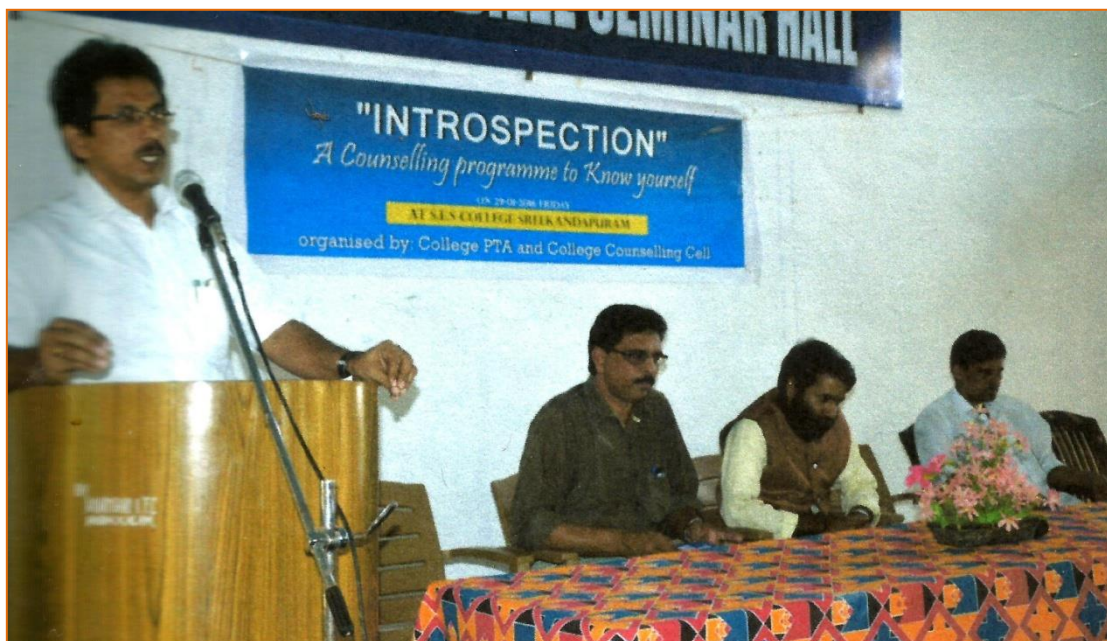
Counselling camps and Life skill programmes

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 2015-16

Counselling Camp (29-01-2016)

Under the auspicious of counselling Centre, a counselling camp was organised in the college campus on 29th January 2016. Sri. Sreenath, the counsellor and trainer inaugurated the programme. Counsellors were invited to the function. The students were motivated and 56 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 by Sri. Sreenath. Their doubts about counselling process were cleared and they were prepared for the counselling camp with the effect of this orientation programme.





ACTIVITIES 2016-17

Personal Counselling

The number of students who availed the services of the Counselling Centre in 2016 -17 academic years is as follows:

Month	Number of students benefitted (Personal Counselling)
June	7
July	12
August	19
September	11
October	16
November	15
December	9
January	18
February	12
March	13
Total	132

Introspection 2017 (27-01-2017)

Counselling camp named **introspection** was organised in the college campus on 29th January 2016 under the auspicious of counselling Centre, Sri. Narayanan P, the counsellor and best teacher award winner from Rastrabathi inaugurated the programme. Sri. Baby Thomas, principal in charge of the college presided over the meeting and Smt. Jalarani, director Special school Cala were honoured in the occasion. Seven eminent and well qualified counsellors who were working in different institutions and schools participated in this camp. Sixty six students had undergone counselling and they were benefited from it.



Programme	Number of students	Number of counsellors
Counselling camp	66	7



Sri. Narayanan inaugurate the counselling camp



Smt. Jalarani is honoured on the function



Name and qualification of the counsellors

Sri Narayanan P -

- Retired School Teacher
- Rastrabathi Award for the Best teacher
- Counsellor(*Post Graduate Diploma in Counselling & Psycho-therapy*)

Sri Ashok kumar –

- Lecturer in Commerce Govt. HSS Manathana
- JC Trainer
- Skill Trainer
- Counsellor(*Post Graduate Diploma in Counselling & Psycho-therapy*)

Sri Shaju K C-

- Lecturer in Political Science Govt. HSS Manathana
- National Child Film Award Winner
- NSS (PAC Member)
- Skill Trainer
- Counsellor(*Post Graduate Diploma in Counselling & Psycho-therapy*)

Sri Samkumar-

- Counsellor(*Post Graduate Diploma in Counselling & Psycho-therapy*)
- Trainer

Sri Denny Thomas-

- Lecturer in English Sacred Heart HSS Angadikadavu
- Counsellor(*Post Graduate Diploma in Counselling & Psycho-therapy*)

Smt. Sabira K-

- Counsellor in Mount Flower English Medium School (*Post Graduate Diploma in Counselling & Psycho-therapy*)
- Social Worker, Trainer

Smt. Anitha K-

- Lecturer in Economics Chaparapadavu HSS
- Trainer & Counselor(*Post Graduate Diploma in Counselling & Psycho-therapy*)



Motivational Class (27-012017)

Under the auspicious of counselling camp the motivational classes were given to the students of various departments. Sri. Ashok Kumar, Counsellor and JCI trainer led the class.

Programme	Number of students benefitted	Name of the faculty
Motivational Class	120	Ashok Kumar



The class helped the students for goal setting and enabled them to be confident enough to face the examination. The interaction with the students helped to solve their doubts. The students were motivated. The games and other sections of the class were whole heartily welcomed by the students.

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.



ACTIVITIES 2017-18

Personal Counselling

The number of students who availed the services of the Counselling Centre in 2017 -18 academic year is as follows:

Month	Number of students benefitted (Personal Counselling)
June	12
July	15
August	20
September	9
October	17
November	18
December	8
January	17
February	11
March	14
Total	141

Introspection 2018

Counselling Camp (19-01-2018)

2017-18 counselling camp was organised on 19th January 2018 under the auspicious of counselling Centre, Sri. Radhakrishnan, Cyber trainer and SI of police inaugurated the programme. Dr. Dominic Thomas, principal of the college presided over the meeting and eight eminent and well qualified counsellors who were working

in different institutions and schools participated in this camp. Seventy six students had undergone counselling and they were benefited from it.

Programme	Number of students	Number of counsellors
Counselling camp	76	8



Sri. Radhakrishnan, Cyber trainer and SI of police inaugurate the programme





Name and details of the counsellors

Sri. Satheeshan M V

- Counsellor (*Post Graduate Diploma in Counselling & Psycho-therapy*), Trainer

Sri Samkumar-

- Counsellor(*Post Graduate Diploma in Counselling & Psycho-therapy*), Trainer

Smt. Sabira K-

- Counsellor in Mount Flower English Medium School (*Post Graduate Diploma in Counselling & Psycho-therapy*)
- Social Worker, Trainer

Smt. Anitha K-

- Lecturer in Economics Chaparapadavu HSS
- Trainer
- Counsellor(*Post Graduate Diploma in Counselling & Psycho-therapy*)

Smt. Sanya N -

- Counsellor (Msc clinical and counselling psychology)
- Social Worker, Trainer

Siji Jose -

- Counsellor (Msc clinical and counselling psychology)
- Social Worker, Trainer

Anupriya V V

- Social Worker
- Counsellor(*Post Graduate Diploma in Counselling & Psycho-therapy*)

Anwar

- Social Worker
- Counsellor(*Post Graduate Diploma in Counselling & Psycho-therapy*), Trainer

Class on Adolescence psychology

Programme	No. of students benefitted	Name of the faculty
Class on Adolescence psychology	176	Sri. Satheeshan M V



On the day of Introspection, class on adolescence psychology were given to the students by Sri. Satheeshan M V, the counsellor and psycho therapist. 176 students from different department attended the class.

Awareness programme (29-04-2018)

Youths indulge in criminal behaviour and practice abusing the cyber resources to transformation of information gathered through cyber technology. So there are a wide range of criminal activities that are committed through internet. In order to give awareness about cyber security, the counselling centre SES College Sreekanthapuram conducted a cyber security awareness programme in the college campus on 29th April 2018. Adv. Ancy P Anto led the session and the students were benefitted from it.

Programme	Number of students benefitted	Name of the faculty
Cyber Security Awareness	250	Adv. Ancy P Anto



Adv. Ancy P Anto conduct the awareness programme on cyber security.



ACTIVITIES 2018-19

Personal Counselling

The number of students who availed the services of the Counselling Centre in 2018 -19 academic year is as follows:

Month	Number of students benefitted (Personal Counselling)
June	9
July	16
August	20
September	12
October	15
November	17
December	10
January	19
February	11
March	14
Total	143

Introspection 2019 (19-01-2018)

Under the auspicious of counselling centre, introspection 2019 was organised on 29th January 2019. Sri. Raveendran K.P, Director positive commune kannur inaugurated the programme. Dr. Dominic Thomas, principal of the college presided over the meeting and Five eminent and well qualified counsellors who were working in different institutions and schools participated in this camp. Fifty Five students had undergone counselling and they were benefitted from it.

Programme	Number of students	Number of counsellors
Counselling camp	55	5



Name and details of the counsellors

Sri .Raveendran K.P

- Director of positive commune Kannur
- Counsellor (*Post graduation in Psychology & counselling*)
- Trainer

Smt. Sanya N -

- Counsellor (*Msc clinical and counselling psychology*)
- Social Worker
- Trainer



Smt. Anitha K-

- Lecturer in Economics Chaparapadavu HSS
- Trainer
- Counsellor(*Post Graduate Diploma in Counselling & Psycho-therapy*)

Anwar

- Social Worker
- Counsellor(*Post Graduate Diploma in Counselling & Psycho-therapy*)
- Trainer

Shahanaz N

- Counsellor (Msc clinical and counselling psychology)
- Social Worker
- Trainer

Mental Health Programme (19-01-2018)

Under the auspicious of counselling centre, an orientation class is given to the students of SES College in order to overcome their stress and strain in daily life. The children spend so much of their daily life at schools and colleges, thus mental health education logically should begin in educational institutions. Dr. Mahesh M, psychologist led the training section and 175 students were benefitted from the class.

Programme	Number of students benefitted	Name of the faculty
Mental Health Programme	250	Dr. Mahesh M





ACTIVITIES 2019-20

Personal Counselling

The number of students who availed the services of the Counselling Centre in 2019 -20 academic year is as follows:

Month	Number of students benefitted (Personal Counselling)
June	8
July	11
August	20
September	21
October	18
November	19
December	8
January	16
February	11
March	15
Total	135

Introspection 2020 (17-02-2020)

2019-20 counselling camp was organised on 17th February 2020 under the auspicious of counselling Centre, Sri. Sadeeshan M V, Psycho therapist inaugurated the programme. Dr. Dominic Thomas, principal of the college presided over the meeting and Four eminent and well qualified counsellors who were working in different institutions and schools participated in this camp. Thirty two students had undergone counselling and they were benefitted from it.

Programme	Number of students	Number of counsellors
Counselling camp	32	4



Sri. Sadeeshan M V, Psycho therapist inaugurate Intropection 2020



Follow up programme

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.



Introspection 2020 Activities





Name and details of the counsellors

Satheeshan M V -

- Counsellor (*Post graduation in Psychology & counseling*)
- Trainer

Sri. Pradeep G Nair -

- Counsellor (*Post Graduate Diploma in Counselling & Psycho-therapy*)
- Trainer

Sri Anwar -

- JC Trainer
- Skill Trainer
- Counsellor (*Post Graduate Diploma in Counselling & Psycho-therapy*)

Sr. Betty George -

- CMC Convent
- Counsellor
-

Class on Stress Management and adolescent problems

Programme	No of students benefitted	Name of the faculty
Adolescent problems	212	Satheeshan M V



Young people also face changing relationships with peers, new demands at school, family tensions, and safety issues in their communities. The ways in which teens cope with these stressors can have significant short-and long-term consequences on their physical and emotional health. Thus the students were motivated by the inspirational talk on stress management and adolescent problems.



Class on stress management and adolescent problems

From 2013 – 14 academics years, the counselling centre is functioning in the college campus and many students are benefitted by the activities of the centre. Students get the opportunity for personal counselling and classes from eminent personalities and counsellors.

Year wise report of personal counselling

Academic years	Number of students Benefitted
2016 - 17	132
2017 - 18	141
2018 - 19	143
2019 - 20	135

