

COUNSELLING CELL

TEACHERS IN CHARGE OF THE CELL:

Smt. Teresa Kuncheria

Dr. Liza Jacob

Smt. Sheeba Emmanuel

The Counseling Cell of the college supports the students in resolving their emotional conflicts and enables them to overcome hurdles to happy and successful living.

Teachers in charge of the cell coordinate the interactions of the students with professional counselors who interact with them throughout their year in college

Counsellor in charge-- Sr. Sunitha Cruz, Clinical Psychologist, Ashwas Counseling centre, Ernakulam.

The Counselor meets the students as a group both in the Arts block as well as the Science block.

The students of a particular class are given an introductory class on stress/ emotional problems and are then encouraged to come forward to talk personally to the counselor. Relaxation Techniques, Stress relieving methods are elaborated to the class/group. After this introductory session, the counselor meets each student personally. Classes and sessions are held regularly once every month.

Students in need of immediate attention are referred to the counselors by the class teachers/mentors and are attended to.

A total of more than 65 students have benefitted from personal counseling and more number through group counseling strategies. The sessions conducted in the College during the academic year 2013-14 are given below.

Counseling Sessions given during the year 2013-14

Sl.No.	Date	Class
1.	20/8/13	II B.Sc Botany Students
2.	03/9/13	III B.Sc Zoology Students
3.	11/11/13	Individual counseling- student referred to Ashwas Counseling Centre,Kochi
4.	10/12/13	Talk on handling stress and group counseling session for Science block students
5.	28/1/04	Talk on handling stress and group counseling session for Arts block students

The counseling cell also conducted an emotional self assessment test for students of I DC and II DC classes in the Science block. They were given a self assessment questionnaire and they themselves scored the test. The results revealed their own emotional status to them. For many it was an eye opener. It also gave them the necessary motivation to seek counseling sessions to rectify their emotional hurdles.