

COUNSELING CELL REPORT

TEACHERS IN CHARGE OF THE CELL:

Smt.Teresa Kuncheria

Dr.Sheela .D

Smt.Sheeba Emmanuel

Realizing the need for regular counseling services that could reach out to all the students of the college, the services of an in house permanent staff for counseling was sought. Sr Jane, CSST was appointed as the resident counselor of the college during the year 2014-15. The college provides a well-furnished counseling room with adequate privacy for the counselor to meet the students. The counseling room at Arts Block, Block E is thus set aside for students to meet the counselor any time they required.

To orient the students about the need for counseling and to erase the stigma associated with seeking counseling services, classes were taken for the students by Sr.Jane. All first year students were met on 24th July 2014 at the Arts Block Auditorium. Group Counseling and Orientation was given as stated below.

Sociology IIIC	- June 2014
History IIIC	- June 2014
Computer Science IIIC	- June 2014
Botany II and IIIC	- June 2014
Physics IIIC	- July 2014
Maths IIIC	- July 2014
Womens Study Centre	- July 2014
Home Science IIIC and PG	- July 2014
Chemistry IIIC and IIIC	- August 2014

The cell offers personal/individual counseling service of the professional counselor, **Sr Jane**, CSST twice a week for students in the Arts Block and Twice a week for students in the Science

block. The services are offered to students for a whole day. Students are regularly sent batch by batch from classes for individual counseling. A total number of 109 students were offered individual counseling by the professional resident counselor during the year 2014-15.

INDIVIDUAL COUNSELING PROVIDED TO STUDENTS			
SL.NO	CLASS	DATE	NO OF STUDENTS BENEFITTED
1.	Home science, Botany	June, 2014	48
2.	Fashion Designing	June, 2014	4
3.	Zoology	June, 2014	9
4.	Arts Block- general	December,2014	13
5.	Communicative English	8,January ,2015	7
6.	Communicative English	15,January ,2015	5
7.	Communicative English	19,January ,2015	13
8.	Sociology II DC	January,2015	4
9.	Physics	January ,2015	6

All class teachers also function as mentors to the students on a regular basis and minor problems are resolved this way. The ratio is 1:20 students. Class teachers also select students who they think require the services of the resident counselor and send them to her for individual counseling. Parents are also called for counseling if the need arises.

Problems usually brought to the fore front were those related to love affairs, unhealthy relationships, separated parents, conflicts at home or with peers, exam stress, lack of self-confidence, non-caring or over concerned parents.

Needy students are sometimes referred to other counseling centers,Ashwas Counseling Centre is usually chosen for giving further counseling services if parents have to be involved or for long term therapy.