

## **PERSONAL COUNSELING**

A Counselling Cell functions in the college and it has two units – one in the Arts block and the other in the Science block. Once a week full time Counsellors are available to render service to those who need help. In the changing scenario, counseling cell plays a vital role in an educational institution. Education stands for an overall development of a student and thus counseling cell, a facilitator.

Mrs. Asha Sunil and Ms. Resmi J Purakkadan, professional counsellors of the college, extend their valuable time on Tuesdays and Wednesdays to attend to the students and boost the confidence level of the students.

The students are privileged to have an opportunity to make use of the counsellor's expertise. Apart from the individual cases she also addresses sessions of classes highlighting the topics like personality development, mental health, self- confidence and stress management. In certain cases, to solve issues the help of the students' parents are sought and counseling sessions are given to them too. A separate room is allotted for personal counselling.

The Counseling Cell functions under the guidance of a group of faculty members who monitor the activities of the cell and serve as mentors to the student community.