

**ANNUAL REPORT**

**COUNSELING CELL**

**2019-2020**

**TEACHERS IN CHARGE: DR.USHAMANI M. (SCIENCE BLOCK)**

**Mrs. DHANYA R.(ARTS BLOCK)**

**Mrs. BHAVYA E. P. (CENTRAL BLOCK)**

## REPORT OF THE COUNSELING CELL FOR THE ACADEMIC YEAR 2019-20

The general body meeting held in the beginning of the academic year assigned Dr. Ushamani M, SmtDhanya R and SmtBhavya E P as teachers in charge of the counseling cell for the Science, Arts and Central Blocks respectively. Counseling cell acts as a facilitator for the overall development of the students. The cell functions in the college as two different units. First unit comprises of the Science block and the Central Block and the second unit in the Arts block.

The Cell works in association with the various department of the college. Each department has one teacher in charge of the counseling cell. It is the duty of this teacher to identify the needy students of their department with the help of class teachers and others in the department.

Class wise interactive sessions were arranged for all batches. Counselors are available at college on 4 days a week. The service of the counselors is available on Monday and Wednesday in the Arts Block and Tuesday and Thursday in the Science and Central Block. Group sessions are conducted on the topics like need for counseling, personality development, mental health, self confidence and stress management. Apart from this identified students are given individual counseling also.

### **Counselors**

<b>Ms. Resmi J. Purakkadan</b>	<b>: from June to September 2019</b>
<b>Ms. Nija Baby</b>	<b>: from October 2019 onwards</b>
<b>Ms. Minu Thomas</b>	<b>: from December 2019 onwards</b>

*Resmi J Purakkadan* was the counselor for the college from July 2018 to September 2019. She is the resource faculty of Navadarsan educational and charitable society and is a columnist in “Ormna” on Kairos Youth Magazine. She is also a rehabilitation counselor at Daivadan Centre, Kanjoor and a Show Anchor in Shalom Television – Life Style Program. She was available in the college on all Tuesday ( Arts block) and Wednesday (science block).

*Nija Baby* joined the college as counselor on 1/10/2019. She is an experienced counselor conducting classes for shelter homes, schools and colleges. Her service will be available at college on Wednesday (Arts Block) and Thursday (Science Block).

*Minu Thomas* joined the college on 2/12/2019. She is also currently working as counselor in Santhwana Institute of Counseling and Psychotherapy, Ernakulam. Her service will be available at the college on Monday (Arts Block) and Tuesday (Science Block).

This academic year, the counseling cell has conducted group and individual sessions.

From Arts Departments: 56 group sessions in which 2078 students attended the class. 91 students from various departments benefitted from the individual counseling sessions. Special attention is given to the failure of students in the Semester exams. Review sessions are also conducted for necessary cases. In certain situations, the parents of the students are also made part of the counseling session.

From Science and Central block Departments: 56 group sessions with 1639 students attended the counseling sessions.

The main focus of Counseling Cell during the even semester was on the problems faced by the students during examinations like fear, lack of concentration, time management and failure. We tried to identify such students and arranged special counseling for them.

<b>ARTS BLOCK</b>							
<b>Department</b>	<b>UG</b>			<b>PG</b>		<b>Individual session</b>	<b>Teacher- in Charge</b>
Bharathanatyam	22	15	16	10		12	Dr.Beena D.
Commerce (SF) A-Batch	45		41	25	24	13	Ms.Angel Blossom
B-Batch	38	48	43				
C - Batch	34	46	35				
Commerce Regular	70	70	67	NA	NA	6	Ms.JencyTreesa
Communicative English	38	32	34	NA	NA	6	Ms. TreesaMexy
Computer Applications BSc CA [ TM]	25	28	28	NA	NA	18	Ms. Dhanya R
BVoc SWD	17	NA	31	NA	NA	7	
BCA [ CT & ISM]	23	23	14	NA	NA	3	
Economics	60	67	64	14	14	2	Ms. Sujatha
English	60					2	Dr.Beena Job
French	20			5	20	10	Ms.Sabeena Bhaskar
History	48	52	50	19		8	Dr. Stancy
Sociology	68	68	67	19	17	4	Ms. Elizabeth Abraham
<b>SCIENCE BLOCK</b>							
Physics	35	35	35	14	12	14	Mrs.Tessy Joseph
Chemistry	34	38	35	14	15	13	Dr.Divya S Nair
Botany	44	38	39	14	14	12	Dr.Sheela D
Zoology	40	39	37	15	12	11	Dr.Helvin Vincent
Mathematics	119	114	96	18	14	15	Ms.Nisha Antony
Home Science	43	44	41	32	33	17	Mrs. TreasaKuncheria
Fashion Designing	31	27	28	47	15	15	Mrs. Ani Thomas Thottan
<b>CENTRAL BLOCK</b>							
BMS	29	28	23	9	10	12	Ms Anu Raj
B.Voc	37	31	33	-	-	24	Ms. Bhavya E.P
Psychology	60	57	49	-	-	10	Ms. Meghna Ramesh
Community College	12	-	-	-	-	9	Ms.Dinu Simon

