**Student Counseling Cell**

**About**

Students are the most important part of any society; rather it would not be wrong to say that they are the building blocks of a society. Student life is always symbolized as the most exciting part of one’s life. Often people romanticize student life and describe it as the most exciting part of their life, which is true. Life at campus is full of so much of happenings, like exams, social gatherings, class presentations, performance pressure, competition, field trips, relationships and much more. Everyone has right to make the best out of his/ her student life and make it pleasantly memorable. This can be done by achieving and maintaining physical and mental health and creating a fine balance in life. In order to help the students in their aspiring journeys, we have established counseling services. This service helps student to overcome their personal, academic and social problems and to flourish in life.

**AIMS & OBJECTIVES**

The aims and objectives of counseling services are:

* To facilitate the personal, academic, and social growth of students.
* To assist the students in better understanding themselves and the utilization of their individual potential.
* To help the students explore and highlight their individually unique competence.
* To help the students enhance their decision making abilities.
* To equip the students with skills to meet up with the variety of challenges in life.

The Cell provides counseling in the following fields:

1. Counseling individual students and mapping their personal requirements, goals and vision.
2. Mapping candidate’s proficiency, likes and dislikes and counseling ways for self enhancement.
3. Counseling for improving communication skills at different levels - among different heterogeneous groups.
4. Counseling on Social and personal issues like Gender & Sexuality, Interpersonal relationship, adjustment, Family problems, etc.
5. Counseling for improving team work aptitude and self motivation.
6. Counseling students in improving their academic grades and enhancing their analytical skills.
7. Generating Counseling reports and feedback- giving them insight into their strengths and weaknesses, how they can approach different kinds of jobs and what could be possible through self-help ways to improve employability.

**Team**

**Chair Person**

Dr.P.Balamurugan,

Principal

**Student Counseling Coordinator**

Elavarasi D,

Assistant Professor/CSE

**Department Student Counseling Coordinator**

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| **S.no.** | **Name of the staff** | **Department** |
| 1. | Ms.Nandhini | Aero |
| 2. | Mrs. Padmavathy | Civil |
| 3. | Mrs.Sathya | CSE |
| 4. | Ms.Taksala Devapriya | ECE |
| 5. | Mrs.Nalini | EEE |
| 6. | Mr.Ganesan | Mech |

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| **S.No.** | **CONDUCTED DATE** | **NAME OF THE PROGRAMME** | **RESOURCE PERSON** | **ATTENDES** | **NO. OF CANDIDATES PARTICIPATED** |
| **1.** | **24.6.2014-21.8.14** | **LIVE LIFE PROGRAMME** | **Dr.KANNAN GIREESH,M.D.,**  **CEO-FOUNDER,**  **LIVE LIFE EDUCATION PVT,LTD.**  **CHENNAI**  **&**  **TEAMS** | **II & III YEAR STUDENTS** | **728** |
| **2.** | **8.8.2014** | **METHODOLOGY OF STUDENTS COUNSELING** | **Dr.KANNAN GIREESH,M.D.,**  **CEO-FOUNDER,**  **LIVE LIFE EDUCATION PVT,LTD. CHENNAI** | **STAFF MEMBERS** | **64** |
| **3.** | **2.9.2014** | **ORIENTA MENTO** | **Mr.C.GOPINATH**  **&**  **TEAMS,**  **TAALK SHOP ACADEMY, CHENNAI** | **ALL FIRST YEAR STUDENTS** | **381** |
| **4.** | **31.8.2015** | **STRESS MANAGEMENT AND MENTAL HEALTH** | **Dr.ARUN VIJAY SUBBARAYALU,**  **DIRECTOR STUDIES AND RESEARCH UNIT,**  **DEANSHIP OF QUALITY AND ACADEMIC ACCREDIATION,**  **UNIVERSITY OF DAMMAM,**  **KINGDOM OF SAUDI ARABIA** | **SELECTED STUDENTS FROM ALL DEPARTMENTS** | **110** |
| **5.** | **8.03.16** | **“Enhancing Insight on Reproductive Health and Impact of Nutrition in Adolescent Health” on International Women’s Day Celebration** | **Dr. Parimala Devi MD**  **Dean-Cum-Special Officer, Govt. Medical College Pudukkottai**  **Prof. Mrs. H.M. Jasmine Sheela, M.Sc(N), Ph.d.,**  **Principal at Mount Zion College of Nursing,**  **Pudukkottai** | **All Girls Students** | **300** |
| **6.** | **5.04.16** | **Mental Health**  **RehabilitationTopic : Hoping Skills** | **Prof. G. Gurubharathy (Consultant),**  **MS. Chellamuthu Institute of Mental Health Rehabilitation**  **Ms. Maheswari MBA, MSc.,Counselling Psycho Therapy Faculty MS Chella Muthu Institute of Mental Health Rehabilitation**  **Mrs. Easha MSc., Counselling Psycho TherapyFaculty MS Chella Muthu Institute of Mental Health** | **Target Students From all Department** | **240** |
| **7.** | **14.10.16** | **The Effects of Social Media on Students’ Behaviors** | **Mr.M. Gopinath**  **Founder & CEO GTECH Web Solution, Pudukkottai** | **All I Year Students** | **220** |