

# **MES KEVEEYAM COLLEGE VALANCHERY**

## **COLLEGE COUNSELLING CELL**

### **Introduction**

Counselling and guidance are integral for maintaining the physical and mental health of college community and MES Keveeyam College gives due importance to both. These are essential for students to know their skills, interests and improve their personality for a better student life. Counselling is the process in which a trained person is able to assist the students to overcome the problems faced.

The vision of College Counselling Cell (CCC) is to provide counselling support to students to identify their strengths and weaknesses, focus on their strengths to become positively contributing members of society.

### **Objectives of CCC are**

- To provide counselling and guidance support to students.
- To provide health education and pre and post marital counselling to all. .
- To provide necessary counselling, guidance and peer support to those who are in need of the same.
- To focus on development of leadership, communication and soft skills qualities among students.

The identification of interests, abilities and personality will help students to recognize their strengths. The programmes also give them an opportunity to meet professionals who can guide them through their perceived difficulties.

**Programmes organised by CCC includes**

- Counselling classes: The institution makes sure that the students are given psychological and moral support by giving them counselling sessions led by professional counsellor whose service is available upon request. Classes are conducted periodically to cover women's health related issues.
- Pre and post marital counselling: Pre and post marital counselling sessions are given to female students to ensure a positive attitude and the right frame of mind in the future life. In collaboration with the Directorate of Minority Welfare, a premarital counselling centre is established in the college.
- Stress management classes: Special sessions for stress management and exam related pressures are also conducted for the students.

## **COUNSELLING CELL REPORT: 2014-15**

Counselling cell is established in the college to give a career boost to the students. It has been functioning in the college very effectively and doing a number of activities for the benefit of students.

### **Orientation and Talk on 'Women in Politics'**

An orientation class was conducted on 18<sup>th</sup> July 2014. Our Principal, Lt. (Dr.) P. Mohamedali presided over the meeting and welcomed the new students to the college and asked them to make the best of it. The aim of this class was to give orientation to first year students in the beginning of academic session. He also dwelled upon the rising need for women to join politics to be part of the governance. He said that the college life provides enough opportunities to show their political skills and all students must make maximum use of the opportunities available. About 100 students attended the class. He asked the students to follow a disciplined approach to life. Dr. Preethy Alex welcomed the audience and Smt. K. M. Rukkiya delivered vote of thanks.



### **Counselling and Talk on 'Body Image'**

A special counselling session was organized under the aegis of Mr. N. M. Varghese on 30<sup>th</sup> August 2014 to address the problems related to early marriage and pre marital issues for 250 students. He also covered the aspects of balanced diet and misplaced concept of body image prevalent in young girls before and after marriage. The students found the session interesting as

most of them took keen interest in clarifying their doubts; probably they were subjected to such lectures for the first time. Lt. (Dr.) P. Mohamedali presided over the meeting and Smt. Manjula Raman felicitated the students. Dr. Preethy Alex welcomed and Smt. K. M. Rukkiya gave vote of thanks.



### **Counselling Session on ‘Successful Women Entrepreneur’**

Mr. N. M. Varghese conducted a class for all the outgoing students of the college on 03<sup>rd</sup> March 2015 in the college auditorium. About 250 students attended the class. He spoke to them about the need for a planned life and good interpersonal communication. He also explained the ways to cope with various challenges of life. He emphasised on the fact that women have equal opportunities to become what they want in life. He gave examples of several successful women entrepreneurs. All participants benefitted from the lecture. Principal Lt. (Dr.) P. Mohamedali presided over the class, Smt. K. M. Rukkiya welcomed the students and Dr. Preethy Alex gave vote of thanks.



## **Conclusion**

The College Counselling Cell through its initiatives has been able to bring about positive and dynamic changes in the life of several students. We forward to pursue more such meaningful activities in the future.

## **COUNSELLING CELL REPORT 2015-2016**

Counselling cell is established in the college to give a career boost to the students. It has been functioning in the college very effectively and doing a number of activities.

### **Orientation Class on ‘Successful Higher Education after Marriage’**

An orientation class was conducted on 18<sup>th</sup> August 2015. Our principal, Lt. (Dr.) P. Mohamedali presided over the meeting and introduced college life to the new students. The aim of this class was to give orientation to first year students in the beginning of academic year. About 200 students were present in the meeting. Prof. K. H. Razak, Head of the Department of Commerce felicitated the students for their good conduct during the meeting. College counsellor, Mr. N. M Varghese advised the students about the ways to reduce stress by proper planning and time management. He also emphasised on good peer interaction and dynamic communication with the teachers. Dr. Preethy Alex welcomed the class and Smt. K. M. Rukkiya gave vote of thanks.



### **Guidance for Outgoing Girl Students**

Mr. N. M. Varghese conducted a class for all the outgoing girl students of this college on 03<sup>rd</sup> March 2016 in the college Audio Visual Hall. Around 100 students attended. He spoke to them about the characteristics of a good citizen and a leader. He also explained the challenges

and ways to cope with pressure. Inspired by his class, some of the students approached him for personal counselling for solving their problems. Principal Lt. (Dr.) P. Mohamedali presided over the class, Dr. Preethy Alex welcomed the class and Smt. K. M. Rukkiya gave vote of thanks.



### **Educational Talk on ‘Menstrual Hygiene’**

Prof. K. M. Rukkiya gave an educational talk to the outgoing students on 25<sup>th</sup> March 2016. About 100 students were present in the meeting. She motivated the students to develop self-confidence and courage and to make firm decisions. Prof. K. M. Rukkiya covered the important facets of female health and menstrual hygiene in particular. Dr. Preethy Alex welcomed and gave vote of thanks.



## **Conclusion**

The College Counselling Cell through its initiatives has been able to bring about positive and dynamic changes in the life of several students. We forward to pursue more such meaningful activities in the future.

## **COUNSELLING CELL REPORT 2016-2017**

### **Premarital Counselling**

Renowned counsellor Mr. N. M. Varghese handled a premarital counselling session on 26<sup>th</sup> September 2016 in the College Auditorium, for 220 students. The session was intended to give an exposure to the students in preparation to tie the nuptial knot and also to improve intra personal and interpersonal communication. The session was appreciated by all the participants. The session was presided over by Principal Lt. (Dr.) P Mohamedali, welcomed by Smt. K. M. Rukkiya and vote of thanks was delivered by Dr. Preethy Alex.



### **Symposium on 'Stress Management for Girls'**

A symposium was conducted by Mr. N. M. Varghese on student related stress and the ways to cope them on 12<sup>th</sup> October 2016 for more than 150 girl students in the auditorium. The speaker stressed upon the management of stress for better efficiency. The participants actively participated in the discussion that followed. He also conducted individual counselling sessions to students after the class. Principal Lt. (Dr.) P. Mohamedali presided, Dr. Preethy Alex welcomed the class and Smt. K. M. Rukkiya gave vote of thanks.



### **Workshop on 'Healthy Diet During Pregnancy'**

A workshop on healthy diet for college students was conducted on 26<sup>th</sup> October 2016 by Dr. Preethy Alex for more than 60 students. She impressed upon all students the importance of having a balanced diet to stay away from physical and mental illness.



The speaker also distributed a list of nutrients which is a must in every day meal. Smt. K. M. Rukkiya gave vote of thanks.

### **Conclusion**

The College counselling Cell through its initiatives has been able to bring about positive and dynamic changes in the life of several students. The Cell looks forward to pursue more such meaningful activities in the future.

## **COUNSELLING CELL REPORT 2017-2018**

The Counselling Cell at MES Keveeyam College aims at imparting awareness and providing a platform to the students to cope with stress in their student life. The activities included classes and counselling sessions which are highly appreciated by the students.

### **Talk on 'Higher Education for Girls'**

The importance of time management was covered by our Principal, Capt. (Dr.) Abdul Hameed C. on 14<sup>th</sup> July 2017 for about 200 students in the Auditorium. In his well researched address he emphasized the need for pursuing higher studies by girl students. He gave examples of several women who have excelled despite trying conditions. He also encouraged students to draw up a plan for themselves for their studies as well as other activities. Dr. Preethy Alex welcomed the class and Smt. K. M. Rukkiya gave vote of thanks.



### **Premarital Counselling**

A premarital counselling was organized under the Chairmanship of Mr. N. M. Varghese, College Counsellor in the College Auditorium on 08<sup>th</sup> November 2017 for 250 students. The participants especially girls actively participated in the discussion. He emphasised

on informed decisions and the need for effective communication. Principal Dr. (Capt.) Hameed C. presided over the meeting and Dinil S. felicitated the audience. Smt. K. M. Rukkiya welcomed the class and Dr. Preethy Alex gave vote of thanks.



### **Talk on 'Balancing Education with Family after Marriage'**

A class was conducted by Mr. N. M. Varghese on 02<sup>nd</sup> March 2018 on student related stress and the ways to cope them. The speaker emphasized on optimum stress level for better output. The Counsellor covered the aspects of continued education after marriage and the need to get the family on board for higher education. The class was attended by 70 students. Principal Dr. Abdul Hameed C. presided over the class, Prof. Dinil S. felicitated, Dr. Preethy Alex welcomed and Smt. K. M. Rukkiya gave vote of thanks.



## **Postmarital Counselling**

In order to give an overall awareness to the students a post marital counselling was conducted by Mr. N. M Varghese on 05<sup>th</sup> March 2018. Approx 100 students benefitted from the class. The class highlighted the need for effective interpersonal communication and good practices in a happy healthy married life. Principal Dr. (Capt.) Hameed C. presided over the function; Dr. C. Rajesh, IQAC Coordinator felicitated the gathering. Smt. K. M. Rukkiya welcomed the class and Dr. Preethy Alex concluded the event with an apt summing up.



## **Conclusion**

The College Counselling Cell through its initiatives has been able to bring about positive and dynamic changes in the life of several students. We forward to pursue more such meaningful activities in the future.

## **COUNSELLING CELL REPORT 2018-2019**

The College Counselling Cell is a vibrant and dynamic forum which takes keen interest in the emotional and psychological growth of the students. It has conducted sessions in various forms towards amelioration of stress among students.

### **Symposium on 'Stress Management'**

A special session on exam related stress was conducted on 20<sup>th</sup> September 2018 to educate the students to cope with everyday stress and exam related stress to promote healthy living and better academic performance. The class was conducted by Mr. N. M. Varghese and was very well received by the students. About 70 students benefitted from the class.



### **Sports Counselling to Female Athletes**

A special counselling for sportswomen to help excel in their sports events was organised on 26<sup>th</sup> September 2018 by Mr. N. M. Varghese. It was assisted by Dinil S. (Assistant Professor in Physical Education) and 36 students were benefitted.



### **Premarital Counselling**

A premarital counselling was organized by Mr. N. M. Varghese, College Counsellor in the College Auditorium on 27<sup>th</sup> September 2018 for 86 students. The aim of the class was to educate young girls on various aspects of matrimony and married life. The students especially girls benefitted from the discussion. The programme concluded with Dr. Preethy Alex giving the vote of thanks.



## **Lecture on 'Personal Hygiene and Healthy Diet'**

A lecture on personal hygiene and healthy diet was conducted on 26<sup>th</sup> October 2018 by Capt. (Dr.) Abdul Hameed C., our Principal. He impressed upon all students on the importance of having a good personal hygiene and a healthy daily routine and stressed on a balanced diet to maintain good physical and mental health. Dr. Preethy Alex thanked the Principal and the attendees.



## **Conclusion**

The College Counselling Cell through its initiatives has been able to bring about positive and dynamic changes in the life of several students. The Cell looks forward to pursue more such meaningful activities in the future.