COUNSELLING CENTRE

SES COLLEGE SREEKANDAPURAM

REPORT OF ACTIVITIES

2025-2026



The way we talk to our children becomes their inner voice

The Counselling Centre at S.E.S. College, Sreekandapuram, provides professional support to help students navigate personal and academic challenges. Our primary mission is to offer effective, compassionate guidance tailored to each individual's needs, empowering students to overcome obstacles and achieve meaningful, long-term personal growth.

Significance of counselling at colleges

Guidance and counselling is needed to help the students for optimum achievement and adequate adjustment in the varied life situations. Need analysis of the students in the colleges shows the need of guidance and counselling services, in the education, profession, vocation, social, health, moral, personal and marital areas. Counselling is a process of assistance extended by an expert in an individual situation to needy person.

"Counselling is a series of direct contact with the individual which aims to offer him assistance in changing the attitudes and behaviour."

- *Carl Rogers*

SES College Counselling Centre

A counselling centre is functioning in the college. The Centre has been established by keeping in mind the problems of students and to channelise their energy in a positive and constructive manner for finding the best ways to understand and resolve problems as well as make them master of their own destiny. Dr. Sunitha Joseph, Asst. Prof. Department of Economics is the co- ordinator. The centre provides guidance and counselling to the students and parents to motivate and refresh them.

The centre gives more importance enable the students to manage and plan their learning and work pathways in accordance with their life goals.

Mission

- To help in the total development of the students.
- To develop readiness for choices and changes to face new challenges.
- To help freshers to establish proper identity.
- To motivate the students from weaker sections of the society.
- To help the students in their period of turmoil and confusion.
- To identify and help students in need of special help.

Vision

Purify and strengthen the personality through guidance and counselling



COUNSELLING CENTRE REPORT 2025-26

The Counselling Centre at SES College, Sreekandapuram has been functioning efficiently since 2013, playing a vital role in supporting the emotional and psychological well-being of students. Dr. Sunitha Joseph, Assistant Professor in the Department of Economics, serves as the Co-ordinator of the centre. For the academic year 2025–2026, Smt. Anusha Benny has been appointed as the Counsellor under the Government of Kerala's Jeevani Project. She is available on campus thrice a week to provide professional guidance and counselling services.

These sessions have proven to be highly effective in addressing students' personal, academic, and emotional challenges. Teachers actively refer students to the centre, ensuring that those in need receive timely and appropriate support. Through these efforts, the initiative continues to foster a supportive campus environment, creating a positive impact on both the mental health and academic performance of the student community.

Mental Health Awareness Classes Taken for Various Batches

Awareness session for second year and Third year Degree students (11/7/25)

An awareness session on mental health was held on July 11, 2025, for second- and final-year degree students. The College Principal introduced the new college psychologist, who then briefed students on the services provided by the Jeevani Centre.

The objective was to introduce the Jeevani Centre, promote mental well-being alongside academics, and encourage students to seek professional counseling for stress or personal difficulties without hesitation

As a result, students learned about campus mental health support, gained a better understanding of emotional well-being, and were encouraged to view counseling as a positive step toward personal growth.

Awareness session for First year students.

An orientation session titled “Grow, Connect, and Thrive: Building a Healthy You” was conducted for first-year students on July 15, 2025, from 11:30 AM to 12:30 PM at the Seminar Hall. The programme introduced incoming students to the mental health services provided by the Jeevani Centre counseling facility and focused on personal well-being, healthy boundaries, positive peer relationships, and developing a growth mindset for college life.

The objective was to inform students about the available counseling center services, highlight the importance of emotional well-being and respectful relationships, and build resilience by encouraging them to view challenges as opportunities for self-development.

As an outcome, students learned how to access campus counseling services, gained insights into managing personal boundaries, and actively engaged in strategies to foster emotional resilience and personal growth.





Awareness session on drug abuse as part of international day against drug abuse and illicit trafficking.

On June 26, 2025, the Anti-Drug Club of SES College, in collaboration with the Jeevani Centre and Vimukthi Mission, organized an Anti-Drug Awareness Programme on campus. The resource person explained how

addiction works, the different types of drugs, and how substance abuse harms health and academics, sharing real-life cases to drive the point home.

The main objectives were to educate students on the physical and mental dangers of drug abuse and encourage them to live healthy, drug-free lives. As an outcome, students gained a clear understanding of the risks of addiction and were empowered to make responsible choices.





Suicide prevention: Awareness session: "Choose Hope: Breaking Myths, Saving Lives"

An awareness session titled "Choose Hope: Breaking Myths, Saving Lives" was organized for 16 first-year Economics students on September 10, 2025, from 1:30 PM to 2:30 PM in observance of Suicide Prevention Day, in collaboration with the NSS. The session addressed common myths about suicide, highlighted the importance of open and empathetic conversations around mental health, and trained students to recognize warning signs of suicidal ideation. Additionally, practical strategies for supportive listening and an overview of government suicide prevention resources were shared.

The primary objectives of the event were to bust misconceptions surrounding suicide, equip students with skills to identify warning signs and offer peer support, and inform them of available government mental health resources.

As an outcome, the session successfully enhanced the students' understanding of suicide prevention, making them more empathetic and prepared to assist peers in emotional distress while encouraging effective use of support networks.



Suicide prevention: poster making competition: Beyond the Blues

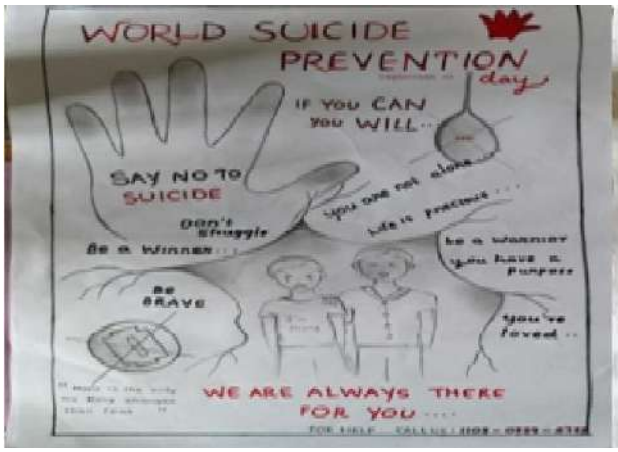
An orientation session and poster-making competition titled “Beyond the Blues” was organized on September 17, 2025, from 11:30 AM to 12:30 PM at the Third Year Economics Classroom (A-20) in connection with Suicide Prevention Day. A total of 6 students actively participated in the event, using artistic expression to share powerful messages centered on mental health awareness, emotional resilience, and suicide prevention.

The main objectives were to provide a creative platform for students to reflect on mental health, raise awareness about suicide prevention, and highlight the importance of emotional support and help-seeking during times of distress.

As an outcome, the competition successfully engaged students in meaningful dialogue surrounding mental health, fostered a culture of empathy, and produced creative visuals promoting hope, resilience, and professional support.







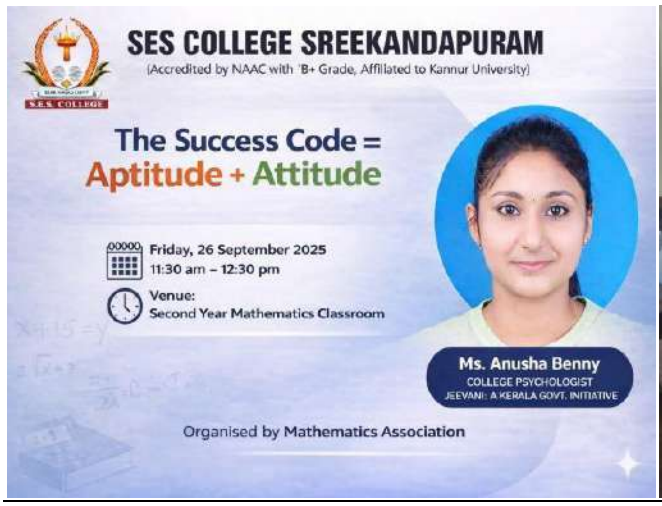


Motivation session : The success code: Aptitude + Attitude

A motivational session titled “The Success Code = Aptitude + Attitude” was organized on September 26, 2025, from 11:30 AM to 12:30 PM at the Second Year Mathematics Classroom by the Mathematics Association of SES College, Sreekandapuram, in collaboration with the Jeevani Centre for Wellbeing. The interactive session guided students on balancing core skills with a positive mindset, addressing career alignment, realistic goal setting, and the power of perseverance.

The primary objectives were to inspire students, guide them in aligning their aptitude with appropriate career paths, and emphasize the importance of cultivating a positive attitude and goal-driven focus for long-term success.

As an outcome, participants gained valuable insights into self-reflection, recognized their personal strengths, and learned actionable strategies for setting meaningful goals and maintaining resilience in their academic and personal growth.





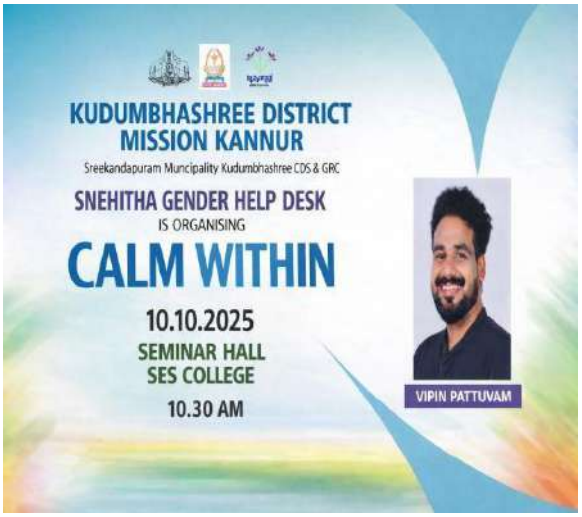
World mental health day: CALMWITHIN

On October 10, 2025, to mark World Mental Health Day, the Counseling Centre and Jeevani Wellbeing Centre—alongside Snehitha Gender Help Desk and Sreekandapuram Kudumbashree CDS & GRC—hosted a session titled "CALM WITHIN." Resource person Mr. Vipin Pattuvam educated students on managing stress, breaking mental health stigma, and using yoga and mindfulness techniques to promote emotional balance and concentration.

The primary objectives were to raise awareness about the importance of mental health as an integral part of overall well-being, eliminate the stigma surrounding emotional challenges, and introduce actionable practices like yoga and breathing techniques to manage stress and anxiety effectively.

As an outcome, students gained a deeper understanding of the impact of mental health on daily life and productivity, learned practical mindfulness and yoga techniques for stress reduction, and were motivated to incorporate healthy emotional habits into their daily routines.







INTROSPECTION-ONE DAY COUNSELLING CAMP -6/3/2026

"Introspection" is the annual signature programme organized by the Counselling Centre at SES College, Sreekandapuram, in collaboration with Kudumbhashree District Mission Kannur, Sreekandapuram Municipality Kudumbhashree CDS & GRC, and the Snehitha Gender Help Desk. Held annually on campus, this flagship event brings together a dedicated team of

professional counsellors and psychotherapists to foster self-awareness, emotional well-being, and personal development among the student community. The 2026 edition of the programme was hosted at the College Seminar Hall on March 6, 2026, starting at 10:30 AM.

Inauguration & Resource Person



The event was officially inaugurated by Adv. E.V. Ramakrishnan, Chairperson of Sreekandapuram Municipality, who emphasized the vital importance of youth mental health initiatives and strong community-level support structures. Following the inaugural session, expert guidance was delivered by key resource person Pradeepan Maloth, an experienced Counsellor and Psychotherapist

Objectives

The core objectives of the initiative were centered on promoting self-awareness and structured personal reflection among students to help them align their academic and personal goals. Additionally, the programme sought to provide direct access to expert psychological guidance, addressing youth mental health concerns and gender awareness in an accessible format. By collaborating with civic bodies such as the Kudumbhashree District Mission and Snehitha Gender Help Desk, the centre aimed to strengthen community support networks while

actively destigmatizing mental health care to encourage a campus culture of seeking professional help.

Outcomes

The programme delivered highly impactful outcomes for the participating students and the institution as a whole. Attendees gained practical tools and strategies to handle academic pressure, stress, and interpersonal challenges, resulting in enhanced emotional resilience across campus.





മലയാള മനോരമ
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ശ്രീകണ്ഠപുരം നഗരസഭാ കുടുംബശ്രീ സിഡിഎസിന്റെ നേതൃത്വത്തിൽ എസ്ഇഎസ് കോളേജിലെ വിദ്യാർഥിൾക്കുള്ള കൗൺസലിങ് ക്യാംപ് ശ്രീകണ്ഠപുരം നഗരസഭാധ്യക്ഷൻ ഇ.വി.രാമകൃഷ്ണൻ ഉദ്ഘാടനം ചെയ്യുന്നു.

എസ്ഇഎസ് കോളജിൽ കൗൺസലിങ് ക്യാംപ്

ശ്രീകണ്ഠപുരം ● കുടുംബശ്രീ ജില്ലാ മിഷൻ, സ്നേഹിത ജെൻഡർ ഹെൽപ് ഡസ്ക്, നഗരസഭാ കുടുംബശ്രീ സിഡിഎസ്, ജെന്റർ റിസോഴ്സ് സെന്റർ എന്നിവയുടെ നേതൃത്വത്തിൽ എസ്ഇഎസ് കോളജിൽ കൗൺസലിങ് ക്യാംപ് നടത്തി.

പ്രിൻസിപ്പൽ ഡോ.റീന സെബാസ്റ്റ്യൻ അധ്യക്ഷത വഹിച്ചു.

കൗൺസലിങ് സെന്റർ കൺവീനർ ഡോ.സുനിത ജോസഫ്, നഗരസഭാ ക്ഷേമകാര്യ അധ്യക്ഷ ജാൻസി ജോസഫ്, വിദ്യാഭ്യാസ കാര്യ അധ്യക്ഷൻ കെ.ബിജു, ഷംന ജയരാജ്, ശോഭന ഷാജി, ഡോ.ടി.ജെ.സജേഷ്, സ്നേഹിത കൗൺസിലർ ഷിബില, കമ്യൂണിറ്റി കൗൺസിലർ കെ.അശ്വതി, രമ്യ, യദുകൃഷ്ണ എന്നിവർ പ്രസംഗിച്ചു. കൗൺസിലർ പ്രദീപൻ മാലോത്ത് ക്ലാസെടുത്തു.

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