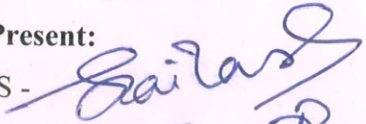


MINUTES OF STUDENT COUNSELING CENTRE (SCC) MEETING
HELD ON 11.1.2023


Venue: A block, OPD NO 12, CHRI

Time: 3 pm to 3.45 pm


Members Present:

Dr Kailash S - 

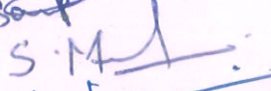
Dr C. N. Ram Gopal - 

Dr K. Senthil Kumar - 


Dr P Senthil - 

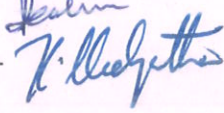
Dr Sivabackiya - 

Ms Savita - 

Ms Manisha - 

Dr K. Lakshmi - 

Mrs Kalaiselvi - 

Ar. Vaidyanathan - 

Agenda 1: Discussion and Documentation of SCC Activities in Induction programmes

Various Student Counseling Activities in Induction programs of different colleges of the University in the topics of Stress management, Time management, Risk taking Behaviour, Sleep hygiene etc were discussed among the members and documented.

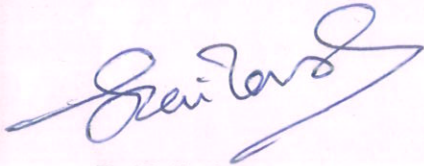
Agenda 2: Promotion of Yoga and Meditation by Student Counseling Centre members among the students

It was discussed that with the Student counseling centre representatives of various colleges that promotion of Yoga and Meditation would be beneficial for the students. It was discussed by various members that yoga and meditation would have benefits in improving cognition, sleep, anger control, general feeling of well being, reducing anxiety, stress and further neuroprotective effects

Agenda 3: Discussions regarding improving support during exams for students and parents

It was discussed that with exams approaching for students of various colleges in the university, strategies aimed at providing exam support for students and parents needs to be implemented. Strategies like Study skill techniques, time management, healthy lifestyle, relaxation techniques and discussion with parents of ways to support their children were discussed to be implemented by various members

The meeting concluded with the convener thanking all the SCC members for their active contributions



Dr Kailash S

(Convener – SCC)

Copy to:

The Vice Chancellor, CARE

The Registrar, CARE

Members of SCC