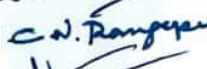


MINUTES OF STUDENT COUNSELING CENTRE (SCC) MEETING
HELD ON 3.4.2024

Venue: A block, OPD NO 12, CHRI

Time: 2.30 pm to 3.15 pm

Members Present:

Dr Kailash S - 	Dr. Shabeeba Z - 
Dr C. N. Ram Gopal - 	Dr. B. Rajeswari - 
Dr K. Senthil Kumar - 	Dr. Debashis Rout - 
Dr P Senthil - 	Ms. Lavanya - 
Dr K. Lakshmi - 	
Mrs Kalaiselvi - 	
Ar. Vaidyanathan - 	

**Agenda 1: Student counselling centre activities for International Day against
Illicit Drug Abuse and Human Trafficking**

The members of the student counselling centre suggested programs and activities which are more student participatory to be planned. Activities like Drawing/poster competition, short talk competition, essay writing competition, debate etc can be planned in various colleges by the SCC members. Further students can also be involved in the public awareness dramas and talks during the sessions

Agenda 2: Encouraging the practice of Yoga and physical activity in the students

The increasing evidence of yoga in reducing the stress, depression and anxiety symptoms were discussed by the members of the SCC. Further the effect of physical activity and yoga on improving cognition including memory through its neuroprotective role was discussed. Brief training sessions of yoga and encouraging students in the participation of sports competitions, using the sports facilities were planned

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Agenda 3: Planning for responding to help seeking by students for distress during the exams

It was decided that it would be informed by the SCC members and other faculty that students having symptoms of anxiety or stress can reach out to the college SCC members and would be fully supported. Discussion with students about relaxation exercises and sleep hygiene was also planned

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

Dr Kailash S
(Convener – SCC)

CH & RI
DR. KAILASH SURESHKUMAR, MD.DNB,
Professor & HOD
Department of Psychiatry
Kelambakkam - 603103
Reg No. 83719

Copy to:

The Vice Chancellor, CARE

The Registrar, CARE

Members of SCC