

MINUTES OF STUDENT COUNSELING CENTRE (SCC) MEETING

HELD ON 3.4.2025

Venue: E block, OPD NO 1, CHRI

Time: 2 pm to 3 pm

Members Present:

Dr Kailash S - 

Dr K. Senthil Kumar - 

Dr Antara Banerjee - 

Ms Kalaiselvi R - 

Ar.Vaidyanathan.K- 

Dr K. Lakshmi - 

Dr.Pankaj Kumar- 

Dr.Shabeeba Z- 

Ms. Lavanya- 

Agenda 1: Planning for program on International Day against Illicit Drug Abuse and Human Trafficking

In light of the rising prevalence of drug abuse among adolescents and young adults, it was decided to organize a series of IEC (Information, Education, and Communication) activities, awareness lectures, and interactive programs to commemorate the International Day Against Drug Abuse and Illicit Trafficking on June 26, 2023.

Agenda 2: Planning for student led activities for World No-Tobacco Day

Programs to raise awareness regarding the use of tobacco among students and general population and to encourage students to commit to quit tobacco. Programs like poster making competition, pledges and essay writing competition were conducted. Support and resources for cessation of tobacco use was informed to the students.

Agenda 3: Planning for Student Support During Exam-Related Distress

In response to the anticipated rise in academic stress during examinations, it was decided that all Student Counselling Center (SCC) members and faculty would proactively inform students that they can seek support if experiencing symptoms of anxiety, stress, or emotional distress. Students will be assured of full confidentiality and support from SCC professionals.

Additionally, sessions or discussions with students on relaxation techniques, stress management, and sleep hygiene will be organized to promote emotional well-being and academic performance during the exam period.

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


Dr. Kailash S. Pureshkumar, MD, DNB,
(Convener - SCC)
Professor & HOD
Department of Psychiatry
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Reg No. 83719

The Vice Chancellor, CARE

The Registrar, CARE

Members of SCC