

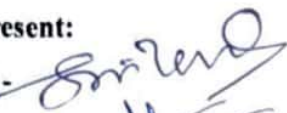
MINUTES OF STUDENT COUNSELING CENTRE (SCC) MEETING

HELD ON 7.7.2025

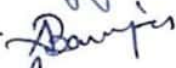
Venue: E block, OPD NO 1, CHRI

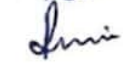
Time: 2 pm to 3 pm

Members Present:

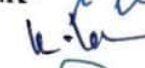
Dr Kailash S - 

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: Week long Student led activities on World Suicide Prevention Day, 2025

The Student Counselling Centre members from all colleges will collaboratively plan various student-led activities for World Suicide Prevention Day 2024, based on the theme "Changing the Narrative on Suicide." These activities will actively involve students and primarily focus on reducing stigma surrounding mental health issues and suicide attempts, while encouraging and improving help-seeking behaviours among the student community.

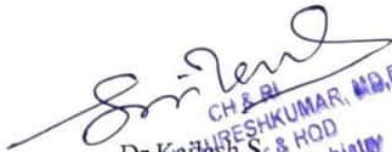
Agenda 2: Time Management and how to handle Academic pressure for students.

Identification of common time management challenges faced by students and organization of workshops on effective time management strategies and study planning were discussed. Creating informational materials (pamphlets, posters) on tips for managing time and stress, encouraging peer support groups to share experiences and strategies and integration of relaxation and mindfulness exercises into session.

Agenda 3: Student Counseling Centre Participation in Induction Programs of Various Colleges

With the admission of the new batch of students across different colleges of the university, it was planned to coordinate with the respective college induction program organizers. The aim is to include sessions conducted by the Student Counseling Centre, focusing on topics such as **Transition from School to College** and **Stress Management** to better support students during their initial phase at college.

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


CH & BL
DR. KAILASH S. CHOUHARY, M.D., DNB.
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The Vice Chancellor, CARE

The Registrar, CARE

Members of SCC