

MINUTES OF STUDENT COUNSELING CENTRE (SCC) MEETING
HELD ON 8.10.2024

Venue: A block, OPD NO 12, CIIRI

Time: 2 pm to 2.45 pm

Members Present:

Dr Kailash S - 

Dr K. Senthil Kumar - 

Dr P Senthil - 

Dr C. N. Ram Gopal - 

Dr K. Lakshmi - 

Mrs Kalaiselvi - 

Dr. Vaidyanathan - 

Dr Shabeeba Z - 

Dr B Rajeswari - 

Dr Debashis Rout - 

Ms Lavanya - 

Agenda 1: Planning of sessions on Digital well being, Time management and sleep hygiene

Members of the SCC expressed their views regarding the excess time spent by the students in mobiles and gadgets even at the cost of their sleep and physical health. Sessions were planned in various colleges on handling excess gaming and social media usage with proper time management and sleep hygiene measures

Agenda 2: Planning Month long student centered activities for World Mental health day

Student led activities like Street play, community awareness programs, Debates, community mental health camps, essay and drawing competitions were planned by SCC members of different colleges of the university. The report of all the activities will be compiled and sent to National mental health

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program coordinator as per orders from DGHS.

Agenda 3: Participation of SCC in various induction/foundation programs

The members shared that students enthusiastically interacted in the respective SCC sessions conducted in their colleges. Availability of psychological support and details of contact for the same were shared with the students and were encouraged to seek help as per need

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

