

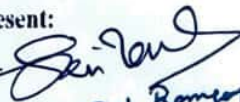
MINUTES OF STUDENT COUNSELING CENTRE (SCC) MEETING

HELD ON 10.1.2024

Venue: A block, OPD NO 12, CHRI

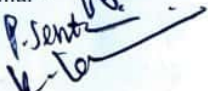
Time: 2 pm to 3.15 pm

Members Present:

Dr Kailash S - 

Dr C. N. Ram Gopal - 

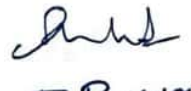
Dr K. Senthil Kumar - 

Dr P Senthil - 

Dr K. Lakshmi - 

Mrs Kalaiselvi - 

Ar. Vaidyanathan - 

Dr. Shabeeba Z - 

Dr. B. Rajeswari - 

Dr. Debashis Raut - 

Ms. Lavanya - 

Agenda 1: Conduct of sessions focused on improving support during exams for students and parents

It was planned to conduct sessions on different areas related to reducing stress during exams for students & parents. Topics focused on Stress management, Study skill techniques, Time management and sessions for parents on how to support the students during exam times were planned for different colleges. Helping the slow learners with tailored teaching methods were also planned with the suggestions from the members. 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: Induction session programmes and feedback from different colleges were discussed and documented

It was discussed that various student counselling centre representatives had participated in the foundation course/induction programmes of all the constituent colleges. Feedbacks regarding sessions focused on Transition from

school to college, professionalism, stress management were discussed and documented.

Agenda 3: Demonstration and sharing of videos on Relaxation exercises

As relaxation exercises offer significant stress management with multiple health benefits it was planned that brief sessions for training the students in basic relaxation exercises like deep breathing exercises would be conducted and encouraged to be regularly practiced. Further videos demonstrating the same would be shared with the students.

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

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