

MINUTES OF STUDENT COUNSELING CENTRE (SCC) MEETING
HELD ON 11.10.2025

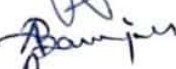
Venue: E block, OPD NO 1, CHRI

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: Discussion on Programs for World Mental Health Day 2025

In line with the theme for World Mental Health Day 2025, "*Mental Health in Humanitarian Emergencies*", it was decided to organize student-led activities throughout the month of October 2025. Planned activities include: Poster, Essay writing competition, Street plays and Community awareness programs. A comprehensive report of all the activities will be compiled and submitted to the National Mental Health Program Coordinator, as per the given instructions.

Agenda 2: Review of SCC activities and discussion

Various student counseling activities conducted by different colleges under the University were discussed and documented by the members. These activities focused on key areas such as study skill techniques, relaxation methods, time management, and maintaining a healthy lifestyle. The sharing of best practices and strategies aimed to

enhance the overall well-being and academic performance of students across the University.

Agenda 3: Sessions in Induction Programs of Different Colleges

Students joining various colleges under the university were addressed on behalf of the Students' Counselling Centre as part of their induction programs. Sessions were conducted on the following topics:

- Transition from School to College
- Stress Management
- Anti-Ragging Awareness
- Digital Well-being

Students were also encouraged to reach out to the Student Counselling Centre for support or assistance with any difficulties they may face.

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


Dr. Kailash S.
(Convener - SCC)
Copy to: Reg No. 83719

The Vice Chancellor, CARE

The Registrar, CARE

Members of SCC