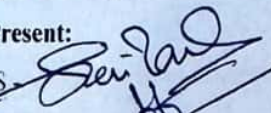


MINUTES OF STUDENT COUNSELING CENTRE (SCC) MEETING
HELD ON 12.7.2024

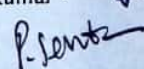
Venue: A block, OPD NO 12, CHRI

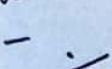
Time: 2.30 pm to 3.15 pm

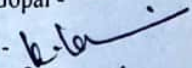
Members Present:

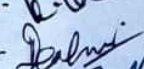
Dr Kailash S. 

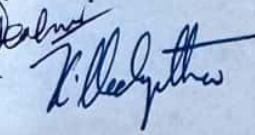
Dr K. Senthil Kumar - 

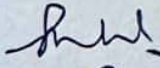
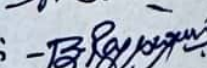
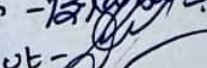
Dr P Senthil - 

Dr C. N. Ram Gopal - 

Dr K. Lakshmi - 

Mrs Kalaiselvi - 

Ar. Vaidyanathan - 

Dr. Shabeeba Z - 
Dr. B. Rajeswari - 
Dr. Debashis Rout - 
Ms. Lavanya - 

Agenda 1: Week long Student led activities on World Suicide Prevention Day, 2024

Student counselling centre members of all the colleges would be planning for different student led activities on the theme for World Suicide prevention day, 2024 "Changing the narrative on suicide". In this activities involving students which focused on reducing the stigma for mental health issues and suicidal attempt and improving their help seeking behaviour for the same would be primarily focused.

Agenda 2: Participation of Student Counseling Centre in the Foundation program of Various colleges

The coordinators of the foundation course for the new batch of student joining various colleges of the university would be discussed regarding the participation of Student counselling centre. As per the need, sessions focused on topics like Risk taking behaviour in adolescence and young adults, stress management and transition from school to college would be discussed

Agenda 3: Sessions on Handling interpersonal problems and mindfulness based relaxation

The members of the SCC discussed that students are having significant stress because of not having adequate skills for handling the interpersonal problems. Sessions focusing on it were planned. Anger management and mindfulness based relaxation would also be discussed with the students

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


CH & RI
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Reg No. 83719
The Vice-Chancellor, CARE
The Registrar, CARE
Members of SCC