

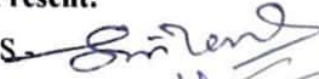
MINUTES OF STUDENT COUNSELING CENTRE (SCC) MEETING

HELD ON 13.1.2025

Venue: A block, OPD NO 12, 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: Enhancing Support Systems During Exam Time: Strategies for Students and Parents

Discussions regarding equipping both students and parents with practical strategies to navigate exam-related stress together was held. Effective communication techniques, stress management tools, and ways to create a supportive environment that fosters confidence and resilience were deliberated upon. The session looked to promote a collaborative approach to making exam season a positive and manageable experience for both students as well as the parents.

Agenda 2: Relaxation Techniques for Students – Managing Stress and Enhancing Wellbeing

Introduction of simple yet effective relaxation techniques that students can easily practice anytime, anywhere were discussed. Through guided exercises like deep breathing, mindfulness meditation, and progressive muscle relaxation, students will learn how to calm their minds, reduce physical tension, and improve

concentration. Videos and manuals on how to carry out the same would be shared with the students.

Agenda 3: Supporting LGBTQ+ Mental Health: What Students Should Know

Awareness about the mental health challenges that LGBTQ+ students may face, including stress from discrimination, social pressures, and identity-related struggles was discussed. Dialogue about how these experiences can affect emotional wellbeing and practical ways to support themselves and others was talked about. The goal is to create a welcoming environment where everyone feels accepted, understood, and empowered to take care of their mental health.

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



Dr Kailash S.
DR.KAILASH SURESHKUMAR, MD.DNB.

Professor & HOD
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The Vice Chancellor, CARE

The Registrar, CARE

Members of SCC