

PERSONAL COUNSELLING CENTRE**REPORT OF 2014-19**

Students face myriad of personal and psychological problems like increasing academic pressures, career concerns and difficulties in adjusting with parents, teachers and peers as well as adjusting themselves in the rapid transition of life. Therefore, it is very essential to provide supporting mechanisms which will help students to achieve a state of mental health that will enable them to realize their abilities and work productively. Awareness about the common problems of students is essential for teachers and parents also. This awareness would help them, especially the teachers, to deal with such students effectively. To achieve this goal a Counseling Centre is functioning in our college under the guidance of a trained Counselor for providing personal counseling service once in a week. The Centre fosters the mental health of the students by extending helping hand to those who are struggling with stress and strain. This will facilitate constructive changes in the attitude and behavior of students to cope with the challenges they face and create an environment of support and encouragement.

The number of students who availed the services of the Counseling Centre and the counselors who offered counseling service during the period 2014-2019 is as follows:

Year	Number of students Benefitted	Counselors
2014-15	178	Sr.Vineetha F.C.C. Nirmala medical Centre, Muvattupuzha
2015-16	311	Sri. Mathew Sebastian, Vimala Jyothi Development Centre, Muvattupuzha
2016-17	295	Sri. Mathew Sebastian, Vimala Jyothi Development Centre, Muvattupuzha
2017-18	120	Sr. Rosmin Paickattu, SH, Muvattupuzha
2018-19	222	Sr. Rosmin Paickattu, SH, Muvattupuzha