

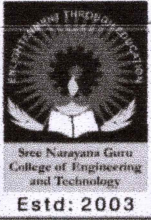


Sree Narayana Guru College of Engineering & Technology

CHALAKKODE P.O., KOROM, PAYYANUR, KANNUR-670 307



COUNSELING CENTRE



Sree Narayana Guru College of Engineering & Technology

P.O. Chalakode, Payyanur - 670 307, Kannur Dist., Kerala State.

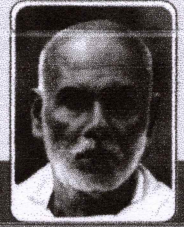
(Approved by AICTE New Delhi and Affiliated to APJ Abdul Kalam Technological University)

Managed by Sree Bhakthi Samvardhini Yogam, Kannur-2.

Ph: 04985-201987, 201988, 201989 EPABX: 201702, 703, 709 Fax: 04985-201988

Email: info@sngcet.org sngcet@bsnl.in

Website: sngcet.org



PROCEEDINGS OF THE SECRETARY SREE BHAKTHI SAMVARDHINI YOGAM, MANAGING BODY OF SREE NARAYANA GURU COLLEGE OF ENGINEERING AND TECHNOLOGY, PAYYANUR.

PRESENT: KP PAVITHRAN

Ref.: SNGCET/F/2023

10th July 2023

Sub: Appointment of College Counselor

ORDER

We are pleased to inform you that you have been selected for the position of College Counselor at SNGCET, Payyanur. Your application was impressive, and your qualifications and experience make you the best candidate for this role.

Your joining date will be 14th July 2023 your payment will be Rs.1000 per day, working day will be every Saturday at college campus, Your duties will include conducting individual and group counseling sessions, developing and implementing counseling programs, collaborating with teachers and administrators to identify and address student needs, and maintaining accurate records of student progress.

In addition, you will be required to maintain accurate records, work with faculty and staff to identify students who need additional support, and participate in parent-teacher conferences.

The management reserves the right to terminate your services during the period of any time. Breach of any conditions of this contract will be a reason enough for the management to terminate the contract, without any notice.

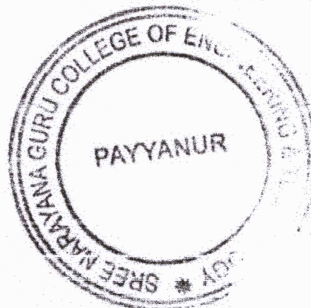
We are confident that you will be an asset to our college and contribute to our students' success. Once again, we congratulate you on your appointment and look forward to having you join our team.

SECRETARY

Sree Bhakthi Samvardhini Yogam

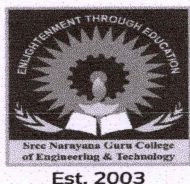
To.

Ms. Neema John
Paikkattu House, Cherupuzha post
Manjakkad, Kannur 670511



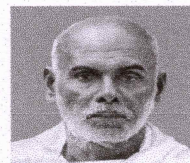
**Dr. LEENA A. V.
PRINCIPAL**

**SREE NARAYANA GURU COLLEGE OF
ENGINEERING & TECHNOLOGY, PAYYANUR
KANNUR**



Sree Narayana Guru College of Engineering & Technology

CHALAKKODE P.O., KOROM, PAYYANUR, KANNUR-670 307

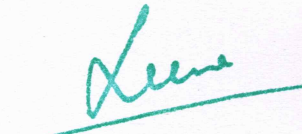


Campus Counselling Centre at SNGCET

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Mental health is more than the absence of mental disorders. It exists on a complex continuum, which is experienced differently from one person to the next, with varying degrees of difficulty, distress and potentially very different social and clinical outcomes. Mental health conditions include mental disorders and psychosocial disabilities as well as other mental states associated with significant distress, impairment in functioning, or risk of self-harm.

Attending college can be a stressful time for many students. In addition to coping with academic pressure, some students have to deal with the stressful tasks of separation and individuation from their family of origin while some may have to attend to numerous work and family responsibilities. In this context, many college students experience the first onset of mental health and substance use problems or an exacerbation of their symptoms.

In order to promote mental health of students, the management of Sree Narayana Guru College of Engineering & Technology has established a Student Counselling Center in campus

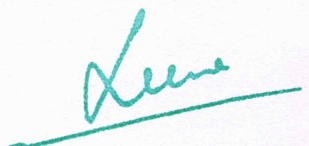

Dr. LEENA A. V.
PRINCIPAL
SREE NARAYANA GURU COLLEGE OF
ENGINEERING & TECHNOLOGY, PAYYANUR
KANNUR

from June 2023. A spacious room was allotted for the functioning of the campus counselling centre. The counselling center will be active on every Friday from 9 am to 4 pm. In case of emergency this timing can be varied. The counselling center aims to provide mental health services for students. The activities and programs organized by the counselling centre includes

- Assessing the needs of the campus
- Addressing the psychological issues of students
- Providing psycho education
- Conducting psychological assessments

With the intention of introducing the importance of mental health on students, the psychologist had a session with every student department wise. There are five departments in the campus. The five teaching departments in the campus include- Department of Civil Engineering, Department of Mechanical Engineering, Department of Electrical and Electronics Engineering, Department of Electronics and Communication Engineering and Department of Computer Science and Engineering. There are more than 200 students in the campus. Also each student is personally had an interactive talk with the psychologist during which the students were able to freely express their concerns and difficulty. This process is still on progress. This process seem to be helpful for the students in their decision making, goal setting, stress management, emotion regulation etc.

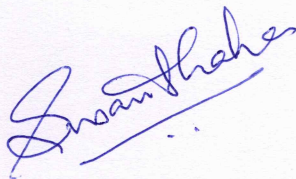
Most students of the campus belong to the adolescence age group. Adolescence is a unique and formative time. Protecting adolescents from adversity, promoting socio-emotional learning and psychological well-being, and ensuring access to mental health care are critical for their health and well-being during adolescence and adulthood.



Dr. LEENA A. V.
PRINCIPAL
SREE NARAYANA GURU COLLEGE OF
ENGINEERING & TECHNOLOGY, PAYYANUR
KANNUR

Individual counselling sessions are provided to students for their issues related to academics, social, emotional, psychological, behavioural and physical struggles. The aim of the session is to help the child overcome the problem and deal effectively with the environment. If required, the students are referred to external agencies for further psychological assessment and support.

A total of 30+ sessions were conducted. The major symptoms addressed during the process includes emotional problems, negative thoughts, suicidal thoughts, academic stress, anxiety, relationship issues, anger, unhealthy habits and depressive symptoms. Cognitive behaviour therapy was mostly applied. Techniques like relaxation training, breathing exercises etc. were taught for people with anxiety issues.

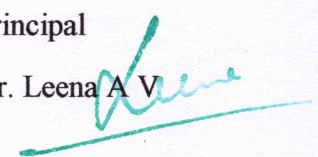


Dean Academics

Dr. Susan Abraham

Principal

Dr. Leena A V



Dr. LEENA A. V.
PRINCIPAL
SREE NARAYANA GURU COLLEGE OF
ENGINEERING & TECHNOLOGY, PAYYANUR
KANNUR