

STUDENT COUNSELING COMMITTEE-2024-25

Purpose

To foster the holistic well-being of students by providing a robust support system that addresses their academic, personal, and emotional challenges. The committee aims to create a nurturing and inclusive environment that promotes mental health, resilience, and overall student success.

Functions

- Identify common academic and psychological stressors faced by students and develop strategies to address them.
- Organize workshops and seminars on stress management, time management, and mental health awareness.
- Provide a platform for confidential one-on-one counseling sessions for students in need.
- Liaise with professional external counselors or psychologists for specialized support when required.
- Promote awareness about counseling services to ensure students feel comfortable seeking help.
- Develop and distribute informational material on coping mechanisms and available resources.
- Collaborate with faculty and parents to support students in a cohesive manner.
- Maintain strict confidentiality of all counseling sessions and student records.

Objectives

- **Proactive Support:** Proactively identify and support students showing signs of academic or personal distress.
- **Mental Health Awareness:** Reduce the stigma associated with mental health issues and promote a culture of openness.
- **Skill Development:** Equip students with life skills to effectively manage stress and interpersonal relationships.
- **Crisis Intervention:** Provide immediate and effective support to students in crisis situations.
- **Holistic Development:** Contribute to the overall development of students by ensuring their emotional and psychological well-being.

- **Inclusive Environment:** Ensure an inclusive and supportive environment for students from diverse backgrounds.

Committee Composition

S. No.	Name	Designation	Role in Committee
1	Dr. Ch. Mallikarjun	Principal	Chairman
2	Mrs. P.V. Padmavathi	Administrative Officer	Member
3	Mr K Vijay Kumar	Asst. Prof.	Coordinator
4	Mr. Sk Karimullah	Asst. Prof. (H&S)	Member
5	Mr. Eswar	Physical Director	Member
6	Mr.Sk Subhani	Student Affairs Coordinator	Member Secretary
7	Ms.Mariyamma	Student – Final Year EEE	Student Representative

Meeting Frequency

- **Semester-wise Meetings:** One at the start of each semester to plan the calendar of activities and one post-mid-semester to review outreach and effectiveness.
- **Special Meetings:** Convened as needed to address urgent student welfare issues or crisis situations.

Reporting & Documentation

- **Minutes of Meeting (MoM):** Recorded for every meeting, detailing discussions and action plans (maintaining student anonymity).
- **Workshop Reports:** Summary and attendance records of all workshops and seminars conducted.
- **Anonymous Outreach Log:** A log noting the number and general nature of counseling sessions (without personal identifiers).
- **Resource Directory:** A maintained list of internal and external support resources and helplines.