



# Sadakathullah Appa College

\*An Autonomous Institution, Re-Accredited by NAAC at an 'A' Grade, \* ISO 9001: 2015 Certified \*

## AQAR (2020-2021)

### CRITERION VII

#### INSTITUTIONAL VALUES AND BEST PRACTICES

##### 7.1.1

Measures initiated by the Institution for the promotion of  
gender equity during the last five years

#### COUNSELLING

#### Counselling Cells

*Submitted to*

THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL (NAAC)





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### COUNSELLING

#### COUNSELLING CELL

With the intent to address and help resolve emotional and psychological issues of the student community, the College has established the "Counselling Cell" on college premises. The Counsellor assesses, diagnoses and treats students struggling with academic stress, anxiety, depression, social addictions and other problems they face. The Cell also organise various programmes, enabling them to understand their own potential and cope effectively with the problems they face.



**Principal**



## Department of Counselling Cell

The aim of the department of student's counselling is to maintain the student's mental health and also to develop their skills. The role of the student's counselor is to give the guidance for students who are in the mental illness.

The department of student's counselling takes every responsibilities to produce and measure who are personally, socially, emotionally mature and also organised so many awareness program about mental health, cancer awareness program, women's day celebration to empowering the students and also organising program in village schools about learning difficulties, and autism awareness program.

Our dep  
students:

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Our department is providing following services to our students: (Group counselling)

- \* Mental health awareness,
- \* Stress, Anxiety management,
- \* Assess your personality, skill, strength & weakness.
- \* Understand mental Disorders.
- \* Memory, concentration and learning method.
- \* Communication & developing Peer group relationship.
- \* Behaviour management
- \* Personality development
- \* Drug Addiction
- \* Love.....
- \* Positive Thinking
- \* Life skill Training.

**MEMBERS OF THE COUNCELLING CELL(2020-2021) :**

<b>Year</b>	<b>Staff Members</b>	<b>Convener</b>
2020-21	Ms. A. Ramya	Mrs. A.C. Asha