

COUNSELING COMMITTEE-2022-2023

The members of counseling cell met on 13.10.2022 in the presence of Chairperson Dr. Sr. A. Mary Delphine, Principal of St. Justin's College of Education. Group counseling programme that is conducted every year by all the teaching staff within the time table should be carried on the counseling cell should look in to the matters.

The cell advises college students on how to enhance their general personality and how to deal with life's obstacles. We raise students' awareness of their future career through our college teaching personnel. It was planned to hold a counseling session every Friday.

Counseling Topic

28-10-2022- Introduction about counseling for First Year students

04-11-2022- Eating Habits

25-11-2022-International Day of Elimination of violence against women

18-11-2022-Health and Hygiene

02-12-2022-Emotional Intelligence

09-12-2022-Setting Goals

16-12-2022-Expectation from Parents

08-01-2023-Developing Positive Attitude

20-01-2023-Awareness about Social Media gadgets

17-02-2023-Friendship (Identify the good friends)

24-02-2023-How to evaluate themselves.

03-03-2023-Social Anxiety

17-03-2023-Hobbies and Habits

24-03-2023- counseling for improve Discipline activities

31-03-2023-Stress Relief (Mental Health)

28-04-2023-Social Phobia

The evaluation meeting took place on June 28th, 2013. Members of this counseling cell shared their thoughts on the programmes designed to enrich student teachers. As we stated during the planning meeting, all activities were completed successfully with the collaboration of all staff members on every Friday.