

COUNSELLING CELL

Co-ordinator –DR.R.Hima (Dept.of Botany)

Members – DR.J.P.Prajith

Smt.Lija.P.Lekshmanan

ACTIVITIES OF COUNSELLING CELL-2019

REPORT

Counselling cell of Sree Narayana College, Sivagiri, Varkala has organised a talk on '**Life Skills and Stress Management**' on 14/02/2019 at 10.30 am in the College Seminar hall. The programme started with an invocation. Welcome speech was delivered by Dr. Hima R, HOD of Botany Department & Co-ordinator of Counselling cell. The meeting was presided over by Dr. L Thulaseedharan, Principal of this college. The keynote address was delivered by Smt. **K Valsala**, retired Professor, NSS College Neeramankara. She is an expert in clinical counselling and also a member in **Let's Talk Counselling Awareness Education Society**. According to her, life skills are abilities for adaptive and positive behaviour that enable humans to deal effectively with the demands and challenges of everyday life. They are a set of human skills acquired through teaching or direct experience that are used to handle problems and questions commonly encountered in daily human life. In her talk, she explained with examples, some important life skills like communication skill, positive attitude, punctuality, practicing of Yoga etc. which would help the students in solving their day to day life problems. She also provided tips and techniques for solving everyday problems effectively and keeping the mind stress free. After the talk, students posed some questions related to the problems encountered by them and the ways for their effective management. Sri Aji SRM (SN Trust executive member), Dr. Beena karunakaran (HOD, Malayalam Department) and Sri. Sivakumar (PTA Vice-president) felicitated the meeting. In the feedback session, Gouri, from Mathematics Department expressed her gratitude for organizing

such a programme. Vote of thanks was expressed by Dr. Lija P Lakshman (Associate Professor, Chemistry Department).

After the programme, there was personal counselling session. Seven students from various departments participated in the personal counselling



Welcome speech by Dr. Hima R



Welcoming the guest



Presidential address by Dr, L Thulaseedharan



View of audience



Talk by Smt. Valsala



View of Audience listening to the talk by Smt. K Vimala



Feedback by Gouri



Vote of thanks by Dr. Lija