

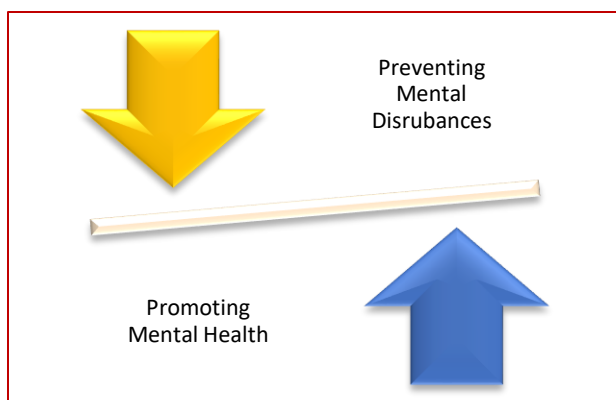
Counselling Cell

Coordinator-Dr.K.Bhuvanewari, Asst. Prof. and Head, Dept. of Psychology, 94860 25434

The promotion of mental well-being along with physical and social well being is given high priority at Kasthurba College for Women. The Counselling Cell ensures that every student receives personal attention and care during the time of crisis while they get higher education.

Students are divided and are guided by their mentor as soon as they get admission into the college. The mentor guides and supports the student in academic, personal and social aspects periodically. In addition to mentoring, the students are given choice of sharing their emotional issues with the coordinator of the counselling cell if they feel the need to do so. If the mentor realizes the need for professional support he or she refers the candidate to the counselling cell of the college. The availability and accessibility of the said measures are oriented to the students soon after their admission.

The cell organizes various activities for



Sl.No.	Programme
1	Intra-collegiate quiz competition was organized on the occasion of "World Suicide Prevention Day" with the topic "Creating Hope Through Action" on 08.09.2021
2	Poster making competition on " Mental Health" was organized as part of World Mental Health Day on 12.10.2021
3	National Webinar on "Nurturing Gratitude Among Youth" was organized on 04.06.2021
4	Webinar on "Mental Health Care" as part of World Mental Health Day was organized on 10.10. 2020
5	International Webinar on "Young Minds Matter - Towards the Mental Health and Well-being of Youth" organised by Department of Psychology, Kasthurba College for Women 29.06.2020 to 30.06.2020
6	World Mental Health Day was observed on 10.10.2018
7	A Suicide Prevention Programme titled "Connect, Communicate, Care" was conducted on 28.09.2016 in colloboration with National Mental Health Programme