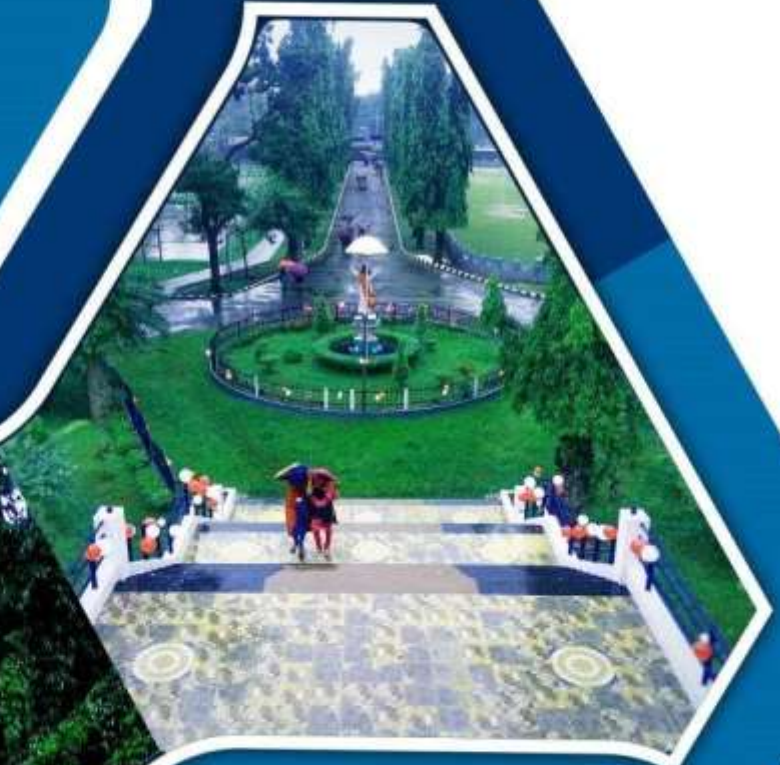


FATIMA MATA NATIONAL COLLEGE

AUTONOMOUS

(Reaccredited with 'A' Grade by NAAC)
Affiliated to University of Kerala



2.2.1 Counselling

IQAC INTERNAL QUALITY ASSURANCE CELL

REPORT OF THE COUNSELLING CELL FOR THE ACADEMIC YEAR 2021-22

DEPARTMENT OF PSYCHOLOGY AND THE ST. JOSEPH GUIDANCE AND COUNSELLING CENTRE

Department of Psychology and the St. Joseph Guidance and Counselling Centre supports the Fatima Mata National College 's mission "to foster the education, critical thinking, and intellectual growth of its students, the creation and application of new knowledge and effective engagement of its students, faculty and staff with the surrounding environment."

The primary focus of the Counselling Centre is to provide comprehensive and effective psychological, career, academic, testing, and disability services to meet the personal, developmental, mental health, and educational needs of its diverse student body.

Our dedicated faculties support the academic mission of the college through consultation, outreach, and partnerships with faculty, staff, administrators, parents and other key participants. The Counselling Centre promotes the values of the colleges and the profession, through research, teaching, and supervised training opportunities for emerging professionals.

Research Unit: The Research Unit (RU) is responsible for generating new ideas and conducting research studies that support the interests of the Counselling Centre. Research topics include student development and basic needs, retention, clinical service delivery, multiculturalism, and social justice, as well as the impacts of the COVID-19 pandemic. The department produces a variety of research briefs, publishes articles in professional journals, and presents study findings of projects etc.

College: Counselling cell acts as a facilitator for the overall development of the entire students of the college. The Cell works in association with the various department of the college. Each department has one teacher coordinator in charge of the counselling cell. It is the duty of this teacher to identify the needy students of their department with the help of class teachers and others in the department.

Department: This academic year, the counselling cell has conducted group and individual sessions. 52 students from our department (I year B.Sc. Psychology) benefitted from the group counselling sessions due to COVID-19 pandemic. 1st year classes are online at that time (almost 2 months). After that Individual counselling was also given to some students and especially one transgender person in that class.

Special attention is given to the failure of students in every Semester exam in UG and PG batches. Review sessions are also conducted for necessary cases. In certain situations, the parents of the students are also made part of the counselling session. The main focus of Counselling Cell during the even semester was on the problems faced by the students during examinations like fear, lack of concentration, time management and failure. We tried to identify such students and arranged special counselling for them.

Class wise interactive sessions were arranged for all batches. Group sessions are conducted on the topics like need for counselling, personality development, mental health, self-confidence and stress management. Apart from these identified students are given individual counselling also.





FATIMA MATA NATIONAL COLLEGE

DEPARTMENT OF PSYCHOLOGY

Mental Health in an unequal world

EVER WONDER
WHY PEOPLE LIVING
WITH MENTAL ILLNESS
SUFFER IN SILENCE?

STOP THE STIGMA.
LET'S TALK ABOUT
MENTAL HEALTH.

WORLD
MENTAL
HEALTH
WEEK
OBSERVANCE

10 OCTOBER - 13 OCTOBER



**BLOCK
YOUR
DATE**

Fatima Mata National College (Autonomous),
Psychology Department, Kollam, Kerala,
Centre for Applied Behavioral Sciences (CABS),
Invites you a **ZOOM** session on



Psychology and Dynamic Work Place

by **Mr. Anush Mohan**,
Learning & Organizational
Development Professional,
Larsen & Toubro, India

on **24th March 2022, 11.00 am** onwards
To participate, email: aniljoseps@gmail.com



EVERYDAY PSYCHOLOGY- FINDING YOUR FOCUS

**27th APRIL ,2022.
AT 11 a.m**

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SYSTEMS.

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