

PERSONAL COUNSELLING

In the present day world, each and every individual is required to undergo a personal counselling session for the overall mental and physical wellbeing and it is recognized as paramount importance to students passing through the later adolescent period. In this matter, Maharaja's college offers such facilities for personal counselling to meet up to the requirements of the students according to the changing times and situations to help them cope with every sort of instance they are placed in. Personal counselling helps individuals to better understand the specific concern they are experiencing, identify their strengths and to determine the directions they need to take in order to address the concern. It facilitates greater understanding of difficult emotions, relationships and behaviours, and increased ability to manage and overcome these challenges. Providing personal counselling to students strengthen their capacity to live in this world adapting themselves to any kind of situation. It leads to solutions for specific problems, better relationships, and significant reductions in feelings of distress.

A full time counsellor is provided in the college under the Jeevani scheme of the Director of Collegiate Education, Govt. of Kerala. Students are free to avail the service of personal counselling at any time they wish and are encouraged to do so. This service is of great relief and solace to the large number of students who undergo psychological stress and traumatic conditions.



A handwritten signature in purple ink, consisting of a large loop followed by a series of smaller, stylized strokes.

**SPECIAL GRADE PRINCIPAL
MAHARAJA'S COLLEGE
ERNAKULAM**

P3/19932/2019/DCE

കോളേജ് വിദ്യാഭ്യാസ ഡയറക്ടറുടെ
കാര്യാലയം, വീക്ഷസ് ഹെൽ,
തിരുവനന്തപുരം.
തീയതി: 29.06.2019

പരിപത്രം

വിഷയം:- വിഷയം:- കോളേജ് വിദ്യാഭ്യാസ വകുപ്പ് -2019-20 - Jeevani Center for Wellbeing -എന്ന പദ്ധതിയുടെ ഭാഗമായി സർക്കാർ കോളേജുകളിൽ Psychology Apprentice ഉദ്യോഗാർത്ഥികളെ താല്പര്യമായി നിയോഗിക്കുന്നത് സംബന്ധിച്ച്

- സൂചന :- 1) 2019-20 ബജറ്റ് വകയിരുത്തൽ
2) 14.06.2019 ലെ കോളേജ് വിദ്യാഭ്യാസ ഡയറക്ടറുടെ ചേമ്പറിൽ നടന്ന മീറ്റിംഗിന്റെ മിനുസ്സ്
3) 15.06.2019 ലെ സർക്കാർ ഉത്തരവ് നമ്പർ G.O(Rt)978/2019/H.Edn

അനന്തരം മാനിക്കേണ്ടിരിക്കുന്ന ആധുനികലോകത്തിൽ വിദ്യാർത്ഥികളിൽ ഉണ്ടാകുന്ന മാനസിക സഹജരൂപങ്ങൾ ലഘൂകരിക്കുന്നതിനും അവരുടെ ജീവിത പ്രശ്നങ്ങൾ നേരിടുന്നതിനായുള്ള മാർഗനിർദ്ദേശങ്ങൾ യഥാസമയം നൽകുന്നതിനുമായി 2019-20 സാമ്പത്തിക വർഷം കോളേജ് വിദ്യാഭ്യാസ വകുപ്പ് ആവിഷ്കരിച്ച പദ്ധതിയാണ് "Jeevani - College Mental Health Awareness Programme". സൂചന സർക്കാർ ഉത്തരവ് പ്രകാരം ടി പദ്ധതി നടത്തിപ്പിനായുള്ള ഭരണാനുമതി സർക്കാർ നൽകിയിട്ടുണ്ട്. ടി പദ്ധതിയുടെ നടത്തിപ്പിനായി താഴെ പറയുന്ന മാർഗ്ഗരേഖ പ്രകാരമുള്ള നടപടികൾ സ്വീകരിക്കേണ്ടതാണ്.

1. ജീവനി സെന്ററുകളുടെ ചുമതലക്കായി ഒരു അദ്ധ്യപകനെ/ അദ്ധ്യപികയെ കോളാർഡിനേറ്ററായി പ്രിൻസിപ്പൽ നിയമിക്കേണ്ടതാണ്. psychology ഡിപ്പാർട്ട്മെന്റുള്ള സർക്കാർ കോളേജുകളിൽ, psychology ഡിപ്പാർട്ട്മെന്റ് ഇതിന് നേതൃത്വവും നൽകേണ്ടതാണ്.
2. കോളേജ് തലത്തിൽ പ്രിൻസിപ്പൽ ചെയർമാൻ ആയി, പി.ടി.എ പ്രസിഡന്റ്, സമീപപ്രദേശത്തെ സർക്കാർ മാനസികാരോഗ്യ കേന്ദ്രത്തിലെ വിദഗ്ദ്ധർ, ടീച്ചർ ഇൻ ചാർജ് ഓഫ് ജീവനി, ഓഫീസ് representative എന്നിവർ അടങ്ങിയ കമ്മിറ്റി കോളേജ് തലത്തിൽ രൂപീകരിക്കേണ്ടതാണ്.
3. കോളേജ് ലൈബ്രറിയോടു ചേർന്ന് "Jeevani- Centre for students Wellbeing" സെന്റർ എന്ന പേരിൽ ഒരു മുറി ക്രമീകരിക്കേണ്ടതാണ്. ഇവിടെ അദ്ധ്യാപകർ ഫർണിച്ചർ മുതലായവ ഉണ്ടെന്ന് ഉറപ്പുവരുത്തേണ്ടതാണ്.
4. 2019-20 സാമ്പത്തിക വർഷം കോളേജുകളിലെ പ്രസ്തുത സെന്ററുകളിൽ Psychology യിൽ ബിരുദാനന്തര ബിരുദധാരികളെ പ്രതിമാസം 15,000 രൂപ നിരക്കിൽ 2020 മാർച്ച് 31 വരെ അപ്പറന്റിഷിപ്പിന് നിയോഗിക്കാവുന്നതാണ്.
5. കോളേജ് പ്രിൻസിപ്പൽ, സബ്ബക്ട് എക്സ്പെർട്ട്, ജീവനി കോളേജ് കോളാർഡിനേറ്റർ എന്നിവർ ഉൾപ്പെടുന്ന അഭിമുഖ പാനൽ രൂപീകരിച്ച് നേരിട്ടുള്ള അഭിമുഖം (via wide publicity നടത്തിതാല്പര്യമായി Psychology apprentice നെ പ്രതിമാസം 16000 രൂപ പ്രകാരം ഒരു കോളേജിൽ ഒരു തവണ പ്രകാരം നിയോഗിക്കാവുന്നതാണ്.
6. റെഗുലർ പഠനത്തിലൂടെ Psychology യിൽ ബിരുദാനന്തര ബിരുദമുള്ള ഉദ്യോഗാർത്ഥികളെ മാത്രമേ apprentice ആയി പരിഗണിക്കുവാൻ പാടുള്ളൂ. Clinical Psychology പ്രവർത്തി പരിപത്രം തുടങ്ങിയവ അഭിലഷണീയ യോഗ്യതയായി കണക്കാക്കാവുന്നതാണ്.



SPECIAL GRADE PRINCIPAL
MAHARAJA'S COLLEGE
ERNAKULAM

7. തെരഞ്ഞെടുക്കുന്ന Psychology apprentice ന്റെ അവസരം മോശമല്ല സമത്വം പൂർണ്ണമാവും ഉപയോഗപ്പെടുത്തേണ്ടതാണ്
8. താല്പര്യമുള്ളവർ നിരവധി തീയതി മുതൽ 2020 മാർച്ച് 31 വരെ മെയ്യിൽ Psychology apprentice അവസര കാലാവധി 200 രൂപയുടെ മുദ്രപത്രത്തിൽ വ്യവസ്ഥാപിത കരാർ ഒപ്പുവെച്ചതിനുശേഷം മാത്രമേ apprentices ന്റെ നിരവധിക്കാ വാൻ പാടുള്ളൂ
9. 2202-03-103-51(P) എന്ന ശീർഷകത്തിൽ നടപ്പ് സാമ്പത്തിക വർഷം വകയിരുത്തിയിരിക്കുന്ന തുകയിൽ നിന്ന് Psychology apprentice നായുള്ള അവസരം അനുവദിക്കുന്നതാണ്.

Approval Valid

Digitally Approved By

ജയശ്രീ എം.എ

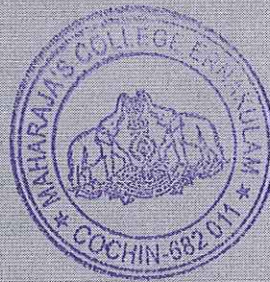
Date: 29.03.2019

Reason: Approved

ഒപ്പ്:-

ജയശ്രീ എം.എ

സിനിയർ ഫിനാൻസ് ഓഫീസർ



(Handwritten signature)

SPECIAL GRADE PRINCIPAL
MAHARAJA'S COLLEGE
ERNAKULAM

"ഭരണഭാഷ മാതൃഭാഷ"

പാഠ്യപുസ്തക വിഭാഗം

തീയതി: 13.11.2019

കോളേജ് വിദ്യാഭ്യാസ വകുപ്പിന്റെ
കാര്യാലയം, വികാസ് റോഡ്,
തിരുവനന്തപുരം

പരിപാടി:

- വിഷയം: കോളേജ് വിദ്യാഭ്യാസ വകുപ്പ് - ജീവനി - കോളേജ് മെന്റൽ അഡ്വൈസ്സറിയുടെ സർവ്വീസസ്
- മുഖ്യം: ഔദ്യോഗിക ഉദ്യോഗസ്ഥൻ - സംബന്ധിച്ച്
- സൂചന: 1. 20.05.19 ന് നടന്ന വർക്കിങ്ങ് ഗ്രൂപ്പ് മീറ്റിംഗിന്റെ മിനുട്ട്.
- 2. 14.06.19 ന് DCEയുടെ ചോദ്യത്തിൽ നടന്ന മീറ്റിംഗിന്റെ മിനുട്ട്.
- 3. സർക്കാർ ഉത്തരവ് നം: GO(RI) 978/2019/H.Edn തീയതി 15.06.2019

2019-20 സാമ്പത്തിക വർഷം പദ്ധതി വിഹിതത്തിൽ "സ്റ്റുഡന്റ് സപ്പോർട്ട് വെൽഫെയർ & ഹെൽപ്പ് റീച്ച് 2002-03-103-51" എന്ന ശീർഷകത്തിൽ 167 ലക്ഷം രൂപ (സൂചന 3) സർക്കാർ കോളേജുകളിലെ വിദ്യാർത്ഥികളിലെ ഓരോരുത്തരുടെയും മാസിക സംഘരക്ഷണങ്ങൾ ലഭ്യമാക്കുന്നതിന്റെ ഭാഗമായി ആവിഷ്കരിച്ച "ജീവനി കോളേജ് മെന്റൽ അഡ്വൈസ്സറിയുടെ സർവ്വീസസ്" പദ്ധതിയ്ക്കായി അനുവദിക്കുകയും ടി രൂപ വിന്യസിച്ചു പ്രസ്തുത പദ്ധതി 66 സർക്കാർ കോളേജ് & സയൻസ് കോളേജുകളിൽ നടപ്പിലാക്കുകയും ചെയ്തു പ്രസ്തുത പദ്ധതിയുടെ ഔദ്യോഗിക ഉദ്യോഗസ്ഥൻ 2019 നവംബർ 26 ചൊവ്വ 02.30 PM ന് പദ്ധതി ഉന്നത വിദ്യാഭ്യാസ വകുപ്പ് മന്ത്രി തിരുവനന്തപുരം ഗവ. വിമൻസ് കോളേജിൽ വെച്ച് നിർവ്വഹിക്കുന്നു.

എല്ലാ കോളേജ് മേധാവികളും അതാത് കോളേജുകളിലെ ജീവനി കോർഡിനേറ്റർമാരും നിർദ്ദിഷ്ട പരിപാടിയിൽ നിർബന്ധമായും പങ്കെടുക്കേണ്ടതാണ്.

Approval Valid

Digitally Approved By
ജയശ്രീ എം.എ
Date: 19.11.2019
Reason: Approved



SPECIAL GRADE PRINCIPAL
MAHARAJA'S COLLEGE
ERNAKULAM

ജയശ്രീ എം.എ
സിനിയർ ഫിനാൻസ് ഓഫീസർ

10 June 2014

To

All heads of departments

In the present day world, each and every individual is required to undergo a personal counselling session for the overall mental and physical wellbeing and it is recognized as paramount importance to students passing through the later adolescent period. In this matter, our college offers such facilities for personal counselling to meet up to the requirements of the students according to the changing times and situations to help them cope with every sort of instance they are placed in. As per the directions of the DCE the college offers the service of an expert psychologist in our campus. External Medical aid and service of doctors are also provided on times of need.

All Heads of the Departments shall intimate the students through the respective tutors about the efficient Counselling Cell facility offered by the college and motivate them to avail themselves of it.

Copy to all heads

Notice Board

Stock file

IQAC

Counselling Cell



Principal

SPECIAL GRADE
MAHARAJA'S COLLEGE
ERNAKULAM

CIRCULAR ACD 107/15

10 June 2015

To

All heads of departments

In the present day world, each and every individual is required to undergo a personal counselling session for the overall mental and physical wellbeing and it is recognized as paramount importance to students passing through the later adolescent period. In this matter, our college offers such facilities for personal counselling to meet up to the requirements of the students according to the changing times and situations to help them cope with every sort of instance they are placed in. As per the directions of the DCE the college offers the service of an expert psychologist in our campus. External Medical aid and service of doctors are also provided on times of need.

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IQAC

Counselling Cell



Principal

SPECIAL GRADE PRINCIPAL
MAHARAJA'S COLLEGE
ERNAKULAM

To

All heads of departments

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IQAC

Counselling Cell



Principal

SPECIAL GRADE PRINCIPAL
MAHARAJA'S COLLEGE
ERNAKULAM

CIRCULAR ACD 107/17

10 June 2017

To

All heads of departments

In the present day world, each and every individual is required to undergo a personal counselling session for the overall mental and physical wellbeing and it is recognized as paramount importance to students passing through the later adolescent period. In this matter, our college offers such facilities for personal counselling to meet up to the requirements of the students according to the changing times and situations to help them cope with every sort of instance they are placed in. As per the directions of the DCE the college offers the service of an expert psychologist in our campus. External Medical aid and service of doctors are also provided on times of need.

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IQAC

Counselling Cell



Principal

SPECIAL GRADE PRINCIPAL
MAHARAJA'S COLLEGE
ERNAKULAM

CIRCULAR ACD 107/18

10 June 2018

To

All heads of departments

In the present day world, each and every individual is required to undergo a personal counselling session for the overall mental and physical wellbeing and it is recognized as paramount importance to students passing through the later adolescent period. In this matter, our college offers such facilities for personal counselling to meet up to the requirements of the students according to the changing times and situations to help them cope with every sort of instance they are placed in. As per the directions of the DCE the college offers the service of an expert psychologist in our campus. External Medical aid and service of doctors are also provided on times of need. Government has begun a unique project titled **Jeevani** under which the service of a psychologist is ensured every day in the college.

All Heads of the Departments shall intimate the students through the respective tutors about the efficient Counselling Cell facility offered by the college and motivate them to avail themselves of it.

Copy to all heads

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Counselling Cell



Principal

SPECIAL GRADE PRINCIPAL
MAHARAJA'S COLLEGE
ERNAKULAM



Maharajas College Ernakulam(Autonomous)

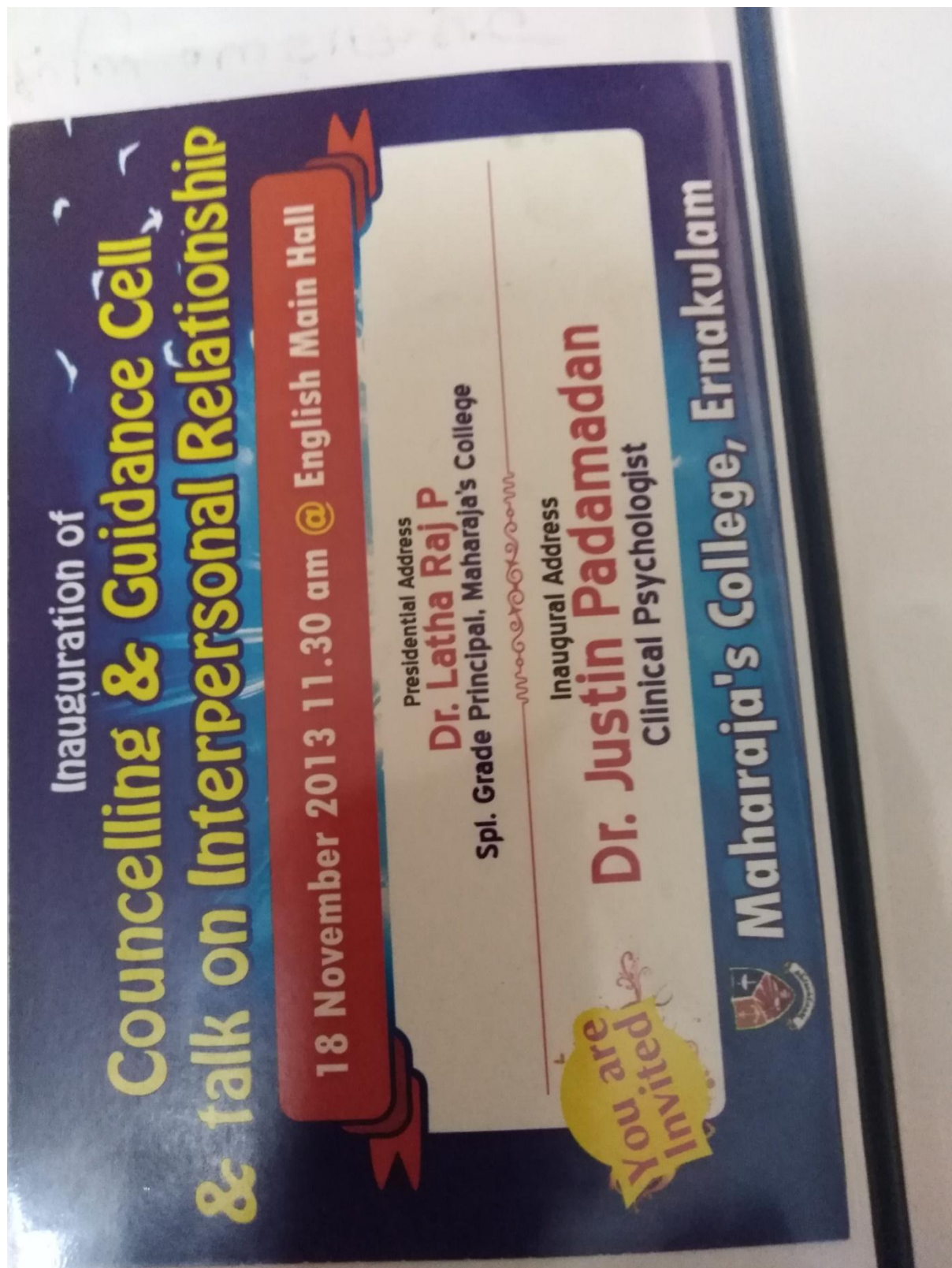
Important Programs conducted by Counselling and Guidance cell

From 2014 to 2019

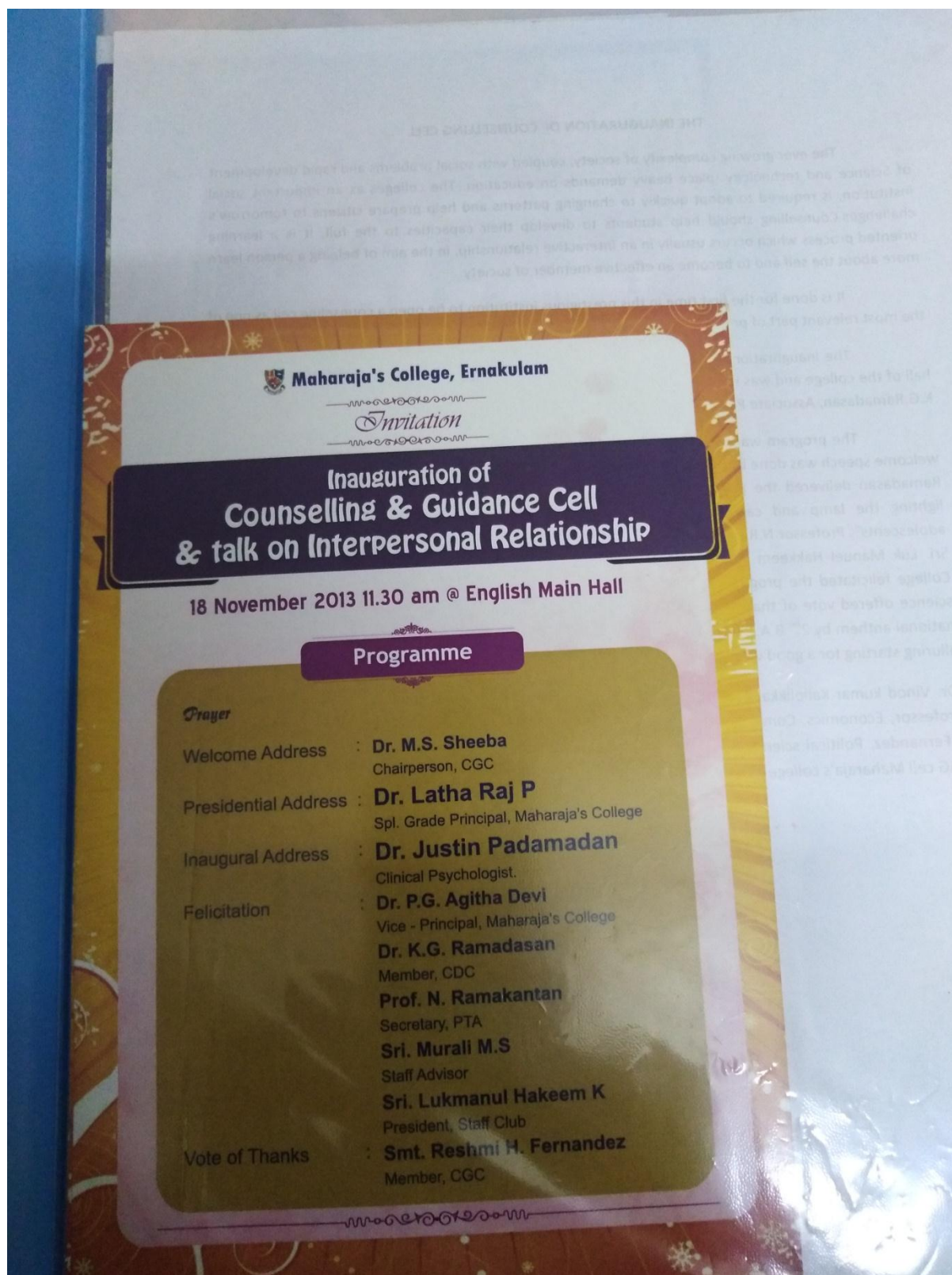
(2014 to 2015)



**Dr Latha Raj Special Grade Principal Maharaja's College,Inaugurated
CAG Cell**



Inaugural programme of Counselling cell on 18.11.2014 (Inauguration by Dr Justin Padamadan)



Important Programmes organised by the CAG Cell

1. Organised a counselling class – Talk by Dr.Latha Raj on Counselling skill for the management of adolescents on 18th November 2014.

2. Organised a counselling class – A class on Student problems on 13.12.2014.
3. Organised an awareness class on “ The need of counselling”byDr.Latha Raj on 18.12.2014.
4. Organised a counselling class on Interpersonal Relations ships by Dr.JustinPadamadan on 8.01.2014.
5. Conducted an old age home visit by Counselling and Guidace cell and Pain and Palliative cell on 23.01.2014 at Kochi.
6. A fare well meeting was arranged for the then Principal Dr .Latha Raj on 31st March 2014.





Maharajas College Ernakulam

Important Programs conducted by Counselling and Guidance cell

(2015 to 2016)

7.Individual counselling

Maharaja's College Ernakulam(2016 to 2017)

REPORT

As the second part of Teacher's Orientation program, Counselling and Guidance cell Maharaja's College Ernakulam conducted a full day Orientation Program on 22nd February 2016, from 10am to 4.30pm. The program was inaugurated by Prof. Rita Manuel, vice principal of this college. After the presidential address by Dr.M.S.Sheeba, Chairperson CAG cell, key note address was delivered by the Chief Guest Dr.Latha Raj, former principal of Maharaja' s college and famous counselor. After that Dr.N.L.Beena, principal of this college felicitated the program. After tea break at 11.30am next session of Power point Presentation on "Main Academic problems and solutions" by Dr.Latha Raj is went on till 1pm. After the lunch break at 1.30pm the classes restarted until 4.30pm. The class was really interesting, informative and motivating. Dr.VinodkumarKallolikkal, Chaiman of Pain and Palliative care expressed thanks for all the participants.

A class organised by Guidance And Counselling cell of Maharaja's College for teachers on "Nurturing relations" by Sri V.V.Joseph, National trainer for students teachers and professionals, on 1st February 2016 in English main hall of



the college.

22nd February 2016

GAC organised a counselling class for the teachers on 22nd February 2016 in English main hall of Maharaja's College by Dr.Latha Raj, Former Principal of Maharaja's College and trainer.



1st July 2016

GAC& PAP conducted an awareness classes for students on 1st July 2016. Dr. Mary Metilda, former principal of Maharaja's College and Trainer presented a class on Personality Development and Dr.Mohan, Medical Officer, Department of Palliative care Government General Hospital, Ernakulam, delivered an awareness talk on Pain and Palliative care in Physics seminar hall.

23rd & 25th August 2016

Dr.P.V.Joseph, Rtd.Associated Professor of Maharaja's College and Trainer, presented two day counselling classes for 1st DC students on August 23rd & 25th



2016. The topic was “Begin from end in mind”. The programme was arranged by the GAC cell of Maharaja’s College.

21st September 2016

GAC& PAP cells of Maharaja’s College Participated in a memory walk from RajendraMaidan to Marine Drive organised by Alzheimer’s and Related Disorders of India (ARDSI), Cochin Unit, on Alzheimer’s day (21.9.2016) and bagged cash prize and certificate.



30th September 2016

GAC& PAP cells of Maharaja’s College arranged an Awareness Class for teachers on Alzheimer’s disease on 30.9.2016 in Physics Seminar hall of Maharaja’s College. The presentations were done by Mrs.Latha Joseph, Administrator, care centre project ARDSI, Mrs.Preethi Paul, Community geriatrics Nurse, ARDSI, and Mr.Prasad N Gopal Coordinator of the programs and Research scholar on Alzheimer’s ARDSI.



3.10. 2016.

DR.M.S.Sheeba, Chairperson of GAC

Memory Walk on Alzheimer's Day



Counselling classes for all students of the college by Dr.P.V.Joseph

Principal Address by Dr.N.L.Beena, Special Grade Principal, Maharaja's college.













An awareness Program on Alzheimer's disease by ARDSI





20th February 2017

An orientation program was conducted for all the first degree students of Maharaja's College by the Guidance and Counselling Cell. Sri MadhuBhaskaran, reputed HRD trainer and personal coach was presented a class on "PRINCIPLES of SUCCESS" on 20th February 2007 in Physics



seminar hall of Maharaja's College Ernakulam. Ernakulam

Maharajas College Ernakulam

Important Programs conducted by Counselling and Guidance cell

Maharaja's College Ernakulam(2017to 2018)

- 8.Organised an Orientation programme – Talk by Mr.MadhuBhaskar on Principles of greatness on20th February 2017.
- 9.Organised a Career counselling program - by ShirajIRS o 6th March 2017.
- 10.Arranged a get together programme in the Counselling cell with principal Dr.Krishnakumar on 1st March 2018.
- 11.Conducted an exhibition related to Sastrayan 2018 and a talk by JishaJanardanan on 5th February 2018.

12. Organised counselling classes for all the 3rd & 2nd year B A students of the college(from November 13th 2017 to January 10th 2018) – by JishaJanardanan, Dr. Mary Metilda, Dr.Latha Raj, FirosK.H

13.Conducted an inaugural programme, placing a temporary counsellor for college on 1st November 2018.

Maharajas College Ernakulam

Important Programs conducted by Counselling and Guidance cell

Maharaja's College Ernakulam(2018 to 2019)

14.Organised counselling classes on “Need of counselling in campuses” – by Smt.DianaPunnoose& Smt. SindhuRemesh on 1st November 2018.







Smt.Diana Punnoose



Dr.Kroshnakumar. Spl.Grade Principal







15.Counselling session started on 8th November 2018 for the batches Sanskrit and Music students.

16.Poster design competition related to mental Health day on 10th October 2019(Working together to prevent suicide by Jeevani centre.

17.An Essay writing competition related to World mental health day on “Working together to prevent suicide” on 11th October 2019 by Jeevani centre

18.A talk on “ManushyanennaPratibhasam” by Shoukath on 29th October 2019 – Jeevani centre and Guidance and Counselling cell.

19.A program on Gender Equity giving special emphasis on Gender stereotype on 12.11.2019 at Commerce Seminar Hall at 1.30pm to 4.30 pm.Consulting psychologists Dr.Susan Thomas & Smt. Diana Punnoode led the class

Counselling and Guidance cell - Report 2018

Counselling and Guidance cell (CAG) started in Maharaja's college Ernakulam in 2013 during the principal ship of Special Grade Principal, And Counselling expert Dr.LathaRaj. The ever-growing complexity of the society, coupled with social problems and rapid development of science and technology, place heavy demands on education. the colleges as an important social institution, is required to adopt quickly to changing patterns and help prepare citizens to tomorrow's challenges.

Counselling should help students to develop their capacities to the full. It is a learning oriented process which occurs usually in an interactive relationship. In the aim of helping a person learns more about the self and to become an effective member of society.

It is done for the first time in this prestigious institution to be open a counselling cell as of the most relevant part of present education and social system of our country. The inauguration ceremony was conducted on 19th November 2013 at 2.30pm at the English main hall of the college and was inaugurated by the present college principal of that time Dr.LathaRaj, a famous counsellor, with president ship of Dr.K.G.Ramadasan, Associate Professor, department of Sanskrit and the CDC member of that time.

In that opening ceremony Dr.M.S.Sheeba, assistant Professor, Department of Sanskrit and the Chairperson of the College Counselling and Guidance cell, expressed welcome speech, Dr.K.G.Ramadasan delivered presidential address and Principal Dr.Latha Raj inaugurated the program by lightening a lamp. Dr Vinod Kumar Kallolikkal, the convenor of Pain and Palliative cell of that time delivered ote of thanks. Several eminent persons and teachers felicitated for the program.

From that time onwards several motivation, Orientation, Guidance and Counselling classes have been conducted regularly by the help of experts in that fields. All the records important notices and documents of the programs conducted are being kept.

There are some bright students who are financially backward or physically handicapped and needs special care could be satisfied. Some arrangements are made in the college by the counselling cell to find out such students and provided suitable helps according to their requirements.

Counselling cell used to enquire such situations and arranged classes and other ventures to motivate the students and so as to acquire their specific goals.

Usually almost all the teachers are doing their duties like teaching explaining, demonstrating and advising students in various ways. But often forget to inspire and motivate them. Always teaching is going on like hammering on a cold iron. We should change the way of doing. Then only we will achieve desired results. The head of the department and group leaders should maintain close contact with the weak students and students with problems and difficulties have to send them at counselling cell in the campus.

The Guidance and Counselling cell discharged its duties like,

1. Arrange orientation programs for the teachers
2. Arrange orientation programs for the students
3. Arrange orientation programs for the fresher's.
4. Organize executive committees with members from all the departments.
5. Arrange talks by experts from different fields.
6. Maintain complete secrecy about all individual discussions with the students.

7. Administer psychological tests and measure the self esteem and mental health of the students who approached the counsellor
8. Make the students aware of the easy relaxation techniques to reduce stress anxieties and strain.
9. The active listening and valuable suggestions to modify human values will enrich the counselling sessions.
10. Refer the serious cases to clinical Psychologists or Psychiatrists.

On 20th February 2017, Mr. Madhu Bhaskaran reputed counsellor conducted an orientation class for the 2nd year degree students of the entire departments of the college on the topic “Principles of Success”

Counselling and Guidance cell was decided to conduct motivation classes for all the 2nd and 3rd year degree students of the college from November 13th 2017. And classes were handled by the eminent trainers like Dr. Latha Raj and Dr. Mary Metilda, former principals of Maharaja’s college, Ms. Jisha Janardanan, trainer personal coach and NLP trainer Kannoork, Mr. Firoz K.F. and so on.

On 6th March 2018 counselling and guidance cell conducted a career counselling at Commerce department lab for social science stream at 2pm under the co ordination of DR. Mary Sudha, Assistant Professor, Department of Commerce and the member of Guidance and Counselling cell, for the selected and needed from the degree classes of the entire college.

M. Shiraj IRS, Assistant Commissioner of customs and central GST, and then holding the charge of Assistant Director, National Academy of customs indirect Taxes and Narcotics Kochi (B.Tech, MA, LLB, Career class programmer in Surya T.V, Columnist in Satyadeepam weekly- “Your Career”, Author of “Mikachapadanam Mikacha Joli”) presented and handled the class for students.

On 1st March 2018 CAG decided to start another program for the mental well being, healthy life style and stress management. Special grade principal of the college Dr. Krishnakumar inaugurated the program and Rita Manual, Vice principal felicitated the program. Dr. Ananthapadmanabhan, Associate Professor Chemistry delivered a speech, dr. M.S. Sheeba coordinator of the program welcomed the gatherings and Dr. Mary Sudha expressed vote of thanks. It will be a continuous program and intended to conduct half an hour regularly after the regular classes of students with the direction of eminent and expert persons.

On 1st November 2018 the cell initiated to implement another program as per the decision of the principal that is to appoint a temporary counsellor with aid of college PTA. The function was inaugurated by the Principal Dr. Krishnakumar and also gave presidential address. Dr. M.S. Sheeba welcomed the gathering, The counsellors, Dr. Diana Punnoose and Sindhu Remesh delivered talks on “The need of Counselling in colleges”. Student adviser Dr. Suja, Assistant Professor English, College Discipline committee convener Dr. Prakashan, Assistant Professor, Zoology, Controller of Examination Dr. Suresh, Associate Professor in Commerce etc felicitated and PTA member Dr. Radhamani, assistant Professor Hind expressed vote of thanks. Several teachers, staffs, students and others participated in that program and Miss Diana Punnoose was appointed as counsellor of the CAG Cell.

Guidance and Counselling cell - Future Plans

1. Strengthening of existing cell
2. Provide awareness classes for teachers and students
3. Provide motivation and orientation classes for students
4. Sensitization program

5. Providing consultancy
6. Publication of suitable counselling and guidance materials in the regional language for the use of students, teachers and parents.

The following are the important programs and activities done by counselling and Guidance cell of Maharaja's college Ernakulam from 2013 to till date.

Maharajas College Ernakulam

Time Table

Coucselling Classes by eminent personalities for all department students

Guidance and counselling program schedule from 8th November 2018 to 4th January 2019 with a counsellor for the students from various departments

Date	Time	Department	Time
8th November	9.30 am to 11.30 am	Sanskrit	1.30pm to 3.30 pm
15th November	„	Botany	„
22nd November	„	Philosophy	„
29th November	„	Mathematics	„
Department	Music	Zoology	Economic
			Chemistry

7th December	„	Physics	„
Statistics			
14th December	„	Politics	„
Arabic			
21st December	„	Islamic History	„
Commerce			
28th December	„	Hindi	„
Malayalam			
4th January	„	History	„
English			

Time Table

Motivation classes conducted from 20.11.2017 to 10. 01. 2018)

Sl.No	Days	Dept	Trainer	Time
1.	Mon(20.11.2017)	Arabic	Firoz. K.F	2.30 - 4.30pm
2.	Tue(21.11.2017)	Islam History	JishaJanardanan	11- 12.30pm
3.	Tue(21.11.2017)	Commerce	JishaJanardanan	3.00- 4.30pm
4.	Wed(22.11.2017)	English	Dr.Latha Raj	9.30- 11am
5.	Wed(22.11.2017)	Chemistry	Dr.Latha Raj	11- 12.30pm
6.	Wed(22.11.2017)	Physics	Dr.Latha Raj	3.00-4.30

7.	Thu(23.11.2017)	Zoology	JishaJanardanan	10.00- 11.30
8.	Thu(23.11.2017)	Music	JishaJanardanan	11.30- 1.pm
9.	Thu(23.11.2017)	Botany	JishaJanardanan	1.30- 3.00pm
10.	Thu(23.11.2017)	Sanskrit	JishaJanardanan	3.00- 4.30pm
11.	Fri(24.11.2017)	PoliticalScience	Firoz.K.F	10 - 11.30am
12.	Friday(24.11.2017)	Malayam	Firoz.K.F	11.30- 1pm
13	Friday(24.11.2017)	Hindi	Firoz.K.F	3.00- 4.30pm
14.	Monday(27.11.2017)	Mathematics	Firoz.K.F	10- 11.30am
15.	Monday(27.11.2017)	Economics	Firoz.K.F	3-4.30pm
16.	Wednesday(10.1.2018)	Philosophy	Dr.MaryMetilda	9.30-11.30
17.	Wednesday(3-4.30)	History	Dr.MaryMetilda	11.30 - 1.30

20. Organised an Orientation programme on Principles of greatness by Mr. MadhuBhaskaran, A reputed HRD Trainer and personal coach on 20th February 2017.

21. Conducted a Career counselling program for the students by ShirajIRS on 6th March 2017 at Commerce Department Lab under the convener ship of Smt. Mary Sudha, Assistant Professor Commerce.
22. Arranged a get together programme in the Counselling cell with principal Dr.Krishnakumar on 1st March 2018 and decided to arrange programmes on the mental well being.
23. Organised counselling classes for all the 3rd & 2nd year B A Arabic students of the college on 20.11.2017 by FirozK.F, a well known trainer
- 24.Organised counselling and motivation class for all the 3rd and 2nd year Islamic History and Commerce students on 21.11.2017 by JishaJanardanan, Counsellor and NLP trainer at 2nd year Islam History class room .
25. Organised counselling and motivation class for all the 3rd and 2nd year English Chemistry and Physics students on 22.11.2017 at 2nd year English class room.
25. Organised counselling and motivation class for all the 3rd and 2nd year Zoology, Music and Sanskrit students on 23.11 2017 at 2nd year Sanskrit class room by JishaJanardanan.
26. Organised counselling and motivation class for all the 3rd and 2nd year Political Science, Malayalm and Hindi students on 24.11.2017 at Malayalam hall by Firoz. K.F.
- 27 .Organised counselling and motivation class for all the 3rd and 2nd year Mathematics and Economics students on 27.11.20187 by ForozK.F at second year Economics class room.

28 .Organised counselling and motivation class for all the 3rd and 2nd year Philosophy students on 10. 01 2018 by Dr.Mary Matilda at second year Philosophy class room

25. Organised counselling and motivation class for all the 3rd and 2nd year History students by Dr.Mary Matilda on 10. 01. 2018

29. Conducted an exhibition related to Sastrayan 2018 and a talk by JishaJanardanan on 5th February 2018 at GAC room.

30. Conducted an inaugural programme, placing a temporary counsellor for college on 1st November 2018 With presentations on “Need of counselling in campuses” by Smt.DianaPunnoose& Smt. SindhuRemesh on 1st November 2018.

31. Counselling session started on 8th November 2018 for the batches Sanskrit and Music

32. Counselling session started on 8th November 2018 for the batches Sanskrit and Music

33. Counselling session started on 15th November 2018 for the batches Botany and Zoology

34. Counselling sessions started on 22nd November 2018 for the batches Philosophy and Economics

35. Counselling session started on 29th November 2018 for the batches Mathematics and Chemistry.

36. Counselling session started on 6th December 2018 for the batches Physics and Statistics.

37. Counselling session started on 13th December 2018 for the batches Politics and Arabic.

38. Counselling session started on 8th November 2018 for the batches Sanskrit and Music students.

2019-2020

39. Poster design competition related to mental Health day on 10th October 2019(Working together to prevent suicide by Jeevani centre.

40. An Essay writing competition related to World mental health day on “Working together to prevent suicide” on 11th

October 2019 by Jeevani centre

41. A talk on “ManushyanEnnaPratibhasam” by Shoukath on 29th October 2019 – Jeevani centre and Guidance and

Counselling cell.

Universal values and Ethics 2019 November



42. A program on Gender Equity giving special emphasis on Gender stereotype on 12.11.2019 at Commerce Seminar

Hall at 1.30pm to 4.30 pm. consulting psychologists Dr.Susan Thomas & Smt. Diana Punnoose led the class.

43.Different Peer groups are formed with students representing different classes of PG and UG

Dr.M.S.Sheeba, Chair person CAG

Essay writing competition on Malayalam day





World mental Health day Essay writing competition









Meeting with Higher Education Minister about Jeevani- Mental well being of students- Inauguration at Thiruvananthapuram



A Programme on Gender Equity 2019(Gender stereotype)



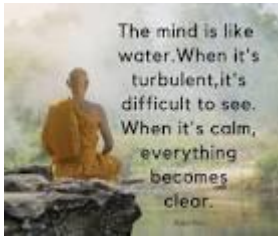
Diana Punnoose and Soosan Thomas on Gender Equity



Dr Soosan Thomas on Gender Equity



Poster designing On Mental Health Day



Dr.M.S.Sheeba, Coordinator GAC Cell & Jeevani