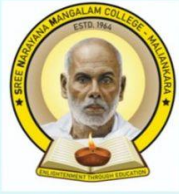


S.N.M COLLEGE MALIANKARA

(Affiliated to Mahatma Gandhi University, Kottayam)

1. **Title of the program:** Induction Programme - Awareness on counselling and Issues faced by students
2. **Name of the Coordinator/s:** Asha A
3. **Organizing Cell:** Counselling and Guidance cell
4. **Date:** 02-11-2022
5. **Number of participants:** 87
6. **Venue:** Seminar hall
7. **Resource Person/s :** Mrs. Sreekutty Syam Seethal, Psychologist
8. **Objective of the Program:** To remove the stigma associated with seeking help and make them aware of issues faced by students
9. **Detailed description of the event:** The Counselling cell activities for the year after the admission process of first year students were completed. An awareness and guidance class was conducted for all first year graduate programme students. The classes was conducted on two days 02/11/22 and 03/11/22. Counsellor Ms. Sreekutty Syam Seethal, Psychologist handled the sessions..
On 02/11/2022 the session was held from 10.30 am to 11.30 am in the Seminar Hall first year students from Botany, Zoology, Chemistry, Physics and Mathematics attended the first Session. Student's activity participated in the discussion Session held after the awareness class.
10. **Outcome of the event/Evaluation by Program Coordinator:** This seminar envisaged the challenges faced by students. The resource person explained the importance of seeking help when faced with challenges which they face difficulty in overcoming.
11. **Brochure**



SNM COLLEGE, MALIANKARA COUNSELING AND GUIDANCE CELL

INDUCTION PROGRAMME AS PART OF DEEKSHARAMBH

To remove the stigma associated with seeking help and make them aware of issues faced by students an awareness and guidance class will be conducted for all first year graduate programme students.

Date: 02-11-2022 & 03-11-2022.

Venue: Seminar Hall & College Auditorium.

Resource person: .Mrs. Sreekutty Syam
Seethal, Psychologist



13. List of participants

2022 - 23

02/11/22

The activities of Counselling and Guidance cell began with an Awareness class on Counselling and problems faced by Students. The class was conducted for 1st year Botany, Zoology, Physics Chemistry and Mathematics students. The class was conducted in Seminar Hall from 10:40am to 11:40am.

Resource Person

① Mrs Sreekutty See.

List of Participants.

	Name	Class	Signature
①	Rameesa K.A	Bsc Botany	Rameesa
2.	Neenu.K.M	Bsc Botany	Neenu
3.	Geeta K.S	B.Sc. Botany	Geeta
4.	Nandana.T.R	BSC Botany	Nandana
5.	Anvitha.K.J	BSC Botany	Anvitha
6.	Harbinandhan P.B	BSC Botany	Harbinandhan
7.	Bhavana.K.J	Bsc Botany	Bhavana
8.	Veethasmiti T.H	BSC Botany	Veethasmiti
9.	Siennavasudev	BSC Botany	Siennavasudev
10.	Anagha V.D	BSC Botany	Anagha
11.	Abhiram Ajai	BSC Botany	Abhiram
12.	Ashok kumar T.S	BSC Botany	Ashok kumar
13.	Adharve Rajan	BSC Botany	Adharve
14.	Subin P.S	BSC Botany	Subin
15.	Abin Davis	BSC Botany	Abin Davis
16.	Aditya Sunil	Bsc Botany	Aditya
17.	Chiruk Das	BSC Botany	Chiruk Das

S.No	Name	Class	Signature
18	Mehsina K.A	BSc Botany	Meethu
19	Nandhika N.P	BSc Botany	Nandhika
20	Anjulakshmi V.S	BSc Maths	Anjulakshmi
21	Akshay P.R	B.Sc Maths	Akshay
22	Prathya Prathap	BSc Maths	Prathya
23	Abhinanth	Bsc maths	Abhinanth
24	Vaishnav V.V	BSc Maths	Vaishnav
25	Shamal P.M	BSc Maths	Shamal
26	Jiffna Mary	Bsc Maths	Jiffna
27	Lakshmi Theetha Deepu	BSc MATHS	Lakshmi
28	Atthana M.S	BSc Maths	Atthana
29	Charutha Chandran Kc	BSc Maths	Charutha
30	Yadhupal B	BSc Maths	Yadhupal
31	Ananya A.M	Bsc Maths	Ananya
32	Navya K.A	BSc Maths	Navya K.A
33	Smrithi Abraham	Bsc Maths	Smrithi
34	Anantha Krishnan A	Bsc Physics	Anantha
35	Ranav Praphul A	Bsc Physics	Ranav
36	Sivaprasad P.P	Bsc Physics	Sivaprasad
37	Deepthi K.H	Bsc Maths	Deepthi
38	Pavithra E.A	BSc Maths	Pavithra
39	Devinandana M.S	Bsc Maths	Devinandana
40	Rahul M.R	BSc Maths	Rahul
41	Adithyan A.R	Bsc Maths	Adithyan
42	Muhd. Sabith A.P	B.Sc Physics	Muhd. Sabith
43	Ananthu A.A	Bsc Chemistry	Ananthu
44	Gokul Krishna M.L	Bsc Chemistry	Gokul Krishna
45	SanJoy P.S	Bsc chemistry	SanJoy
46	Abdul Krishna P.B	B.Sc. chemistry	Abdul Krishna
47	Anmiya P.L	BSC chemistry	Anmiya
48	Rajalakshmi K.N	BSC Chemistry	Rajalakshmi
49	Kanjana O.U	Bsc chemistry	Kanjana

Sl No	Name	Class	Signature
50	Fathima N.R	B.S.C Chemistry	
51	Krishnapriya M.V	B.S.C physics	
52	Sneha P.B	"	
53	Anjana Biju	"	
54	Athul Joshy	"	
55	Alan N.A	"	
56	Akshay P.S	B.Sc Maths	
57	Nandana Rajesh	Bsc physics	
58	Gopika.V.S	"	
59	Anaswara C.R	"	
60	Aparna M.Sanesh	"	
61	Devi Chandana V.S	"	
62	Sreelakshmi.M.M.	Bsc zoology.	
63	Aswathy.O.Shibu	Bsc.zoology	
64	Ashima Sivadas	B.S.C Zoology	
65	Arush Gopinath	B.S.C Zoology	
66	K.F.Mohammed Wazin	B.S.C zoology	
67	Anuchand.s	B.S.C zoology	
68	Anatt Peter	B.S.C Physics	
69	Anjana NP	BSC Zoology	
70	Sneelakshmi k.R	Bsc zoology	
71	Devika A. Sudheeb	Bsc zoology	
72	Aryasandha.k.A	Bsc Zoology	
73	Adhilakshmi.P.B	Bsc Zoology	
74	Sanjay K.L	"	
75	mohd inphar Ca	"	
76	A.R. Gokul	BSC Botany	
77	VYshnav k.b	BSC Botany	
78	Aparna P.R	Bsc.zoology	
79	Maheswari.M.S	"	
80	Nayana Unni	"	
81	Devimol.P.S	Bsc Botany	

82	Saniya.V.S	B.Sc Botany
83	Anusree P.J	B.Sc Zoology
84	Crayathri.V.N	BSC.Zoology
85	Anamol K.P.	BSC zoology
86	Abhisami VA	BSC. Zoology
87	Ashna K.S	Bsc. zoology

~~Sai~~
~~Abree~~
~~Gajam~~
~~Sham~~
~~Abhis~~
 Ashna

The patient has been suffering from...
 She has been suffering from...
 Complaining of...
 and...
 for...
 Complaining of...
 sleep related...
 related...
 reported to...
 matter...
 matter...
 matter...