



# **S.N.M COLLEGE MALIANKARA**

**(Affiliated to Mahatma Gandhi University, Kottayam)**

1. **Title of the program:** Induction Programme - Awareness on Personality Development
2. **Name of the Coordinator/s:** Sreeja P R
3. **Organizing Cell:** Counselling and Guidance cell
4. **Date:** 18-07-2019
5. **Number of participants:** 64
6. **Venue:** Auditorium
7. **Resource Person/s :** Mrs. Lilly C P, 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 Counseling cell activities for the year after the admission process of first year students were completed. An awareness and guidance class was conducted for the first year graduate students. The class was conducted on 18-07-2019. Counsellor Mrs. Lilly C P, Psychologist handled the sessions.. The session was held from 10 am to 12.30 am in the Auditorium . All first year students attended the session. Student's actively participated in the discussion Session held after the awareness class. On 29-08-2019, 25-09-2019, 16-10-2019, 29-01-2020, 12-02-2020 and 27-02-2020 personal counselling were given to the students who needed counselling .
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**

**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 FIRST YEAR GRADUATE PROGRAMME  
STUDENTS.**

**DATE : 18-07-2019**

**VENUE : COLLEGE AUDITORIUM**

**RESOURCE PERSON : SMT. LILLY C P, PSYCHOLOGIST**

12. Photos



13. List of participants

Sl. No.	Name	Qualification	Signature
1.	Aparna Chandra Kuttan	2 <sup>nd</sup> B.A. Malayalam	<i>[Signature]</i>
2.	Vijayalakshmi K.R	"	<i>[Signature]</i>
3.	Aparna V.R	"	<i>[Signature]</i>
4.	Aiswarya P.R	"	<i>[Signature]</i>
5.	Nandana T.B	"	<i>[Signature]</i>
6.	Anjali K.R	"	<i>[Signature]</i>
7.	Aparna N.B	"	<i>[Signature]</i>
8.	Aswani P.S	"	<i>[Signature]</i>
9.	Roshna Rajeev	1 <sup>st</sup> B.A. Malayalam	<i>[Signature]</i>
10.	Anyana Rajan	"	<i>[Signature]</i>
11.	Sheha Sukhu	"	<i>[Signature]</i>
12.	Meenu Biju	"	<i>[Signature]</i>
13.	Nimisha M.S	"	<i>[Signature]</i>
14.	Moxlio Ryold	"	<i>[Signature]</i>
15.	Aleena Varghese	"	<i>[Signature]</i>
16.	Anaswara N.R.	"	<i>[Signature]</i>
17.	Vasisha Shibu	"	<i>[Signature]</i>
18.	Needhu P.D	"	<i>[Signature]</i>
19.	Steens Stanley	"	<i>[Signature]</i>
20.	Krishna Prasad	"	<i>[Signature]</i>
21.	Jeeshma T.J	"	<i>[Signature]</i>
22.	Piya Ashraf	"	<i>[Signature]</i>
23.	Mohammed Anwar P	1 <sup>st</sup> B.A. Malayalam	<i>[Signature]</i>
24.	Sreelakshmi Murali	1 <sup>st</sup> B.A. Malayalam	<i>[Signature]</i>
25.	Mera Faisla	"	<i>[Signature]</i>
26.	Rehitha N.H.	"	<i>[Signature]</i>
27.	Dhruva K.A	1 <sup>st</sup> B.A. Malayalam	<i>[Signature]</i>
28.	Dip Sanjana cm	"	<i>[Signature]</i>
29.	Ahulya P.S	1 <sup>st</sup> B.A. Malayalam	<i>[Signature]</i>

30	ATHIRA EM	1 <sup>st</sup> BA Malayalam	<i>[Signature]</i>	
31	Aarjana K	1 <sup>st</sup> PG MA Malayalam	<i>[Signature]</i>	63
32	Neethumol	1 <sup>st</sup> PG MA Malayalam	<i>[Signature]</i>	64
33	Aleena K.J	3 <sup>rd</sup> BA Malayalam	<i>[Signature]</i>	65
34	Vismaya P.S	" "	<i>[Signature]</i>	66
35	Kavya K. Shabaq	" "	<i>[Signature]</i>	67
36	Dharishana V.J	" "	<i>[Signature]</i>	69
37	Ameenakrishnakumar	" "	<i>[Signature]</i>	69
38	Sreelakshmi	" "	<i>[Signature]</i>	70
39	Ajswarya O.S	" "	<i>[Signature]</i>	71
40	Jyothilakshmi N.S.	" "	<i>[Signature]</i>	72
41	Anagha Suresh	" "	<i>[Signature]</i>	73
42	Drishya Krishna	" "	<i>[Signature]</i>	74
43	Surya Krishna TV	" "	<i>[Signature]</i>	75
44	Aryanaida M	" "	<i>[Signature]</i>	76
45	Abhinav G	" "	<i>[Signature]</i>	
46	Aisha K.J	" "	<i>[Signature]</i>	
47	DHARMITHA V.D	" "	<i>[Signature]</i>	
48	AMRITHA M.M	" "	<i>[Signature]</i>	
49	OTOPKA Radhakrishnan	" "	<i>[Signature]</i>	
50	Sanchana N.S	1 <sup>st</sup> BA "	<i>[Signature]</i>	
51	Anikutty V.S	" "	<i>[Signature]</i>	
52	Aneena K.R	" "	<i>[Signature]</i>	
53	Namitha T. Ramesh	3 <sup>rd</sup> BA Malayalam	<i>[Signature]</i>	
54	Greeshma T.S	" "	<i>[Signature]</i>	
55	Saranya N.S	" "	<i>[Signature]</i>	
56	Durga C.S	2 <sup>nd</sup> BA Malayalam	<i>[Signature]</i>	
57	Aiswarya V.P.	" "	<i>[Signature]</i>	
58	Swathy Krishna Muralidharan	1 <sup>st</sup> BA Malayalam	<i>[Signature]</i>	
59	Anathy P.M	" "	<i>[Signature]</i>	
60	Athira P.S	" "	<i>[Signature]</i>	
61	Navya Sabuc.	" "	<i>[Signature]</i>	
62	Athira P.B	" "	<i>[Signature]</i>	