

COUNSELLING CENTRE

JSS College for women, Kollegal is known for its quality in higher education and all-embracing facilities for its learners. In the changing scenario, Counselling service plays a vital role in an educational institution. Education stands for an overall development of a student and thus counselling centre, a facilitator.

The Centre functions in the college with apart from the faculty members, a Psychology counsellor, who is appointed by the office of District Collector, Chamarajanagar. He visits the College once in a week to resolve the issues methodologically and scientifically. The college, one among very few colleges, is proud to be facilitated with personal counselling facility for students by District Authority.

He advises and suggests the necessary tips needed for the well-being of the students and empower them with life skills needed to face the challenges of this dynamic world. Each student is precious and protection of their lives is the prime objective of the Personal Counselling Centre. No valuable life should fall at the risk due to fanatic ideas and eccentricities of a few individuals during the frenzy mood. The Centre is committed to observe and remains vigilant in dealing with the students' problems. It motivates the students to identify their inner strength which will enable them for their holistic development.

OBJECTIVES:

- To develop learning skills among the students.
- To make positive way of thinking to face the examinations.
- To develop self- confidence for preparation of competitive examinations.
- To provide counselling for psychological and related problems.

PERSONAL COUNSELLING TOPICS:

- Stress Management
- Interpersonal Relationships
- Communication Skills
- Building self-esteem
- Adjustment to life situation
- Anger Management
- Relationship break up
- Dealing with depression
- Coping with grief and loss
- Managing anxiety
- Overcoming procrastination
- Managing a crisis
- Family disputes & difficulties

PERSONALITY AND PSYCHOLOGICAL WELL BEING

As part of counseling service a special lecture for students focusing on enhancing the psychological well being of students since that is the pre-cursor for academic or any other development was organized.

Sri Shivakumar, Personal Counsellor, Chamarajnagar, was invited as speaker. In his speech he pointed out students should be taught about the impact of being proactive on their lives. Prof. Umesha, Principal chaired the session.



Health Awareness Programme

As part of counselling service Health Awareness Programme was held in association with District Health and Family Welfare Office , Chamarajanagar. Smt. Roopeshwari, Clinical Psychologist was the resource person and She remarked today everything depends on how the youth group handles the situation and the pressure. Prof. Umesh, the principal presided over the programme.



As a part of counselling service a Mental Health Awareness programme was held. Sri Pramod, Counsellor, District Health and Family Welfare Office, Chamarajanagar was the resource person. Staff of District Health and Family Welfare Office were present.



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ಮಾನ್ಯರನ್ನು ಎಂಬಂತಿದ್ದರೂ
ಅಧ್ಯಕ್ಷರನ್ನು ಹೇಳಿಕೊಳ್ಳುವ ಮುಂದೆ
ಬಂದ ಮೊರೆ ಮಾತನಾಡಿದ್ದು,
ಮಾನ್ಯರನ್ನು ಕಾಣುತ್ತಿದ್ದು
ಅಧ್ಯಕ್ಷರನ್ನು ಅಧ್ಯಕ್ಷರ ಮುಖವಾಡವಾಗಿ
ಮಾಡಿದರು. ಹಾಗೆ ಮಾಡಿ ನಿಂತಿದ್ದರೂ
ಅಧ್ಯಕ್ಷರನ್ನು ಬಂದಿರುವ/ನಿಂತಿರುವಂತೆ
ಕೆಲ ನಿರ್ದಿಷ್ಟ.

ಇಂತಹ ಪ್ರತಿಯೊಂದು ಮೈ
ಮಾಡಿದ ಅಧ್ಯಕ್ಷರ ಮಾತನ್ನು
ಅಧ್ಯಕ್ಷರನ್ನು ಮಾನ್ಯರ ನಿರ್ದಿಷ್ಟವಾಗಿ
ಮಾಡಿದಂತಹ ಮಾತನ್ನು ಮಾಡಿದರು.

Sri Rakesh, Counsellor in confidential settings with students experiencing personal difficulties.



Sri Shivakumar, Counsellor listening to, empathising with students experiencing personal difficulties.

