

## **STUDENTS COUNSELLING CELL**

### **Activity Report 2024–2025**

The Students Counselling Cell of Deva Matha College functioned effectively during the academic year 2024–2025 under the Jeevani – Centre for Well-Being initiative of the Government of Kerala. The counselling services were continued with the objective of promoting emotional stability, resilience and overall well-being among students. Mr. Jithesh V. J was appointed as the Jeevani Counsellor for the academic year, and he rendered his services in accordance with the guidelines of the Jeevani Centre while coordinating with the college authorities and faculty in-charge to ensure systematic functioning of the counselling activities.

Throughout the academic year, individual counselling remained the primary focus of the centre. Students sought support voluntarily, and faculty members also referred students who required professional assistance. A safe and confidential environment was maintained to enable students to express their concerns openly. During the year 2024–2025, a total of 304 students received individual counselling support. The sessions addressed a wide range of issues including academic stress, examination anxiety, adjustment difficulties, family concerns, interpersonal conflicts, emotional disturbances and personal development challenges. Follow-up sessions were conducted based on the needs of each student, and ethical standards and confidentiality were strictly observed in all interactions.

The counselling cell functioned not only as a remedial support system but also as a preventive and developmental initiative aimed at enhancing students' coping skills, self-confidence and emotional awareness. Students were regularly reminded of the availability of counselling services, and faculty cooperation played an important role in identifying and guiding students who required assistance. Through

consistent engagement and professional dedication, the counselling services contributed positively to the academic and personal growth of students.

The academic year 2024–2025 marked a period of sustained and impactful service, with 304 students benefitting from professional psychological guidance. The collaborative efforts of the Jeevani Counsellor, faculty coordinator and college management ensured that mental health support remained accessible and effective throughout the year. The institution continues to uphold its commitment to nurturing a mentally healthy campus by providing timely counselling support and fostering an environment of understanding, empathy and care.

