

Counselling Cell

A message to our dear students and parents,

Trust you are all doing well and are healthy and safe, in these challenging times. We hope that all of you are aware of and practicing self-help measures to stay calm and healthy, physically, mentally and emotionally. We suggest that all of us should:

- Maintain a routine;
- Get adequate sleep;
- Get physical exercise, eat right and keep yourself hydrated;
- Stay sufficiently updated of the news, but refrain from obsessing on it;
- Refrain from overusing electronic gadgets and social media;
- Stay in touch with relatives and friends, discuss positive issues;
- Utilise your time well to revise the syllabus or learn future topics;
- Read inspiring biographies / autobiographies or other motivational or spiritual books;
- Pick up a new skill, like a new language or art;
- Engage in creative writing, craft or indoor sports;
- Believe and have faith in the strength of humanity and remember that this is a temporary phase – this too shall pass.

Having said so, we understand that during the last few weeks, the outbreak of novel Corona virus / COVID – 19 and the consequent lockdown orders by the Government have caused disruption to normal life.

We at MES College recognise that for our students, this phase will be an unusual and difficult one. We also understand that our students are concerned about various uncertainties including pending classes, practical and theory examinations, announcement of results and further progression, especially, for those in their final year of study. While these concerns can be addressed by the respective class teachers / subject teachers of the student, we are aware that there can be larger issues that a student may face, which requires intervention and / assistance at a psychological level.

Towards helping our students, particularly those in need of **psychological counselling** and assisting them cope with various anxieties and concerns, the College has decided to extend the services of its Counselling Cell.

This Cell, comprising of 8 members shall attend to such needy students who may approach any one of the trained counsellors either through email or telephone. The contact details and other parameters for availing assistance are provided below:

Sl. No.	Counsellor / Faculty	Department	Mobile / Email ID
1.	Prof. Sheela Menon	Zoology	9900246202 / sheelamenon21@gmail.com
2.	Dr. Lokeshwarappa	Kannada	9242357706 / lokeshwarappa@gmail.com
3.	Prof. Aneetha Srikumar	Psychology	8618927165 / anetha.srikumar@gmail.com
4.	Prof. Poornima S.	Mathematics	9242341810 / poornima.shashikumar@gmail.com
5.	Prof. Girija Ananth	Commerce	9742259831 / girija.ananth@yahoo.co.in
6.	Prof. Vanitha R.	Economics	9886840400 / vanitanujana@gmail.com
7.	Prof. Deepadarshini	Commerce	8792842650 / deepa1388@gmail.com
8.	Dr. Asha C. S.	Mathematics (PG)	9742096102 / ashacsgowda@yahoo.co.in

The following ex-officio members shall also oversee the activities of the Counselling Cell:

1. Dr. T. G. Janardhan, Principal
2. Prof. Shamsiya Rizwana, Vice Principal
3. Prof. K.M. Raghavendran, IQAC Co-ordinator

Who should approach the Cell?

Any student/s who in their assessment is undergoing the following:

1. Undue stress / anxiety for prolonged periods
2. Depression for more than 2 weeks
3. Lack of motivation
4. Loss of sleep
5. Prolonged physical lethargy and / lack of appetite
6. Restlessness and / confusion

Please note: Students who have general queries regarding classes, syllabus, examinations, shortage of attendance, submissions of records / assignments / projects, internal assessment marks and other related academic concerns are directed to contact their respective class teachers / subject teachers for necessary support and guidance.

This Cell is aimed at helping students with psychological anxieties and therefore, you are requested to use your discretion and self-assessment before approaching the Counselling Cell.

How to approach the Cell? / ಸಮಾಲೋಚಕರನ್ನು ಹೇಗೆ ಸಂಪರ್ಕಿಸುವುದು?

Students can contact any of the members of the Counselling Cell either through phone or email, by following the guidelines below:

ವಿದ್ಯಾರ್ಥಿಗಳು ಕೌನ್ಸೆಲಿಂಗ್ ಸೆಲ್‌ನ ಯಾವುದೇ ಸದಸ್ಯರನ್ನು ಸಂಪರ್ಕಿಸಬಹುದು. ಜೊತೆಗೆ ಕೆಳಗಿನ ಮಾರ್ಗಸೂಚಿಗಳನ್ನು ಅನುಸರಿಸಬೇಕು. ಫೋನ್ ಅಥವಾ ಇಮೇಲ್ ಮೂಲಕ ಸಂಪರ್ಕಿಸಿ:

1. Days for contacting: Monday, Wednesday and Friday (except in the case of extreme emergency)	1. ಸಂಪರ್ಕಿಸುವ ದಿನಗಳು: ಸೋಮವಾರ, ಬುಧವಾರ ಮತ್ತು ಶುಕ್ರವಾರ (ತುರ್ತಾಗಿದ್ದರೆ ಯಾವುದೇ ದಿನ)
2. When contacting over phone, timings are: 10 A.M to 1 P.M and 4 P.M to 7 P.M	2. ಫೋನ್‌ನಲ್ಲಿ ಸಂಪರ್ಕಿಸುವ ಸಮಯ: ಬೆಳಿಗ್ಗೆ 10 ರಿಂದ 1 ಗಂಟೆ ಮತ್ತು ಮಧ್ಯಾಹ್ನ 4 ರಿಂದ ಸಂಜೆ 7 ರವರೆಗೆ
3. Each phone session per student, per day cannot exceed more than 15 minutes, unless at the discretion of the counsellor.	3. ಪ್ರತಿ ವಿದ್ಯಾರ್ಥಿಯ ಪ್ರಶ್ನೆ ಒಮ್ಮೆಗೆ 15 ನಿಮಿಷಗಳಿಗಿಂತ ಹೆಚ್ಚಿರಬಾರದು. ಹೆಚ್ಚಿನ ಅವಧಿ ಬೇಕೆನ್ನುವುದಾದರೆ ಸಮಾಲೋಚಕರು ತೀರ್ಮಾನಿಸುತ್ತಾರೆ.
4. When contacting over email: Emails may be sent on any day / any time, however, please allow us one working day's time to respond.	4. ಇಮೇಲ್ ಮೂಲಕ ಸಂಪರ್ಕಿಸುವುದಾದರೆ ಯಾವುದೇ ದಿನ / ಯಾವುದೇ ಸಮಯದಲ್ಲಿ ಇಮೇಲ್‌ಗಳನ್ನು ಕಳುಹಿಸಬಹುದು, ಆದಾಗ್ಯೂ, ಪ್ರತಿಕ್ರಿಯಿಸಲು ಒಂದು ಕೆಲಸದ ದಿನದ ಸಮಯವನ್ನು ದಯವಿಟ್ಟು ನಮಗೆ ನೀಡಬೇಕು.
5. Format for phone or e-mail queries: Student/s should introduce themselves, by their name, stream of study, class and section and a brief description of the challenge they are facing.	5. ಫೋನ್ ಅಥವಾ ಇ-ಮೇಲ್ ಪ್ರಶ್ನೆಗಳ ಸ್ವರೂಪ ಹೀಗಿರಲಿ: ವಿದ್ಯಾರ್ಥಿಯ ಹೆಸರು, ಅಧ್ಯಯನ ಮಾಡುತ್ತಿರುವ ಕೋರ್ಸ್, ವರ್ಗ ಹಾಗೂ ವಿಭಾಗ ಮತ್ತು ಸಂಕ್ಷಿಪ್ತವಾಗಿ ಅವರು ಎದುರಿಸುತ್ತಿರುವ ಸವಾಲು/ಸಮಸ್ಯೆಯ ವಿವರಣೆ.
6. In case of an emergency , the student/s are requested to say so at the time of placing the phone call and / in the subject line of their email.	6. ಫೋನ್ ಕರೆ ಮಾಡುವ ಸಮಯ ಮತ್ತು / ಅವರ ಇಮೇಲ್‌ನ ವಿಷಯದಲ್ಲಿ ವಿದ್ಯಾರ್ಥಿಯ ವಿಚಾರವು ತುರ್ತಾಗಿದ್ದರೆ ತುರ್ತು ಎಂದು ಹೇಳಬೇಕು.
7. Please avoid contacting more than one counsellor per issue.	7. ದಯವಿಟ್ಟು ಒಮ್ಮೆಗೆ ಒಬ್ಬರಿಗಿಂತ ಹೆಚ್ಚು ಸಲಹೆಗಾರರನ್ನು ಸಂಪರ್ಕಿಸಬಾರದು.
8. Please note that these services are not chargeable and are subject to complete confidentiality .	8. ಈ ಸೇವೆಗಳಿಗೆ ಶುಲ್ಕ ವಿಧಿಸಲಾಗುವುದಿಲ್ಲ ಮತ್ತು ಸಂಪೂರ್ಣ ಗೌಪ್ಯತೆ ಕಾಪಾಡಲಾಗುವುದು ಎಂಬುದನ್ನು ದಯವಿಟ್ಟು ಗಮನಿಸಿ.

“Faith is to believe what you do not see; the reward of this faith is to see what you believe” – Saint Augustine