

## **Personal Counselling**

JAC Counselling Centre upholds a holistic view of counselling that enables its services to reach and assist the vast majority of the campus community. Counselling serves as a therapy for the students where they can comfortably confide in the counsellors and discuss their personal anxieties and psychological problems. After patiently listening and understanding the challenges faced by the student, the counsellor offers advice, guides and directs the client to tackle the issues. They are facilitated with a support system that would improve student achievements and behaviour.

**MoU** with “Anugraha” – Tamilnadu Capuchin Institute for Counselling, Psychotherapy and Reasearch, Nochiodaipaati Post, Dindigul, Tamilnadu

### **Objectives of Counselling:**

- To develop self-confidence among the deprived and socially marginalised students.
- To enhance self-esteem among rural students.
- To inculcate positive and proactive attitude towards life.
- To help efficiently navigate life situations.
- To hone their intrapersonal skills.

### **Counsellors :**

Dr. Mrs. S. Velanganni - Co-ordinator

Dr. Sr. R. Fatima Mary Sylvia

Dr. Mrs. C. Sagaya Rani

Dr. Sr. A. Irudaya Lourdu Gladis

Mrs. Angeline Sorna

Dr. Sr. A. Scarlet

Mrs. P. K. Santhi

Dr. Mrs. A. D.Padmasree

### Details of Personal Counselling provided to students from 2014-2019

Year	Number of Students	Problems Addressed
2014-2015	35	Family, Studies, Health, Friends, Finance, Love affair, Relationship, Sickness, friendship, Marriage ,Torture, Anger, Inner peace, Job & Homesick
2015-2016	34	Finance, Family, Friendship, Death of brother, Studies, Career, Home sickness, Lonliness, Love affair, Spiritual problem, Inferiority complex, Exam fear & project, sports, Health, Government Job, Inner peace, Semester fee,& Mental torture
2016-2017	37	Relationship, Relatives, Exam results, Village development , Students role, Sports meet, Motivation, Social media, Finance ,Family, Friendship, Death of brother, Studies, Career, Home sickness, Lonliness, Love affair, Spiritual problem, Inferiority complex, Exam fear& project, sports, Health, Government Job, Healing, Inner peace, Semester fee,& Mental torture,
2017-2018	68	Stress(outside), Financial, Friendship, Study problem, Family, Home sickness, Loneliness, Love affair, Health problem, Marriage, Competition, Healing, Relationship, Job &Project viva
2018-2019	57	Finance, Friendship, Study problem, Family, Home sickness, Loneliness, Love affair, Health problem, Marriage, Competition, Healing, Relationship, Job, Project viva-voce, Inner healing & Stress