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and The Directorate of Medical Education, Chennai.

19.12.2024

### **CIRCULAR**

It is proposed to Conduct Student Counseling Cell Meeting for the Current Academic Year 2024-2025 on 25.12.2024 at 2.30 P.M in Principal cabin. The Committee Members are requested To Attend the Meeting.

#### Agenda

- 1. To Review the Previous Year Activities Conducted By Counseling Committee
- 2. To Discuss the Responsibilities of a Counselor
- 3. To plan activities for the forthcoming year aimed at promoting students' mental and emotional well-being, and addressing their psychological and health-related concerns.

| S.no | Name of the members | Qualification     | Position   | Designation         |
|------|---------------------|-------------------|------------|---------------------|
| 1.   | Dr.B.SONAALI        | M.B.B.S.,         | Student    | Physician           |
|      |                     |                   | Counsellor |                     |
| 2.   | Mrs.C.KALAISELVI    | M.Pharm,.(Ph.D)., | Student    | Professor           |
|      |                     |                   | Counsellor |                     |
| 3.   | Mrs.V.DEEPABHARATHI | M.Pharm.,         | Member     | Assistant Professor |
| 4.   | Mrs.P.NANDHITHA     | M.Pharm.,         | Member     | Assistant Professor |
| 5.   | Ms.M.MANISHA        | M.Pharm.,         | Member     | Assistant Professor |
| 6.   | Mr.S.PRAKASH        | M.Pharm.,         | Member     | Assistant Professor |

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and The Directorate of Medical Education, Chennai.

25.12.2024

### MINUTES OF MEETING

The Student Counseling Cell Meeting Was Held On 25.12.2024 at 2.30 P.M in Principal Cabin

#### LIST OF COMMITTEE MEMBERS:

| S.no | Name of the members | Qualification   | Position           | Designation         |
|------|---------------------|-----------------|--------------------|---------------------|
| 1.   | Dr.B.Sonaali        | M.B.B.S         | Student counsellor | Physician           |
| 2.   | Mrs.C.Kalaiselvi    | M.Pharm ,.(PhD) | Student counsellor | Professor           |
| 3.   | Mrs.V.Deepabharathi | M,Pharm         | Member             | Assistant professor |
| 4.   | Mrs.P.Nandhitha     | M.Pharm         | Member             | Assistant professor |
| 5.   | Ms.M.Manisha        | M.Pharm         | Member             | Assistant professor |
| 6.   | Mr.S.Prakash        | M.Pharm         | Member             | Assistant professor |

### The Following Agenda Is Discussed In The Meeting:

| Agenda  1. To review the previous year activities conducted by counseling committee  | Decision taken  To identify the strengthen weakness of students by thoroughly interacting with them   | Roles and responsibilities  All members |
|--|---|---|
| <ul><li>2. To discuss the responsibilities of a counselor</li><li>3. To plan activities for the forthcoming year for the development of students psychological behavior and to solve their problems.</li></ul> | To motive the students and build positive attitude among them  Students participate in cyber crime awareness programs conducted by counseling committee | All members All members                 |



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and The Directorate of Medical Education, Chennai.

## List of Committee Members Participated:

| S.no | Name of the members | SIGNATURE  |
|------|---------------------|------------|
| 1.   | Dr.B.Sonaali        | B. Sonach  |
| 2.   | Mrs.C.Kalaiselvi    | CO         |
| 3.   | Mrs.V.Deepabharathi | V. Dus     |
| 4.   | Mrs.P.Nandhitha     | NATIP      |
| 5.   | Ms.M.Manisha        | M. Shirles |
| 6.   | Mr.S.Prakash        | SER.       |



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#### EVENT REPORT

# 1. Objective of the Event

The objective of the Cyber crime Awareness Program was to educate students about safe and responsible use of the internet, social media, and digital tools. The session aimed to empower students with knowledge about online threats, digital etiquette, and cyber security best practices.

# 2. Key Highlights

- Opening Remarks: The program began with a welcome address by Mrs.V.Deepabarahi, who
  emphasized the importance of cyber safety in today's digital world.
- Expert Talk:
  - 1 Mr. M.RAVISUDHAN ,Sub inspector of police (Technical),Cyber crime police station,Salem district
  - 2. Mr.A. Senthil kumar, Head constable , Cyber crime police station Salem district
  - **3. Mrs. Revathi,** Head constable ,Sankari All Women police station,Salem district delivered an informative session covering:
    - Cyber bullying and how to handle it
    - Common online scams and phishing attacks
    - Safe social media practices
    - Password protection and digital hygiene
- Interactive Q&A: Students actively participated in a Q&A session, where they asked insightful questions about real-life scenarios they face online.
- Live Demonstration: The speaker demonstrated how phishing emails look and how to detect fake links.
- Feedback Collection: Participants were asked to fill out feedback forms to share their learning experience.



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### 3. Outcomes

- Increased awareness among students about digital threats and preventive measures.
- Students learned practical strategies to protect themselves online.
- Strengthened the importance of digital responsibility and ethical behavior in virtual spaces.

#### 4. Conclusion

The Cyber Awareness Program was a successful and impactful initiative. It equipped students with essential knowledge for navigating the online world safely and responsibly. Such events are crucial in promoting a safe digital culture in educational institutions.

# 5. Acknowledgements

We thank the organizing committee, our guest speaker, and all participants for making this event a success.

### GLIMPSE OF PROGRAME



H-544, Kuppanur (Po), Sankari (Tk), Salem(Dt) – 637301, Tamihadu, Indian Ac Phone: 04283 241080 | E-mail: ssip1718@gmail.com | Website: www.ssip.edu.ip

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06.11.2023

### **CIRCULAR**

It is proposed to Conduct Student Counseling Cell Meeting for the Current Academic Year 2023-2024 on 10.11.2023 at 3.30 P.M in Principal cabin. The Committee Members are requested To Attend the Meeting.

#### Agenda

- 1. To Review the Previous Year Activities Conducted By Counseling Committee
- 2. To Discuss the Responsibilities of a Counselor
- 3. To plan activities for the forthcoming year aimed at promoting students' mental and emotional well-being, and addressing their psychological and health-related concerns.

| S.no | Name of the members    | Qualification   | Position           | Designation         |
|------|------------------------|-----------------|--------------------|---------------------|
| 1.   | Dr.B.Sonaali           | M.B.B.S         | Student counsellor | Physician           |
| 2.   | Mrs.C.Kalaiselvi       | M.Pharm ,.(phd) | Student counsellor | Professor           |
| 3.   | Mrs.B.Anitha           | M.Pharm         | Member             | Assistant professor |
| 4.   | Mrs.K.Sowndarya        | M,Pharm         | Member             | Assistant professor |
| 5.   | Mrs.P.Nandhitha        | M.Pharm         | Member             | Assistant professor |
| 6.   | Mr.K.shangamaheshwaran | M.Pharm         | Member             | Assistant professor |

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and The Directorate of Medical Education, Chennai.

10.11.2023

#### MINUTES OF MEETING

The Student Counseling Cell Meeting Was Held On 10.11.2023 at 3.30 P.M in Principal Cabin

### LIST OF COMMITTEE MEMBERS:

| S.no | Name of the members    | Qualification   | Position           | Designation         |
|------|------------------------|-----------------|--------------------|---------------------|
| 1.   | Dr.B.Sonaali           | M.B.B.S         | Student counsellor | Physician           |
| 2.   | Mrs.C.Kalaiselvi       | M.Pharm ,.(PhD) | Student counsellor | Professor           |
| 3.   | Mrs.B.Anitha           | M,Pharm         | Member             | Assistant professor |
| 4.   | Mrs.K.Sowndarya        | M.Pharm         | Member             | Assistant professor |
| 5.   | Mrs.P.Nandhitha        | M.Pharm         | Member             | Assistant professor |
| 6.   | Mr.K.shangamaheshwaran | M.Pharm         | Member             | Assistant professor |

### The Following Agenda Is Discussed In The Meeting:

| ess of           |
|------------------|
| with All members |
|                  |
| All members      |
| d All members    |
|                  |



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### List of Committee Members Participated:

| S.no | Name of the members    | SIGNATURE |
|------|------------------------|-----------|
| 1.   | Dr.B.Sonaali           | B. Imeel  |
| 2.   | Mrs.C.Kalaiselvi       | CO        |
| 3.   | Mrs.B.Anitha           | B.A.      |
| 4.   | Mrs.K.Sowndarya        | 500       |
| 5.   | Mrs.P.Nandhitha        | Nath      |
| 6.   | Mr.K.shangamaheshwaran | 4.8.      |



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#### **ACTION TAKEN REPORT**

# PHYSICAL AND MENTAL HEALTH AWARENESS PROGRAM CONDUCTED

#### Introduction:

The Mental and Physical Health Program was organized by Students counsellor comittee with the objective of promoting awareness about the importance of maintaining mental and physical well-being among students. The program aimed to reduce stigma around mental health, encourage healthy lifestyle habits, and provide necessary support and resources.

#### Objectives:

- To raise awareness about mental and physical health.
- To educate students on stress management, self-care, and fitness.
- To encourage open discussions around mental health.
- To provide access to professional health and counseling services.

#### Outcomes:

- Students gained a better understanding of the connection between mental and physical health.
- Participants actively engaged in discussions and activities.
- Several students availed counseling support and were referred for follow-up.
- Positive feedback indicated high interest in similar future programs.

### Conclusion:

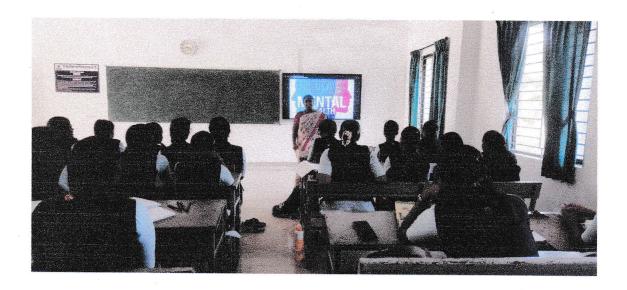
The Mental and Physical Health Program was a successful initiative that contributed significantly to student well-being. The institution plans to conduct more such programs regularly to ensure continuous support for students' holistic development.



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24.10.2022

### **CIRCULAR**

It is proposed to Conduct Student Counseling Cell Meeting for the Current Academic Year 2022-2023 on 29.10.2022 at 1.50P.M in Principal Cabin. The Committee Members Are Requested to Attend The Meeting.

### **Agenda**

- To review the activities carried out by the College Counseling Committee during the previous semester.
- To discuss and clarify the roles and responsibilities of student counselors.
- To evaluate existing support systems for student well-being and plan new initiatives focused on mental health, academic support, and emotional resilience.

| S.no | Name of the members    | Qualification   | Position          | Designation         |
|------|------------------------|-----------------|-------------------|---------------------|
| 1.   | Dr.Thamaraiselvan      | M.B.B.S         | Student counselor | Physician           |
| 2.   | Mrs.C.Kalaiselvi       | M.Pharm ,.(phd) | Student counselor | Professor           |
| 3.   | Mrs.B.Anitha           | M,Pharm         | Member            | Associate professor |
| 4.   | Mrs.P.Nandhitha        | M.Pharm         | Member            | Assistant professor |
| 5.   | Mr.K.shangamaheshwaran | M.Pharm         | Member            | Associate professor |
| 6.   | Mrs.K.Sowndarya        | M.Pharm         | Member            | Assistant professor |

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29.10.2022

#### MINUTES OF MEETING

The Student Counseling Cell Meeting Was Held on 29.10.2022 At 1.50 P.M in principal cabin

#### LIST OF COMMITTEE MEMBERS:

| s.no | Name of the members    | Qualification  | Position          | Designation         |
|------|------------------------|----------------|-------------------|---------------------|
| 1.   | Dr. Thamaraiselvan     | M.B.B.S        | Student counselor | Physician           |
| 2.   | Mrs.C.Kalaiselvi       | M.Pharm ,(PhD) | Student counselor | Professor           |
| 3.   | Mrs.B.Anitha           | M.Pharm        | Member            | Associate professor |
| 3.   | Mrs.P.Nandhitha        | M,Pharm        | Member            | Assistant professor |
| 4.   | Mr.K.shangamaheshwaran | M.Pharm        | Member            | Assistant professor |
| 5.   | Mrs.K.Sowndarya        | M.Pharm        | Member            | Associate professor |

### The Following Agenda Is Discussed In The Meeting:

| Agenda   | Decision taken  | Roles<br>&responsibilities |
|--|---|----------------------------|
| 1. To review the activities carried out by the College Counseling Committee during the previous semester                           | To identify the strength and weakness of students by thoroughly interacting with them   | All members                |
| 2. To discuss and clarify the roles and responsibilities of student counselors   | To motive the students and build positive attitude among them   | All members                |
| 3 To evaluate existing support systems for student well-being and plan new initiatives focused on mental health, academic support, | The committee decided to strengthen the current student support systems by enhancing awareness programs conducted by counseling committee | All members                |
| and emotional resilience.  |   |                            |

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and The Directorate of Medical Education, Chennai.

# List of Committee Members Participate:

| s.no | Name of the members    | Signature |
|------|------------------------|-----------|
| 1.   | Dr. Thamaraiselvan     | That      |
| 2.   | Mrs.C.Kalaiselvi       | 20        |
| 3.   | Mrs.B.Anitha           | B.A       |
| 4.   | Mrs.P.Nandhitha        | Matter    |
| 5.   | Mr.K.shangamaheshwaran | C. 8      |
| 6.   | Mrs.K.Sowndarya        | KSOV      |



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22.11.2021

## **CIRCULAR**

It is proposed to Conduct Student Counseling Cell Meeting for the Current Academic Year 2021-2022 on 26.11.2021 At 10.45 A.M in Principal cabin. The Committee Members Are Requested To Attend the Meeting.

#### Agenda

- 1. Review and Confirmation of the Previous Meeting.
- 2. Planning For Department Wise Awareness Programme.
- 3. Discussion In Regard To Arrangement of Student Seminar.

| S.no | Name of the members   | Qualification  | Position          | Designation         |
|------|-----------------------|----------------|-------------------|---------------------|
| 1.   | Dr.Thamaraiselvan     | M.B.B.S        | Student counselor | Physician           |
| 2.   | Mrs.C.Kalaiselvi      | M.Pharm, (PhD) | Student counselor | Professor           |
| 3.   | Mrs.S.Bhuvaneshwari   | M,Pharm        | Member            | Assistant professor |
| 4.   | Mrs.M.Gomathi         | M.Pharm        | Member            | Assistant professor |
| 5.   | Mrs.B.Anitha          | M.Pharm        | Member            | Assistant professor |
| 6.   | Mr.k.sangamaheshwaran | M.Pharm        | Member            | Assistant professor |

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26.11.2021

#### MINUTES OF MEETING

The Student Counseling Cell Meeting Was Held On 26.11.2021 at 10.45 A.M in Principal cabin

#### LIST OF COMMITTEE MEMBERS:

| S.no | Name of the members   | Qualification  | Position          | Designation         |
|------|-----------------------|----------------|-------------------|---------------------|
| 1.   | Dr.Thamaraiselvan     | M.B.B.S        | Student counselor | Physician           |
| 2.   | Mrs.C.Kalaiselvi      | M.Pharm, (PhD) | Student counselor | Professor           |
| 3.   | Mrs.S.Bhuvaneshwari   | M,Pharm        | Member            | Assistant professor |
| 4.   | Mrs.M.Gomathi         | M.Pharm        | Member            | Assistant professor |
| 5.   | Mrs.B.Anitha          | M.Pharm        | Member            | Assistant professor |
| 6.   | Mr.k.sangamaheshwaran | M.Pharm        | Member            | Assistant professor |

#### The Following Agenda Is Discussed In The Meeting:

| Agenda  | Decision Taken  | Role & Responsibilities |
|---|---|-------------------------|
| 1. Review &Confirmation Of The Previous Meeting                 | Executed Result Of The Previous<br>Meeting Was Analyzed                                   | All Members             |
| 2.Planning For various Programme.                               | Prepare the Schedule For Programme.   | All Members             |
| 3.Discussion In Regard<br>To Arrangement Of<br>Student Seminar. | Discussed And Plan The Student<br>Seminar For Final Year Students<br>On Stress Management | All members             |



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### List of Committee Members Participate:

| S.No | Name of the members   | Signature |
|------|-----------------------|-----------|
| 1.   | Dr.Thamaraiselvan     | Thus      |
| 2.   | Mrs.C.Kalaiselvi      | C.E       |
| 3.   | Mrs.S.Bhuvaneshwari   | 8. Bhair  |
| 4.   | Mrs.M.Gomathi         | M·J       |
| 5.   | Mrs.B.Anitha          | B. And    |
| 6.   | Mr.k.sangamaheshwaran | ks.8_h    |



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18.11.2019

### **CIRCULAR**

It is proposed to Conduct Student Counseling Cell Meeting for the Current Academic Year 2019-2020 on 22.11.2019 at 11.20 A.M in Principal Cabin. The Committee Members are requested to attend the Meeting.

#### Agenda

- 1. Planning to conduct counseling session for Students.
- 2. Discussion in Regard to Allocation of Responsibilities.
- 3. Softskill programes on coping strategies, self-esteem, and resilience

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22.11.2019

#### MINUTES OF THE MEETING

The Student Counseling Cell Meeting was Held on 22.11.2019 at 11.20 A.M in Principal Cabin.

#### LIST OF COMMITTEE MEMBERS:

| s.no | Name of the members   | Qualification   | Position           | Designation         |
|------|-----------------------|-----------------|--------------------|---------------------|
| 1.   | Dr.Thamaraiselvan     | M.B.B.S         | Student counsellor | Physician           |
| 2.   | Mrs.C.Kalaiselvi      | M.Pharm ,.(phd) | Student counsellor | Professor           |
| 3.   | Mrs.S.Bhuvaneshwari   | M,Pharm         | Member             | Assistant professor |
| 4.   | Mrs.Muthuselvi.R      | M.Pharm         | Member             | Assistant professor |
| 5.   | Mrs.B.Anitha          | M.Pharm         | Member             | Assistant professor |
| 6.   | Mr.k.sangamaheshwaran | M.Pharm         | Member             | Assistant professor |

| Agenda  | Decision Taken  | Role & Responsibilities |
|---|---|-------------------------|
| 1.Planning for the counseling to the Students                           | Provided counseling support to students.                      | All Members             |
| 2.Discussion in<br>Regarding to Allocation<br>of Responsibilities       | To motive the students and build positive attitude among them | All members             |
| 3.Softskill programes on coping strategies, self-esteem, and resilience | Soft skill programs were regularized                          | All members             |



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### List of Committee Members Participate:

| s.no | Name of the members   | signature |
|------|-----------------------|-----------|
| 1.   | Dr.Thamaraiselvan     | The       |
| 2.   | Mrs.C.Kalaiselvi      | c @       |
| 3.   | Mrs.S.Bhuvaneshwari   | S. Buhin  |
| 4.   | Mrs.Muthuselvi.R      | R.Mueli   |
| 5.   | Mrs.B.Anitha          | B. And    |
| 6.   | Mr.k.sangamaheshwaran | K. Suhan  |



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16.11.2020

# **CIRCULAR**

It is proposed to Conduct Student Counseling Cell Meeting for the Current Academic Year 2020-2021 on 20.11.2020 at 11.35 A.M in Principal Cabin. The Committee Members are requested to attend the Meeting.

#### **Agenda**

- 1. Learner Support and Counseling for Students.
- Discussion in Regard to Allocation of Responsibilities.
- 3. Student Mental Health Support

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20.11.2020

#### MINUTES OF THE MEETING

The Student Counseling Cell Meeting was Held on 20.11.2020 at 11.35 A.M in Principal Cabin.

## LIST OF COMMITTEE MEMBERS:

| s.no | Name of the members   | Qualification   | Position           | Designation         |
|------|-----------------------|-----------------|--------------------|---------------------|
| 1.   | Dr.Thamaraiselvan     | M.B.B.S         | Student counsellor | Physician           |
| 2.   | Mrs.C.Kalaiselvi      | M.Pharm ,.(phd) | Student counsellor | Professor           |
| 3.   | Mrs.S.Bhuvaneshwari   | M,Pharm         | Member             | Assistant professor |
| 4.   | Mr.Sampath kumar.T    | M.Pharm         | Member             | Assistant professor |
| 5.   | Mrs.B.Anitha          | M.Pharm         | Member             | Assistant professor |
| 6.   | Mr.k.sangamaheshwaran | M.Pharm         | Member             | Assistant professor |

| Agenda  | Decision Taken  | Role & Responsibilities |
|---|---|-------------------------|
| 1. Learner Support and Counseling for Students                    | Provided counseling support to students.                      | All Members             |
| 2.Discussion in<br>Regarding to Allocation<br>of Responsibilities | To motive the students and build positive attitude among them | All members             |
| 3. Student Mental Health<br>Support                               | Provided Mental health support to students.                   | All members             |



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### List of Committee Members Participate:

| s.no | Name of the members   | signature |
|------|-----------------------|-----------|
| 1.   | Dr.Thamaraiselvan     | Thus      |
| 2.   | Mrs.C.Kalaiselvi      | C.@       |
| 3.   | Mrs.S.Bhuvaneshwari   | S.B_hmi   |
| 4.   | Mr.Sampath kumar.T    | T.S.      |
| 5.   | Mrs.B.Anitha          | B. A-1    |
| 6.   | Mr.k.sangamaheshwaran | B. Surry  |

