



## MEMORANDUM OF UNDERSTANDING

BETWEEN DEPT. OF PHILOSOPHY, SREE NARAYANA COLLEGE, KOLLAM

&

INSIGHT CHARITABLE TRUST, PANGAPPARA, TRIVANDRUM

This Memorandum of Understanding ("MOU") made on 10/06/2019 between Dept. of Philosophy, Sree Narayana College, Kollam (herein referred to as "DPSNCK") and Insight Charitable Trust, Pangappara, Trivandrum, (herein referred to as "ICTT") by mutual consent. The aforesaid institutions are hereinafter collectively referred to as the "Parties".

### 3. Objective

The objective of this MOU is to express the willingness of both the parties to conduct counselling sessions under the responsibility of the Department of Philosophy, DPSNCK with the support of Insight Charitable Trust, Pangappara, Trivandrum. Specific activities under the MOU will be identified through consultation between two parties. ICTT agrees to provide counselling support to students who are in need of psychological support.

### 2. General terms of MOU:

- 2.1 Duration of MOU: This MOU shall be operational upon signing and will be an initial duration of one year. All activities conducted before this within the vision of collaboration will be deemed to fall under this MOU.
- 2.2 Technical and Financial support: Technical and financial support is fully under the control of SNC, Kollam
- 2.3 Confidentiality: It is under the confidentiality of the DPSNCK and ICTT
- 2.4 Termination of MOU: This MoU may, at any time during its period of validity, be terminated by one of the Parties upon prior notice to the other in writing not later than one month before the termination date.
- 2.5 Extension of Agreement: This MoU is valid for a period of One year from the date of signing by the authorized signatories of each Party. Each Party shall review the status of the MoU at least one month before the end of the period to determine whether it



wishes the MoU to continue and, if so, any modifications that might be necessary. The period of validity of this MoU may only be extended by the mutual written consent of both Parties.

- 2.6 Amendment: This MoU may only be amended or modified by a written agreement signed by the representatives of each Party.
- 2.7 Addendum: ICTT will provide only the counsellor.

### 3. OTHER PROVISIONS

- 3.1 DPSNCK has the master power for selecting needy person(s) for counselling support.
- 3.2 This agreement will be administered in accordance with the prevailing standard provisions of counselling.

The terms and provisions in this MOU also apply to any subsequent addendum to this agreement.

Signed for and on behalf of Insight Charitable Trust, Pangappara, Trivandrum.

Name: Remya R.V. *Remya R.V.*

Position: President

Date: 10/06/2019

Seal:



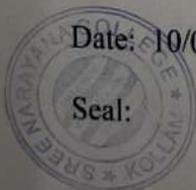
Signed for and on behalf of Sree Narayana College, Kollam.

Name: Dr. Sunil Kumar *Sunil Kumar*

Position: Principal

Date: 10/06/2019

Seal:



## MOU REPORT – COUNSELLING 2019

Counselling for students not only helps them to make decisions pertaining to their professional career, but it also makes them confident and mentally prepare them for societal hardships. Counselors help students to recognize their strengths and weaknesses thus by helping them to sharpen their interests and provides them with career options to explore their dreams. Career counselling sessions take the students through different topics, explaining the pros and cons of different streams and subjects. The students will get to understand how things can turn out for them in the future. Counselling also helps students recognize the factors contributing to their problems, while at the same time helping them to look for solutions through behavioural changes.

Counselling helps you deal with issues like depression, anxiety, stress, and many more. Counsellors can help students to deal with these issues and overcome them. Anxiety and stress are common issues seen in students nowadays. Counselling can then you cope with mental health condition such as depression, anxiety or a difficult life event, such as a bereavement, a relationship breakdown or work-related stress. The goal of the counselling is to enable the students to make critical decisions regarding alternative courses of actions without outside influence. Counselling will help the them to obtain information and to clarify emotional concern that may interfere with or be related to the decision involved. Counselling session provides students in building self-confidence, enhanced problem solving, improving stress management, improving social skills, thus, bringing a positive change in a student's overall thinking process.

The Department of Philosophy, S N College, Kollam provides counselling sessions to students considering the positive impact the counselling can bring forth in a student's cognitive capacity. These sessions are provided in collaboration with Insight Charitable Trust. Counselling sessions are handled by Remya R.V. Project Officer, District Mental Health Programme, Thiruvananthapuram. Tutors of our department identify those students who need psycho-social support.

### 1. Areas of Counselling

#### 1.1. Academic Counselling

The “Academic Counselling” is related to the various academic endeavours of the students admitted for their education at the institution.

Main Objectives:

- To assist the student related to his/her academic difficulty
- To assist the student for his/her language related challenges in academic courses
- To involve the student in Academic Counselling team appropriately to enhance the academics and its related activities.
- Identify the relevant challenges the academics of the students.

## 1.2. Skill Development

Presenting themselves at different platform of life with the skills of language and self-expression is the important part of each student.

Main Objectives:

- To facilitate interests and improve their personality and career opportunities
- To organize various lectures for improving the presentation skill of the students
- To structure small groups of students and improve the group Discussions skills of students.

## 1.3. Wellness

Provides a holistic wellbeing of the student community by understanding the challenges of students which are associated with situations that affects one's intellectual, emotional, physical, spiritual and social wellbeing.

Main Objectives:

- Guidance on issues concerning campus life
- Holistic proliferation of happiness among students
- Organization of events, talks and success stories of inspiring personalities including on campus fellow friends to boost their potential enhancing physical, mental and social well-being.

During **2019-20** the department arranged counselling sessions for students having issues: depression, stress, fear of exams etc. The issues were addressed by the tutor and necessary steps were taken to address their

1. Take a few slow, deep breaths until you feel your body flexible a bit.
2. Walk away from the situation for a while, and handle it later once things have calmed down.
3. Turn on some chill music or an inspirational podcast to help you deal with road rage.

Since all counselling needs a professional help in its strict sense, the service from counsellor in Insight Charitable Trust was sought on all occasions.

## STUDENT COUNSELING SERVICE

### Pre-Counseling Form- PART-A

The information in Part A is requested for record-keeping and statistical purpose, it will not be used outside the Service in anyway that identifies individuals. All the information you provide is covered under the terms of the Data Protection Act.

<b>Surname</b>		<b>First Name</b>	
Gender	M/F	Date of Birth	
Nationality		Religion	
Are You	Under Graduate Graduate Other		
Current Year			
Address (if different from College)		Telephone Number	
Is it Ok to leave a message on your Phone?	Yes / No		
E.mail			
Can we contact you by E.mail?	Yes / No		
Which is the best way of contacting you?	E.Mail / Phone		
Referral: Who suggested that you came to see a Counsellor?			
No-one (Self Referral)	Faculty		
Friend	Supervisor		
Family Member	Other Academic		
Partner			
Have you used this Counselling Service before? Yes / No			

Date:

Signature

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(To be filled in by the Counselling Service)

Appointment Arrangements Made:

Signature

## **PART B**

The information you provide will help us to understand your needs and arrange for you to see an appropriate counselor, so it is useful to have some information about the problem. The questions are intended to be through-provoking, but you do not need to give long answers or address every sub-question if it is irrelevant, it is OK to put you would prefer to talk about this in person if it is difficult to write about. This information will be treated confidentially.

### **1. Your reasons for approaching the Counselling Service**

Please describe what has led you to your seek conselling now. How long has this been a problem for you and what other help you had with it? How do your current difficulties affect you?

### **2. What are you hoping for from counseling?**

What would you like to gain from counseling now? How would things be different if the difficulties were resolved?

### **3. On a scale of 1- 10 (with 10 being the most serious), how seriously is this affecting:**

Your quality of life in SLIMS

Your academic performance

#### **4. Coping**

How have you been coping with this problem until now?

What support do you have in your life (E.g. Family, friends, college, social activities)? Do you have any difficulties with alcohol, drugs or food?

At your worst, do you ever feel like harming yourself or others?

#### **5. Background**

If it seems relevant, please give any ideas you may have had about the origin of the problem.

**Thank you**