



Holy Cross College (Autonomous) Nagercoil – 629 004

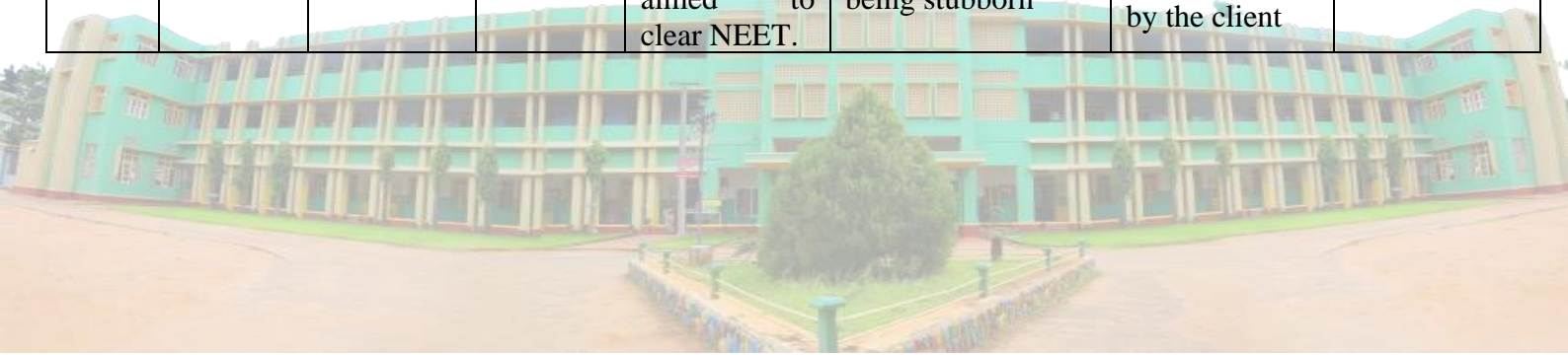
Affiliated to Manonmaniam Sundaranar University, Tirunelveli
Nationally Accredited with A+ Grade (CGPA 3.35) by NAAC IV Cycle
An ISO 9001:2015 Certified Institution

SSR
2019-2020
to
2023-2024

2.3.2 The institution adopts effective Mentor-Mentee Schemes to address academics and student-psychological issues

2023-2024

Enhancing Resilience through Counselling							
S.No	Client No. / Department	Type of Session Individual / Group / Family	Date	The main issue of the Session / Problem	Observation about the client	Interventions	Plan / Review of Action
	202302 - Botany	Group	26 th June	Emotional well - being	What are emotions? Types of basic emotions. Are emotions psychological? Theories of emotions.	Games Role Play Discussion	Once in Three months
	202303 - English	Individual	27 th June	Unable to concentrate on exams	Delay in response Lack of attention Fidgeting throughout the session	Berating Exercise - done	Time bound study plan. Pen the negative thoughts
	202304 - English	Individual	28 th June	Stress in the Family. Younger sister's issue. Cried.	Longs for mother's affection. Mother rejects her (unaware) the client thinks whether she is her daughter.	Calming the client. Empathetic listening. Encouraged her to share.	Make a list of all that she likes in her mother.
	202305 - Physics	Individual	3 rd July	The client was under stress. Unable to breathe.	Art therapy was done during the session. The Client rested a while and expressed through writing	A little of psychoeducation was done to the client	Relaxed and happy
	202306- Chemistry	Individual	5 th July	The client does not wish to attend classes, aimed to clear NEET.	The client tries her best to convince the mother, crying and being stubborn	Self -worth record and gifts of parents were written by the client	Struggling much



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202307- Mother	Individual	15 th July	The mother was worried about her daughter	The mother was almost weeping, explained her family situation	Listening and offering support to the mother and the client	To some extend consoled
202309- Fashion Design	Individual	6 th July	Gripped with Fear	The Client was crying. "Low mood". Spoke little.	Listening Patiently & empathically. Finding out - what triggers her fear?	Write at least five or six reasons.
202310 - Zoology	Individual	7 th July	Academic concern relationship issue	The client was Well - Kempt. Screen time and mobile time explored	Identify the cause of the struggle. Set realistic goals	Prepare a study pattern
202311 - B.Com.	Individual	10 th July	Broken relationship	The client was able to articulate well, all that had happened, feels low the loss of relationship.	Seeking for emotional support - Handled herself. Be around other people - parents / relatives.	Taken long time to ground herself.
202312 - History	Group of Seven	10 th July	Lack of self-awareness	Self-awareness Defined Who am I? What do I want? What do I think? How do I feel (Physically and emotionally)	Therapy- Talking to friends Watching/reading/learning new information Meditation	Once in Two months
202313- History	Group of Three	11 th July	Misunderstanding between friends	Listing Validating	CBT	Moved out with joy
202314 - History	Individual	11 th July	Relationship issue with a classmate and boy Friend	The client was open. She was very sad and crying.	Listening with concern. Altering and analysing the thought pattern.	Self - worth "A-Z" table.
202315 - History	Individual	11 th July	The client was worried about her father	The client is one of the Twins (Boy & Girl). The client was very open and well - kempt.	Exploring the reasons for worries. Thinking together about activities that can help the client.	Soothed and comforted.

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202316 - Chemistry	Individual	12 th July	Unfulfilled wish in joining Medicine	Exploring the family history of the client. Parents are away. New environment. No friends	Psychoeducation. Exercise.	The client was encouraged to discover her goal after four sessions, it is a long period for both parents and student.
202317	Family	13 th July	Attachment issue- Nine years under the care of grandparents.	Parents were open to share about the client and her behaviour.	Psychoeducation- to Parents and the student	Parents's approach towards the ward been sorted out after three sessions
202318	Family	13 th July	Preference over son than daughter.	Mother was open to express her concern over son. Bit of negligence.	Psychoeducation.	Acceptance of her daughter.
202319 - B.Com.	Individual	13 th July	Trust issue with parents and others.	The client was open, and angry with mother	Identified the triggers. Mindfulness is practiced	List down the importance of parents. Share it in the next session
202320 - English	Individual	14 th July	The client was under depression. The client was sad and in a low mood.	Loss of appetite, low spirit and unable to sleep.	Psychoeducation.	Referral.
202321 - Maths	Individual	14 th July	Anger issues - with classmates.	The client was sitting with crossed arms and crossed legs. The client had short replies only .	CBT Deep Breathing & Muscle Relaxation done during the session	Asked to pen down thoughts that made her angry
202322- Maths	Mother & Daughter	17 th July	Relationship issue	Listening empathetically Building Rapport Client was open	CBT	After Fifteen days



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202323- Staff	Individual	17 th July	GAD - Genialized anxiety disorder.	Physically - Fatigue, Sweating Behavioural - Irritability, difficulty in falling asleep. Emotionally- Disturbed	Psychotherapy - talk therapy. TFT [Thought Field Therapy] Tapping energy points on the upper body, hands or face to achieve its impressive results.	Relieved a bit. Follow - up.
202324 - Maths	Individual	17 th July	Relationship issue	Exploring the personal relationship. The client looked calm.	Psychoeducati on.	Listening and validating the emotions of the client.
202325 - Staff	Individual	18 th July	Family issue	The client looked anxious and	The client has supportive system in the family. Mindfulness and empathetic listening is done.	The client was relieved a bit after sharing.
202326- History	Individual	20 th July	Too silent. Unable to concentre. Talking in groups. Phobia Meeting new people	The client was non- cooperative.	Play-way method and nature walk was done with a client.	Referral.
202327- English	Individual	24 th July	The client's father is sick - Acne inversa- Skin disease.	The client is sad and worried about her father's health.	Empathetic listening, exploring the family history, validating her emotions and offering support.	The client felt relieved.
202328- History	Group	24 th July	Break-up in friendship.	Crying, getting angry and unable to study.	Practice mindfulness. Prioritize self- care, and respect individual - Role play.	Met them individually in two sessions then in the third session in the group, they moved out happily.

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202329- Botany	Individual	26 th July	Reference - cousin's sister's family.	The client was open and freely shared.	Guidance was given to take care of the cousin	Satisfied.
202334 - English	Individual	31 st July	The client was depressed. The client was sad and was in a low mood.	The client was disturbed and crying. The client was under medication.	Suggested to meet the psychiatrist	Make a review.
202336 - Fashion Design	Individual	2nd August - October 20 th	Gripped with Fear	The client looked drowsy crying and having difficulty urinating	Exploring the causes- Break down and rate fearful situations. Change the way you see fear. CBT -The client is gradually and repeatedly engaged with the source of her fear in a safe environment to help strip away the threat associated with it	After five sessions the client felt relieved completely. The mother of the client was happy.
202338 - Maths	Individual	7 th August	Anger issues - with classmates.	The client's tone and expression were moderate.	CBT. Reframe triggers and practice communicatio n.	Review the previous work.
202339- Staff	Individual	8 th August	Family issue - personal	Unable to accept the spouse, cries bitterly.	Empathetic listening. Exploring the family history. Validating her emotions and offering support.	Relieved a bit.
202340- Re student	Individual	8 th August	Stress in the Family. Younger sister's issue. Cried.	The client was open and expressed her emotions.	Validating the client and offering support.	She was relieved and able to resume her studies.

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202341- Chemistry	Individual	9 th August	Adjustment in the new place	The client expressed her difficulty in finding friends, emotionally moved.	Psychoeducation	Tips drawn by the client
202342 - Maths	Individual	11 th August	Relationship issue	Joined the college after two weeks. Parents and relatives don't trust the client. The client seemed to be disturbed and crying.	Narrative therapy - Breaking the narrative into smaller and more manageable chunks	Listening with empathy. Encouraged to be regular.
202343 - English	Individual	13 th August	The client was depressed. The client was sad and in a low mood.	The client was not feeling good.	learning to change unhelpful thoughts CBT	The client took up the responsibility (Chess). Happy during the third session
202344- Maths	Mother & Daughter	17 th August	In a joint family, the needs of the client are met	The mother looked low in her mood. Worried and crying thinking about her daughter.	Self- monitoring - identify the things you do and think	Listening. Could not proceed
202345- English	Individual	21 st August	The client feels low - low in self- worth	The client is low- weight, has no proper diet, worried about life	CBT Deep Breathing & Muscle Relaxation	Review the previous work.
202346- English	Individual	24 th August	The client is unwilling to attend Angry at others, too anxious, and cried	The client kept blaming/complaini ng others	Exploring the history, health condition	Encourage the client to be regular in taking the medicine
202347- Comp-sc	Individual	25 th August	Unable to concentrate.	The client looked upset and worried	Explored the personal history, the client was helped	The client was ready to set up a personal timetable
202348 - Maths	Individual	29 th August	Relationship issue	Emotion of anger and blaming oneself was found	Psychoeducation.	Spell the triggers.



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202349- Maths	Individual	21 th Septemb er	Anger issues - with classmates.	The client was happy, open and well-kempt.	Cognitive restructuring.	The client was happy.
202351 History	Individual	2 nd Septemb er	Lack of communicati on with the teachers and students. No interest in life. No personal cleanliness at all	The client looked dull, unwilling to speak, the client looks shabby and untidy	Played music and asked the client to listen. Walking with nature. Listening empathetically	Referral
202352 Research Student	Individual	3 rd October	Unable to concentrate No interest in studies	The client was open	Psychoeducati on - life and importance of education	Moved out happily and convincingly
202353 Zoology	Individual	3 rd October	Relationship issue, the client went through her emotions	The client was happy to express herself	Psychoeducati on	The client was happy.
202354 Physics	Individual	18 th October	Emotional disturbance. Mother does not talk to the client.	The client looks worried Sad, and cried Explored the personal history	Felt free after sharing the past experiences	The client is relieved a bit
202355 Physics	Individual	18 th October	Relationship issue for the past six months	The client was open and neatly dressed.	Psychoeducati on was done during the session. Explored the pattern of the behaviour of the client	The client was willing to change
202356 Physics	Individual	19 th October	The client is stressed. She longs for Dad's affection	Able to express herself. She was crying when relating about the father	Listening Empathically. Psychoeducati on and mindfulness were done.	During the second session, the client said the relationship has improved and was happy.
202357p ysics	Individual	20 th October	The client is a player and asked for tips to study well	The client is happy, well, and smart.	The study plan was discussed and drawn by the client	The client is willing to follow the plan.

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202358 Physics	Individual	25 th October	The client shared her emotions and the way she handled her previous issues	During the second visit, the client is happy and open	Validating the client and offering support.	Happy and thankful
202359 Staff	Individual	25 th October	Why me Stressed about the family	The client was crying. Looked low and sad.	Empathic listening. Enabling the client to accept the situation at home	Mindfulness to be done
202360 R S	Individual	26 th October	The client is suffering from anxiety	The client has a loss of sleep and feels fatigued.	Berating Exercise - done BAI test was conducted [Beck Anxiety Inventory]	Awareness and acceptance
202361 NTS	Individual	27 th October	Infidelity. Broken relationship	The client felt shattered, Felt lost and mad	Listening empathically. Psychoeducation and mindfulness don.	Allowed the client to cry
202362 Comp sc	Individual	31 st October	Unable to concentrate in studies	The client felt stressed, low voice	Listening and encouraged to express	Talk-therapy and Walking were suggested
202363 W	Individual	6 th December	The client says that her elder sister was getting married, she feels that she will miss her	The client felt sad not knowing how she will handle herself alone	Exploring the reasons for and sadness.	Psychoeducation - Increasing self-awareness
202364 Group-4	Group - Eco	7 th December	Handling Relationships in the family, Goal setting, and balancing work and life	Students were Interactive. Happy and Relaxed	Games and Roleplay were used. Students raised several questions and were clarified	Happy and thankful.
202365- Economics	Individual and Parents	8 th December	The client has low self-worth. Colour and height are the main issues.	Explored the family history - Only child for the parents. They are fair the client longs for their affection	A -Z Self-worth list was given and discussed.	Able to understand

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202366-Bio	Individual	8 th December	Relationship issue - broken – accepted. Trust issues	The client was going through a tough time. Emotionally imbalanced.	Listening to the client. Clarifying the client's thought pattern of the client	Cooperative towards the same
202367-Staff	Individual	9 th December	The client was under stress. Unable to breathe.	Personal, Family, and work history explored. The client was too intrusive in some matters.	Listening and mindfulness were done. To create boundaries and limits in her relationship.	Help the family without being intrusive
202368-Biology	Individual	9 th December	struggling to make a decision.	Giving the client relevant information. Describe any foreseeable risks and benefits in practical terms.	Identify the problem / conflict to be handled. Figuring out what knowledge she lacks and obtaining it.	The client is clear about the choice that she is going make.
202369-Eco- II-	Individual	10 th December	Afraid, Distrustful, and worried about the future	The client had these symptoms -Chills, Rapid heartbeat, shortness of breath	Exploring the causes of it. Biochemical reaction/emotional	Find the triggers
202370-Parent	Individual	10 th December	The parent was worried about the client on two matters- Too much screen time and poor academic performance	Looked sad. Preoccupied with the performance use of phone	Make a schedule or to-do list and turn off alerts on her phone.	Reward the child
202371-English	Individual	10 th December	Poor in Studies, low grades	Happily narrating Five hours of screen time	Spend an hour a week on at least one screen-free hobby gardening, playing	Agreed to reduce time by thirty minutes daily
202372-English	Individual	11 th December	The client did not follow the previous session details. No improvement	Found it difficult to do and go through	Discussion and helped to draw up the plan	Needs to follow

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202373-Staff	Individual	11 th December	Second visit	The client is wounded by infidelity	Crying ... why this For me	Listening with Empathy and understanding
202374-B Com	Group	12 th December	Seventy-four students - Emotion-kinds of emotions- why are we so easily triggered	A person, place, thing, or situation that elicits an intense response	Potential causes of emotional triggers - past experiences, Genetics, Environmental factors	PPT and Chicken Dance. Students expressed it was helpful
202375 - Maths	Individual	2 nd December	The client experienced dizziness and fear about something	Unable to talk and proceed further, looked tired	Bringing her to the present by simple means of drinking water, an exercise for breathing	The client felt relieved a bit
202376-Physics	Individual	13 th December	The client came for a follow-up session. She was happy to share, how she was able to handle the events during the semester holidays	Looked happy. Moved away from the past experiences to a great extent	Guidelines were given for follow-up	Thankful and glad
202377-Physics	Individual	13 th December	The client came for the follow-up - and shared another issue regarding a misunderstanding in a relationship.	She is happy to narrate her experiences she does mindful meditation daily.	The client was helped with four tips - Think before speaking. Be specific about her intended outcome. Listen and ask questions	The client realized at times her words can be interpreted in different ways.
202378-Staff	Individual	14 th December	The client was under stress. An issue with the co-worker	Open in her communications. Looked upset. Worried	Four strategies to minimize communication misunderstanding were given. CBT applied	The client left relaxed and happy

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202379 - Physics	Individual	14 th Decemb er	The client came for the follow-up session. She found it difficult to identify the areas of emotional imbalance	The personal history of the client reveals that there is a lack of sleep and an unhealthy diet leading to trouble in concentration, a weakened immune system, and mood change.	The client was given a 'practice deep breathing'. Pause at different times in the day to reflect on the things she has to be grateful for.	Agreed to do the same.
202380 - Maths	Individual	15 th Decemb er	The client looked happier than the previous session.	Psychoeducation done - Education about a certain situation or condition that causes psychological stress for the client.	Cognitive restructuring.	The client can follow-up
202381- Parent	Individual	18 th Decemb er	Unable to forget the loss of her son	The mother was crying. She expressed her deep sorrow and her partner became alcohol dependent.	Empathetic listening - Making an emotional connection with the client	The mother was relieved a bit
202382 - Parent	Individual	19 th Decemb er	Anxious about her child. Lack of concentration and menstrual struggle.	The client goes through common symptoms of irritability, depressed mood, and mood swings. It begins two weeks before menses and resolves completely with the onset of menses.	The personal history of the client was explored. It was revealed one year the client has been suffering. It is increasing.	Referral - Gynaecologis t
202383 - Physics	Individual	19 th Decemb er	Worried about her sister	The client was expressing her sister's health condition.	Listening and comforting the client	Felt consoled
202384 - English	Individual	20 th Decemb er	Unable to concentrate on studies	Exploring the personal and family history	The client was not expressive. Slept during the session.	Unable to reach the client
202385- Staff & Child.	Together	20 th Decemb er	Unable to concentrate and low in studies. Mother is	Family and personal history explored. Too much screen time	Timetable has been prepared by the client	Felt hopeful

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				worried about the same			
	202486- Botony III Yr	Group	3 rd January	<p>Emotions and coping with Emotions</p> <p>As humans are emotional creatures, our emotions influence our decisions, the career path we take, the films and music we enjoy, and the art we are drawn to. Emotions help us choose our friends, those whom we fall in love with and stay with for our entire lives also those we leave behind. Yes, emotions have power. Emotional intelligence is the ability to harness that power -to understand and manage emotions so that you can make decisions that are in harmony with your core values and principles. "Emotion can be the enemy, if you give into your emotion, you lose yourself. You must be at one with your emotions because the body always follows the mind."- Bruce Lee.</p> <p>Emotions are short-lived expressions that stem from a known cause. They are often a physical reaction to something that is happening, for instance, crying when an individual suddenly feels pain, a person smiling when they experience happy emotions. Moods are formed over a longer time, are longer lasting, and have no identifiable start to their formation. Moods are the result of multiple emotions and can take a long time to become apparently noticeable. Simply, mood is the way one is feeling mentally or emotionally at a given moment in time. It is an internal, cognitive process.</p> <p>Types of Basic Emotions Activity - why am i so emotional? Responses How emotions work in our body Emotions vs. Moods.</p> <p>Balloon game and Chicken Dance - Activities have been conducted during the session.</p>			
	202487- Physics III Yr		4 th January				
	202488 - Physics II Yr		4 th January				
	202489 - History III Yr		5 th January				
	202490 - History II Yr		8 th January				
	202491 - History I Yr (PG)		8 th January				
	202492- B.Com. I Yr		9 th January				
	202493 - B.Com. II Yr		10 th January				
	202494 - Students Council		11 th January				
	202495 Physics	Individual	3 rd January	The client said, I am stressed I don't know the reason.	Talk therapy was done. Expressed her thoughts. Personal history explored	Causes of the stress ruled out. Triggers were made aware to the client	The client felt ok about herself.
	202496 – B.Com	Individual	4 th January	The client was not accepted in her friends' circle.	Exploring the pattern of her behaviour, at home and with her friends. The client was open.	Differences are not flaws but instead superpowers - Alicia's activity done during the session.	Happy and thankful
	202497- Maths	Individual	4 th January	The client came for the fourth session having done	The client was cooperative and open	CBT - applied. Restructuring the thought pattern and	The client was glad

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				the exercises acknowledging and accepting her fears		promoting right thinking	
202498- B.Com	Individual	5 th January	The client said I am in a relationship. Disturbed. Arrears in a few subjects.	The personal history was explored. The negative experience in adolescence depressed the client.	Mindfulness exercises for rumination. Identification of the event, and acceptance	It was a big struggle for the client	
202499 - R S	Individual	8 th January	The client was sad with the loss of her father.	Listening empathetically. Building Rapport. The client was open.	The first step in Grief therapy ACT done during the session [Acceptance and Commitment Therapy]	The client felt at ease and comfortable	
2024100 - B.om	Individual	8 th January	The client came for the second session with a new issue- I am an adopted child, need to meet my biological parents.	Personal and family history was explored. Attached to a friend. Being scolded by them.	Practice self-compassion like Identifying and embracing your strengths. Validate the client's feelings	The client needs follow-up	
2024101 - Physics	Individual	9 th January	Relationship issues for the past seven years.	Shared a lot from her past. Parents are unconcerned about the client.	Attentive listening	Unable to reach the client	
2024102 - Botany	Individual	9 th January	The client wished to share about her life	Happy, open, and squash player.	Validating the client- encouraged her to achieve big things in life.	Happily left the room	
2024103 - Zoology	Individual	9 th January	The client was grateful for her parents. She shared a few incidents about them	The client was open, well expressed, and shared about her aim - IAS.	Tips were given. Validated and wished the client well	The client felt motivated.	



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2024104 - Zoology	Individual	10 th January	The client learned a lesson from her elder sister. Parents suffering made an impact on the client.	The client seems to be obedient, mature, and caring	Validated and listened to the client	The client was happy.
2024105 - Zoology	Individual	11 th January	The client said, 'I am anxious'.	Personal history was explored. Triggers were written down.	333 rule for anxiety applied. Look around to identify 3 objects and 3 sounds, then move 3 body parts.	The client said it helped her to ground herself and calm down
2024106 - Maths	Individual	11 th January	She has been in a relationship for the past three months. Feels disturbed	The emotional check is done. The client is open and well-kempt	The client is helped to set healthy boundaries.	willing to follow through
2024107 - Bcom	Individual	12 th January	The client said, I am low in academics.	Explored the study pattern and the areas the client is interested in at the same time areas the client struggling	Positive reinforcement - motivate the client. Encourage the client to ask questions and engage with the material actively	Set small and tangible goals and follow through
2024108 - Economics	Individual	23 rd January	The client said she was hurt.	The client shared an incident. Very expressive.	Acknowledged and validated the emotions of the client.	The client felt better
2024109 - Zoology	Individual	24 th January	The client said that for the past few months she has been spending more time on screen. I must not come	After a little bit of exploring the family history, the client looked happy and charming	Enabled the client to write down her accomplishments and what she is proud of.	To prepare a study pattern

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				down in studies.			
2024110 - Zoology	Individual	24 th January	The client was unable to concentrate	Having explored the personal history, breathing exercises done.	Set a time for studies. Rule the reasons. And avoid procrastination	To follow regularly	
2024111 - Zoology	Individual	29 th January	Expressed the desire to study well	The client looked calm and cheerful.	Validating the client. Believe in your Dream	Happy and thankful	
2024112 - Zoology	Individual	31 st January	Expressed the desire to become a medical coding officer	The client was appreciative of the three-day orientation that was organized by Mrs. Asha. This had a good impact on her.	Having set the goal, draw up a plan to reach. Following and achieving	Relaxed	
2024113 - B.Com	Individual	1 st February	The client expressed fear, as she stays in her uncle's house	The client looked upset, and worried. Expressed that five papers need to be cleared	Empathic listening. Exploring the family history. Validating her emotions and offering support.	The client experienced timely relief	
2024114 - B. Com	Individual	2 nd February	The client said I am getting angry easily, my friends do not like it	Family history explored. It stems from childhood. A number of events was shared by the client	The client was helped to identify and recognize the underlying causes of the same	Follow up	
2024115 - B.Com	Individual	12 th February	I am scared, whether I will be able to go through the VI semester, as I had stopped my studies.	Confident in entering into a job. Confident to finish her graduation. Happy client. Family history explored	CBT- To reconstruct her thoughts on her studies. Listening and validating the client.	The client left happily	
2024211 6- Physics	Individual	12 th February	Several incidents were narrated by the client. Too many responsibilities	All the household work is done by the client -who looked tired and weak. The client does not have	Listening empathically. The client is very grateful to her 'Teacher' as she has been a	The client felt relieved after spending three hours	

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				es. No care from the father. Struggling so much	breakfast many days.	source of support. Also safeguarding her most of the time	
2024117 - Zoology	Individual	13 th February	The client shared that she is good at drawing and sports. She won many prizes. She is also happy to come to this college.	Validating the client, encouraged the client to excel in all levels	Wished her well	Happily moved out	
2024118	Group - five	14 th February	Friendship issues among the students. It took five long sessions	Reflect and write down the good in others. Choose a different way to communicate. Apologize for your part in what happened. Believe everyone is precious.	During the session games and sharing made them understand	Reconnected joyfully	
2024119 - Zoology	Individual	14 th February	The client said I am finding it difficult to learn English paper. Arrear in the last sem.	Exploring the study pattern and any other matters related at home.	Tips for learning English. A little bit of interest in this paper is to be made.	Needed follow up	
2024120 - B.Com	Individual	16 th February	The client felt better after going through the mid-term exams.	Validating the client, reaffirmed her ability to move forward	CBT - Restructuring the thought pattern and promoting the right thinking	Promised to do well	
2024121 - B.Com	Individual	26 th February	The client seems to be smart, neat-looking, well kept. The issue was Grandparents. This was the second	Listening and exploring the family history	CBT - Rest construction of thought	The client was willing to follow	

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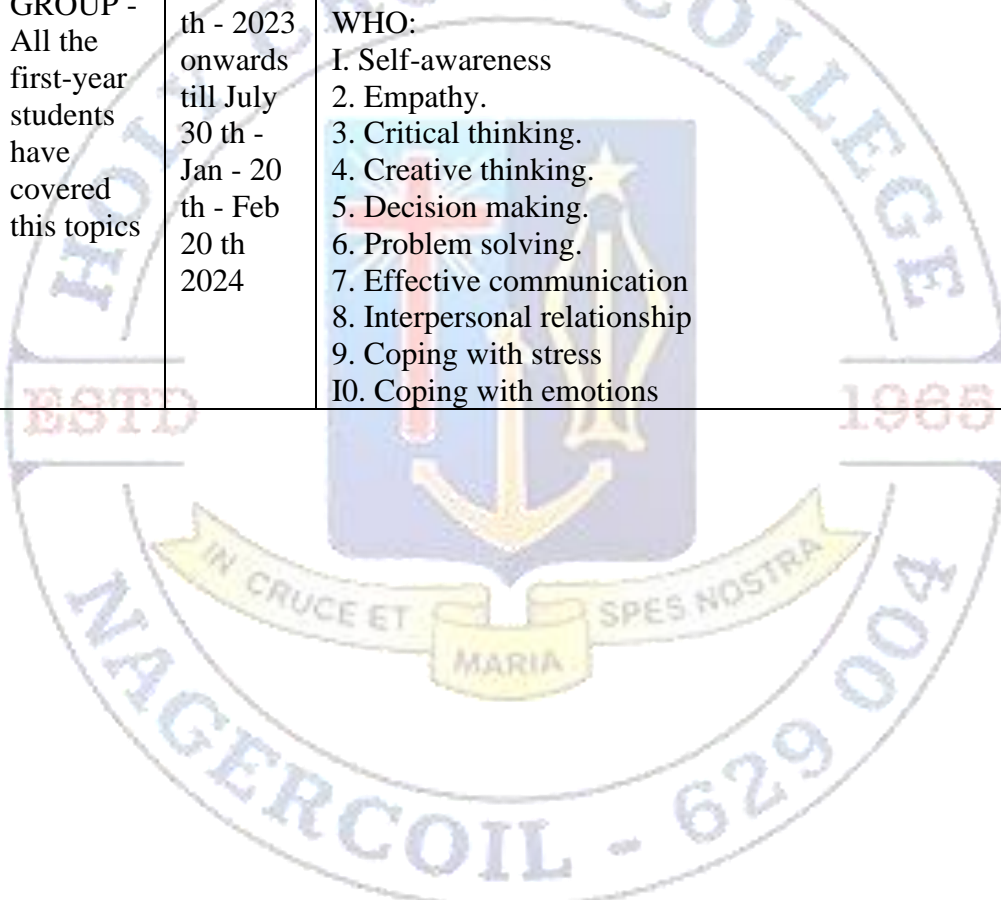
				session for the client			
2024122 - Zoology	Individual	27 th February	The client felt the parent's poverty and wished to do well in her studies.	The client had no inhibitions to say about her family. Appreciating the client's supportive system was provided	Encouraged and validated. Prepared the study plan	Ready to follow	
2024123 - B.Com	Individual	27 th February	The client was using bad language, angry, and disobedient to the college rules.	Explored the personal and family history in detail.	Methods had been instilled- Become self-aware. Start by making small changes	Recognize why the client wants to stop- reasons to be brought in the next session.	
2024124 - B.Com	Individual	28 th February	The client has a group, makes fun of others, shouting and scolding the others	Explored the family history as well as personal. Asked open-ended questions.	Empathetic listening. Psychoeducation	Follow up	
2024125 - B.Com	Individual	29 th February	The client lies much, no respect for the other person	The client lies compulsively it's difficult to detect as the client has a vivid imagination and believes her lies.	Psychoeducation	Follow up	
2024126 - B.Com	Individual	29 th February	Slow in the academic domain, too much of friendship, fights in the classroom	Explored the personal and family history in detail. The client is good at football.	Psychoeducation	Follow up	
2024128 - B com	Individual	5 th March	The client said I am struck while studying - mental block	Finding out the causes - lack of focus-feeling overwhelmed- lack of motivation	Validating the client, changing the environment, visiting a friend, have breaks.	The client felt better	

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2024129	Group - 4	7 th March	The four came together expressed their view to each other, realized themselves	Focus on studies the rest later	Refocus on their life	Wished them the best of luck
2024130 - B com	Individual	12 th March	The client felt the same difficulty during the exam preparation	Breathe and stretch spacing out. Relaxation was done during the session	The client was co-operative, willing to incorporate the material	Happy
2024131 - B.Com	Individual	13 th March	The client was anxious about the exams	The client's test anxiety manifests physical symptoms of excessive sweating, vomiting, and shortness of breath	Talk therapy-normal to feel nervous about upcoming tests. Change the narrative by avoiding negative self-talk on tests	The client has worked on faithfully
2024132 - B.Com	Individual	20 th March	The client came with the same issue but intensity was reduced.	The client improved a little. The test has been done well. Next week the client has to sit for the test. The anxiety came up	Spending time with the client sorting about - this technique Square Breathing done in the session	The client did the test well and was happy
2024133 - B.Com	Individual	22 nd March	The client was feeling restless and shakes legs.	Exploring the history of the client. Unpleasant matters disturbed the client	The client was given the Relaxation technique during the session. Physical exercise and Vitamin B6 Supplements were encouraged	A little relaxed
2024134 -Mother	Individual	25 th March	The mother felt happy over the change in the client, she was going	The mother was open to narrate the pain.	Listening and validating the feelings of the client.	Thankful.

NAAC V Cycle Self Study Report (SSR)

				through some pain.			
2024135 - Bcom	Individual	26 th March		The client was happy about the performance on the test.	The client expressed her difficulty in going through the exercise	Listening and encouraged.	The client gained the courage to do well.
2024136 - 2024147	GROUP - All the first-year students have covered this topics	From June 20 th - 2023 onwards till July 30 th - Jan - 20 th - Feb 20 th 2024		<p>Life skills - The World Health Organization has defined life skills as "The abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life". The term life skills ' refers to the skills one needs to make the most out of life. Here are ten core life skills laid down by WHO:</p> <ol style="list-style-type: none"> 1. Self-awareness 2. Empathy. 3. Critical thinking. 4. Creative thinking. 5. Decision making. 6. Problem solving. 7. Effective communication 8. Interpersonal relationship 9. Coping with stress 10. Coping with emotions 			



PERSONAL COUNSELLING



Personal Counselling
Mathematics S.F.- I PG
09.02.2024 12:41
8.15488, 77.4158
5C38+R68, Holy Cross College Rd, Thollavilai, Nagercoil 629002



Counselling
Maths (S.F.) II PG
09.02.2024 12:25
8.15495, 77.41589 ($\pm 5m$)
Altitude: 30m
5C38+R68, Holy Cross College Rd, Thollavilai, Nagercoil
629002







Holy Cross College
 Personal Counseling
 13.02.2024 15.23
 8-15376, 77-41459
 5C37+ROC, Holy Cross College Rd, Thollavilai, Nagercoil 629002

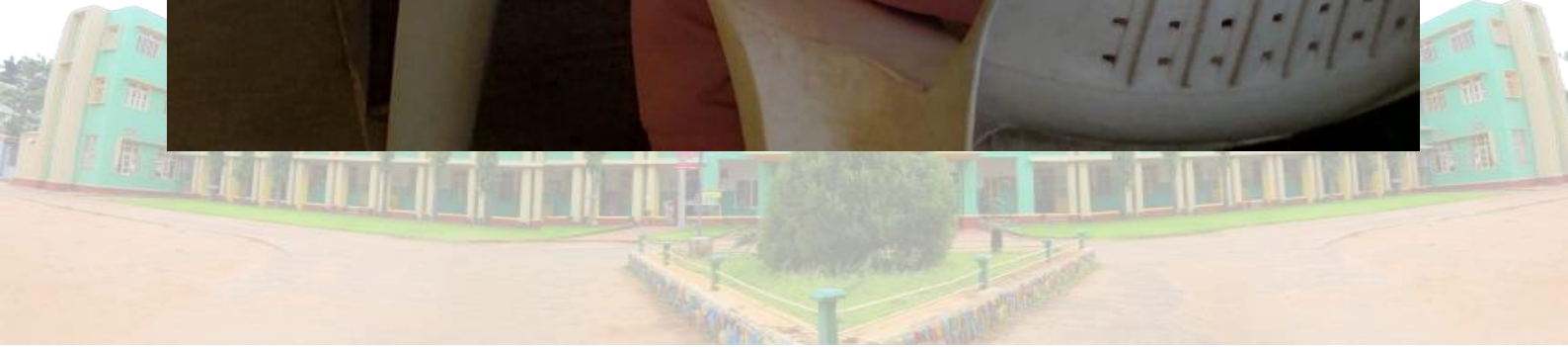
ELITE					ELITE						
Academic Year 2023-2024											
Page No. _____ Date: _____					Page No. _____ Date: _____						
Sl.No	Date	Counselor	Counselee	Class	Activity	Sl.No	Date	Counselor	Counselee	Class	Activity
1.	21/6/23	Dr. S. Kavitha	Siya P	IIIUG	To be regular	15.	5/10/23	Dr. Y.A. Shiny	Jaya Shreya J	II PG	Obedience
2.	27/6/23	Dr. C. Jenila	Rehaa C.S.	II PG	To be regular	16.	20/10/23	Mrs. P.C. Prayonka Nair	Rehna C.S	I PG	Motivation
3.	30/6/23	Dr. S. Kavitha	Heida J.	IIIUG	Motivation given	17.	30/10/23	Dr. J. Anne Mary Luma	Abitha. T	II PG	Motivation
4.	04/07/23	Dr. C. Jenila	Sneha R.S.	I PG	Personal	18.	28/03/24	Dr. J. Anne Mary Luma	Sivakami	I PG	Personal
5.	12/07/23	Mrs. P.C. Prayonka Nair	Abhishya C.H.	I PG	Obedience	19.	15/04/24	Dr. J. Nisha Gopinathan	Goodly Balisha	I PG	About Future
6.	19/07/23	Dr. S. Kavitha	Rehna C.S	II PG	Obedience	20.	9/2/24	Dr. S. Kavitha	Ms. Aney R.	I PG	Motivation
7.	20/07/23	Dr. C. Jenila	Nagaveena. M.	II PG	Motivation	21.	28/2/24	Dr. S. Kavitha	Ms. Siya	IIIUG	To be regular & Motivation
8.	31/07/23	Dr. Y.A. Shiny	Heida J.	IIIUG	Advises	22.	09/2/24	Dr. Y.A. Shiny	Abitha	II PG	Motivation
9.	07/08/23	Dr. J. Anne Mary Luma	Ashmeja	II PG	Motivation	23.	28/2/24	Dr. Y.A. Shiny	Goodly Balisha	I PG	Personal
10.	11/8/23	Dr. S. Kavitha	Ashmeja R.	II PG	Given Motivation	24.	29/08/2024	Dr. C. Jenila	R.S. Sneekha	II PG	Personal
11.	18/8/23	Dr. Y.A. Shiny	Jayakha Suthi. J	I PG	Discipline	25.	1/05/2024	Dr. C. Jenila	Siya Chandra	II PG	To be regular
12.	04/09/23	Mrs. P.C. Prayonka Nair	Majalla Haristya	I PG	Discipline	26.	09/03/2024	Dr. P.C. Prayonka Nair	Abhishya	I PG	Faithfulness
13.	12/09/23	J. Anne Mary Luma	Varsha	IIIUG	Motivation	27.	04/04/24	Dr. Y.A. Shiny	S.A. Abisha	II PG	Advises
14.	25/09/23	Dr. S. Kavitha	Noble Femur P	II PG	To be regular						

Department of Mathematics (S.F.)
 Holy Cross College (Autonomous)
 Nagercoil - 629 004.

2023-2024.

S.No	Date	Counselor	Counselee	Activity.
1.	12/7/2023	Dr. A. Sameena	Aarshi.S	Regularity.
2.	19/7/2023	Dr. S. Jeni Santana	B. Any Rose	Family problem
3.	1/8/2023	Dr. J.M. Vinitha	A. Vibisha	personal Problems.
4.	22/8/2023	Dr. S. panimaya Mary	Nihar. N	Family problem
5.	30/8/2023	Dr. S. Jeni Santana	Seetha Lakshmi. M.	personal Problems.
6.	7/9/2023	Dr. S. panimaya Mary	J. Chellam	Regularity.
7.	16/9/2023	Dr. S. Jeni Santana	Babisha. R	personal Problems.
8.	20/9/2023	Dr. J.M. Vinitha Charles	sweetlin Tuffy. R	Regularity.
9.	7/10/2023	Dr. S. Jeni Santana	Dhanu Sakani	personal Prob

S. Jeni Santana





Holy Cross Nagar, Nagercoil, 629004, TN, India

Latitude	Longitude
8.1551° N	77.4149° E
Local 12:09:54 PM	Altitude 45.0 meters
GMT 06:39:54 AM	Tuesday, 02/21/2023
Note: Mentor ward	



5C37+RQC, Holy Cross College Rd, Thollavilai,
Nagercoil, Tamil Nadu 629002, India

Latitude
8.1544876°

Longitude
77.4144173°

Local 09:39:24 AM
GMT 04:09:24 AM




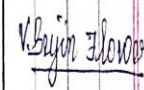



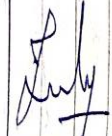

Altitude -53.8 meters
Monday, 30-05-2022

Note : Captured by GPS Map Camera Lite



Personal Counselling
11.04.2023 12:59



Academic Year (2022-2023) - Guidance and Counselling					
S.NO	Date	Counsellor	Counselee	Activity	Signature
1	08-10-2022	S. Antim Mary	Infant Akshaya - II B.Sc Maths	Personal Counselling	
2	14-11-2022	S. Antim Mary	Poulakshmi - II B.A. Economics	Personal Counselling	
3	21-12-2022	S. Antim Mary	Catherine Sheryl - II B.Sc Maths	Personal Counselling	
4	05/01/23	V. Sujin Flower	Corina Pearl B - III B.Sc Maths	Personal Counselling	
5	13/01/23	Dr. L. Jesmalan	S.S. Asmi - II M.Sc Maths	Personal Counselling	
6	13/01/23	Dr. L. Jesmalan	Ezhi Litta - III M.Sc Maths	Personal Counselling	
7	21-01-23	Dr. K. Jeya Daisy	Sobhika II M.Sc Maths	Personal Counselling	
8	02.02.23	Dr. L. Jesmalan	Sobhika II M.Sc Maths	Personal Counselling	
9	13.02.23	Dr. L. Jesmalan	Aras Jerrin Ashi - II M.Sc Maths	Personal Counselling	

10	15.02.23	Dr. T. Shreba Helen	Ighatru catherine shery	Personal Counselling	J. Shreba
11	20.02.2023	Ms. J.C. Mahighe	SI Indhu, I BA Economics	Personal Counselling	Mahighe
12	29.02.2023	Dr. K. Jeya Dainy	Arthi I B.Sc Physics	Personal Counselling	KJeyadainy
13	02.03.23	Dr. L. Jesmalar	Sahaya Sneha II Misc Maths	Personal Counselling	L. Jesmalar
14	06.03.2023	Ms. J.C. Mahighe	E. Edwin Shanu I BA, History	Personal Counselling	Mahighe
15	17/03/2023	M.K. Angel Jebitha	Grayathri II M.Sc Mathematics	Personal Counselling	M.K. Angel
16	17/03/2023	Dr. T. Shreba Helen	Ezhi Littta II. M.Sc Mathematics Sahaya Sneha II. M.Sc Mathematics	Personal Counselling	J. Shreba

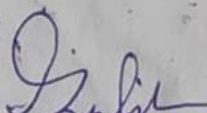
J. Shreba
Head
Department of Mathematics
Holy Cross College
NAGERCOIL

Date
Page

2022 - 2023

Sl. No.	Date	Counselor	Counselee
1	18/10/22	Dr. J. Jani Mercybai	Sabaya Asha
2	18/10/22	Dr. X. Maria Muthu Shanthini	Ahalya
3	6/10/22	Dr. G. Hosil Jesda	Ashni
4	12/10/22	Dr. M. Anana Muhila	Ashin sharni
5	14/10/22	Dr. M. Anana Muhila	Shobana
6	21/10/22	Dr. J. Divya Merry Malai	Rejisha
7	21/10/22	Dr. J. Divya Merry Malai	Mahima Joy
8	24/11/22	Dr. M. Anana Muhila	Ashin sharni

Dr. J. Divya Merry Malai
Head & Assistant Professor
Department of Commerce (SF)
Holy Cross College (Autonomous)
Nagercoil - 629 004


Dr. M. GNANA MUHILA
Head & Assistant Professor
Department Of Commerce (SF)
Holy Cross College (Autonomous)
Nagercoil - 629 004.

2021 - 2022

	Date	Counsellor	Counseee	Counselling
1	29.09.21	Priya	Sahaya shalu	Carrier related
2	25.10.21	Priya	Ashfina, A	Personal
3	11.08.21	Priya	Kalai Priya,	Family related
4	31.08.21	Priya	Sneka	Personal
5	04.10.21	Priya	Vindhiya	Personal
6	17.09.21	Priya	Abisha	Personal
7	17.11.21	Priya	Ubasana	Personal
8	25.10.2021	P.T. Aravinda Liban	Anu Flowercy	Personal
9	12.11.2021	P.T. Aravinda Liban	Nisolin Rafeena	Personal
10	29.09.21	A. Puvitha	A. Teba Varshini	Personal
11	24.10.21	A. Puvitha	Arakia Sarthini	Personal
12	07.11.21	A. Puvitha	Lincy	Personal
13	14.4.22	J. Vinodhaya	Kalai Priya	Personal
14	6.5.22	J. Vinodhaya	Meryn	Personal
15	14.2.2022	S. METTADA	Anu	Academic performance
16	10.3.2022	S. METTADA	Santhiya RP	Personal
17	11.4.2022	S. METTADA	Pavithra S.	Family Situation
18	20.08.2021	F. Brisca Rama	Pannimona	Personal
	19.12.21	F. Brisca Rama	Amalq Ajisha	Family related

2020 - 2021.


Page No.

Date

S.No.	Date.	Name of the Counsellor.	Name of the Counselor	Reason.
1.	2/09/20	Marla Prabina Sankaria.J.	Jayin Stefy	Motivational
2.	21/08/20	M.Nara Helen Jacob	Aarna	Personal
3.	16/8/20	Christal Jani.C.	Andra Nini	Personal.
4.	11/09/20	K.Miki Nancy	Hazmin	Personal
5.	20/10/20	Alisha Josephine.J.	Selva Nayagi	Personal

Department Prabha
 Holy Cross College (Autonomous)
 Kegercoil - 628 004

S.NO	Date	Counselor	Counselee	Activity
1.	15/2/2021	Dr. K.S. Vijila	E. Rebo Nancy	Personal Counselling
2.	22/2/2021	Dr. K.S. Vijila	A. Sangeetha	Self confidence counselling
3.	27/2/2021	H.A. Beula	M. Durga Devi	personal counselling
4.	3/3/2021	Mrs. A. Beula	S.K. Saki	self confidence counselling
5.	15/3/2021	Dr. S. Daisy Bai	K.L. Sugirtha	Personal, Counselling
6.	19/3/2021	Dr. S. Daisy Bai	A. Sahaya Michael Raka	Self confidence Counselling
7.	19/3/2021	Dr. S. Daisy Bai	M. Grayathri	Personal Counselling


 Department of English (S.E.)
 Holy Cross College (Autonomous)
 Kizhampattinam - 621 014

2020-2021

S.No	Date	Counselor	Counselee	Activity
1	10/6/2020	Dr. S. Jeni Janjana	Ajitha	Financial problems
2	17/2/2021	Dr. A. Jameema	Shreetha	Health problems
3	2/3/2021	Dr. S. panimaya Mercy	Meetha Alangara Sithra.T	Personal problems
A.	3/3/2021	Dr. J.M. Viniitha Charles	" "	" "
5.	7/3/2021	Dr. A. Jameema	Vijitha	Personal problems
6.	9/3/2021	Dr. S. Jeni Janjana	Suvetha	Financial problems
7.	24/8/2021	Dr. J.M. Viniitha Charles	Jai Nisha	Personal problems
8.	25/8/2021	Dr. J.M. Viniitha Charles	Ayaz Abisha	Personal problem
9	27/8/2021	Dr. A. Jameema	Dhanalakshmi	Health problems

Date	Faculty	Student Name & Course	Observation
6/10/19	Aradhana		good character.
	Dr. R. Evalin Latha, M.Com., M.Phil., Ph.D. Head of the Department of Commerce (SF-1) Holy Cross College (Autonomous) Nagarcoil - 629 004	2020 - 2021	
20/7/2020	Dr. R. Sreedevi	Jancy Rani - II B.Com	To concentrate on her studies
0/07/2020	Ms. A. Z. Rogila	Asusha A. I B.Com	To be more competent to face the obstacles.
9/09/2020	Dr. R. Evalin Latha	Anusha - II M. Com	To maintain good relation with her classmates
1/09/2020	Dr. R. Evalin Latha	Kishu - I.M.Com	To overcome her inferiority complex
2/09/2020	Ms. A. Z. Rogila	Priya P	To be bold enough to face the difficulties in life

Dr. R. Evalin Latha, M.Com., M.Phil., Ph.D.
Head of the Department of Commerce (SF-1)
Holy Cross College (Autonomous)
Nagarcoil - 629 004

S.NO	DATE	COUNSELLOR	2019-2020	COUNSELLEE	ACTIVITY
1	20-6-2019	Sr. Antin Mary	Shobana Bahavathy	Alan Roxna (BBA Eng)	Guidance for Studies Personal counselling
2	26-6-2019	Dr. Jesmalar		Anishyja (IIMsc)	Personal Counselling
3	26-6-2019	J.C. Mahizha		Jenisha Bai	Regarding higher studies
4	27-6-2019	Dr. Jesmalar		Anishyja (IIMsc)	Personal Counselling
5	3-7-2019	Dr. Jesmalar		Silhiya (III B.sc)	Personal Counselling
6	4-7-2019	J.C. Mahizha		Jenisha Bai	Regarding higher studies
7	10-7-2019	Dr. Jesmalar		Anishyja (IIM.sc)	Personal Counselling
8	29-7-2019	S. Antin Mary		Roshiba (II B.Sc Phy)	Regarding studies
9	29-7-2019	S. Antin Mary		Anu (II B.Sc Chem)	Personal counselling
10	13-9-2019	M. K. Angel Jebitha		Sr. Shanthi Malavochi	Guidance for presenting paper in the conferences.
11	4-10-2019	L. Jesmalar		Suba (II M.Sc)	Personal Counselling
12	10-10-2019	L. Jesmalar		Anishyja (IIM.sc)	Personal Counselling
13	6-11-2019	K. Jeya Daisy		Ashika (I B.Sc)	Personal Counselling
14	20-1-2020	K. Jeya Daisy		M. Muthulekshmi (I B.Sc)	Personal Counselling
15	25-1-2020	K. Jeya Daisy		Jenisha III B.Sc	Personal Counselling
16	27-1-2020	J.C. Mahizha		Huba. H	Regarding studies.
17	4-2-2020	K. Jeya Daisy		S. Shalini (I M.Sc)	Personal Counselling
18	10-2-2020	J.C. Mahizha		Vinitha .D	Regarding studies.
19	18-2-2020	K. Jeya Daisy		Angelin Raju (IIMsc)	Personal Counselling
20	22-2-2020	J.C. Mahizha		Vinitha. C	Regarding studies
21	24-2-2020	L. Jesmalar		A. Asha - III B.sc	Personal Counselling
22	24-2-2020	L. Jesmalar		Jeni Siyoni - III B.sc	Personal Counselling
23	04-03-2020	S. Antin Mary		Payal - I B.Sc Physics	Regarding studies
24	05-03-2020	S. Antin Mary		Helena - I B.Sc Physics	Personal Counselling
25	12-03-2020	S. Antin Mary		Shravanugapriya - I MSc	Personal Counselling
26	12-4-2021	V. Anshul Flower Mary		Aghalya I B.Sc Maths	absent for emergency due to

1000

Date Page

Dr. V. M. ANJALI FLOWER MARY,
M.Sc., M.Phil., Ph.D.,
Head of the Research Centre,
Department of Mathematics,
M. J. Somaiya Institute of Technology & Management

Academic Year 2019-2020

S.No	Date	Counsellor	Counselee	class	Activity
1	17/6/19	S.Kavitha	Yathira & Ashika	II UC	Motivation
2	24/6/19	J. Anne Mary Leema	M. Fathima Ancy	I UC	Motivated to concentrate in studies
3	24/6/2019	C. Jenila	M. Fathima Ancy	I UC	Personal
4	8/7/19	S. Kavitha	Mary Jeba	II UC	personal
5	16/08/2019	R.N. Rajalakshmi	Viniltha	III UC	Motivated to get good marks
6	19/12/2019	R.N. Rajalakshmi	Leena	I PG	About her studies
7	10/12/2019	S. Kavitha	A. V. Ajinsha	II UC	About her studies
8	20/12/2019	S. Kavitha	Sr. Annie Priya	II UC	Motivated to get good marks
9	4/1/2020	S. C. Jenila	M. Fathima Ancy	I UC	Personal
10	10/1/2020	S. C. Jenila	J. Mary Jeba	II UC	Personal
11	11/1/2020	S. Kavitha	Gabriel preetha	II UC	Personal
12	21/1/2020	V. Princy kala	Jenish Fathima	I UC	Personal
13	27/1/2020	S. Kavitha	Arass kitheri Ashni	II UC	To be regular
14	28/1/2020	V. Princy kala	Elezebeth Rajanier	I UC	To be regular
15	29/1/2020	V. Princy kala	Jasni	I UC	Personal

S. No	Date	Counselor	Counselee	Class	Activity
16	11/02/2020	S. Kravitha	Elezebeth Bojaxia	IIUG	To be regular
17	12/02/2020	V.G. Michael Floranu	A. Bhavatharani	I PG	About health
18	13/02/2020	J. Jeni's	K. Vinitha	III UG	About Study
19	14/02/2020	G. Anukia Amala Shy	Sobintra	II UG	To study well & maintain health
20	29/02/2020	G. Anukia Amala Shy	J. Jilesha	I UG	To regular on time

J. Anne Mary Lume
 Department of Mathematics
 Holy Cross College (Autonomous)

2019 - 2020

S. No.	Date	Counselor	Counselee	Reason
1.	26.6.19	Anto Hepzie Bai	Shalmi (III yr)	To be a good girl.
2.	11.6.'19.	Aleisha.	Prishya (III yr)	To take care her health

Sr. Jothi
 HEAD OF THE DEPARTMENT
 DEPARTMENT OF COMPUTER SCIENCE
 HOLY CROSS COLLEGE (AUTONOMOUS)
 NAGERCOIL

2019 - 2020

Page No.

Date:

S.No	Date.	Name of the Counsellor	Name of the Counsellee	Reason.
1.	3/10/19	Mania Prabina	Madhumitha.	Personal.
2.	18.10.2019	Sakana.	Ahalya Merin	Motivational
3.	08/11/2019	M. Maria Helen Janta	Cytrisha	Personal
3.	2/01/2020	Chaital Jani.C	Kaanya	Personal.
4.	29/01/2020	M. Maria Helen Janta	Previa	Personal
5.	12/03/2020	M. Maria Helen Janta	Surya Prabha	Personal

Prabha

Department of English

Holy Cross College (Autonomous)

Nagercoil - 629 004.

2019-2020				
S.No	Date	Counselor	Counselee	Activity
1.	6/7/2019	Dr. S-Anny Mole	E. Jzhil Sali Vinusha	Personal Counselling.
2.	19/7/2019	Dr. S-Anny mole	Kavisha	Personal Counselling.
3.	23/7/2019	Dr. A. Dezhin	Selvi M. Alksha	Self confidence
4.	6/8/2019	Dr. A. Dezhin	Selvi T. Dasin Vinaga	Life and society adjustable Personal Counselling.
5.	3/9/2019	Dr. A. Dezhin.	Selvi M. Vikreshwari	Personal Counselling
6.	23/9/2019	Dr. C. Ida	Selvi R. Shyji	Personal Counselling
7.	15/10/2019	Dr. C. Ida	Selvi Abina	Personal Counselling
8.	7/01/2020	Dr. C. Ida	Selvi S. Sasitha	Self Confidence
9.	27/01/2020	Dr. C. Ida	Selvi T. Ajitha	Self Confidence
10.	7/02/2020	Dr. C. Ida	Selvi S. Sahaja Rebeera	Personal counselling.

Department of Tamil (S.T.)
 Holy Cross College (Autonomous)
 Nagercoil - 629 014

2019-2020

S.No	Date	Counselor	Counselee	Activity
1.	5/7/2019	Dr. S. Jeni Ganjara	Shakthi Priya	Personal Counselling
2.	5/7/2019	Dr. S. Vimal Doli	Rameela	Guidance for Studies.
3.	5/8/2019	Dr. J. M. Vintha Charles	Nishali	Overcome family problems.
4.	13/8/2019	Dr. A. Sambana	Devyanthi	Overcome the health problems.

No	Date	Counsellor	Counsellee	Reason
			2019 - 2020	
1.	27/8/19	R. Sree Devi	S. Vanitha - I B.com	To be a good girl with good character.
2.	19/7/19	R.M. Sivanalax	Sushma - I B.com	To improve her health.
3.	19.7.19	S. Merlin Vista	Arthy - I B.com	To be a good girl.
4.	20.7.19	S. Jameela	Princyanka - I M.com	To overcome from depression
5.	7/8/19	R. Sree Devi	Vaishnavi - I B.com	To be a respective girl, change her body language, habit of speaking.
6.	16/8/19	R. Sree Devi	Asmiya - I.M.com	To be free and relax and to overcome from depression.
7.	16/10/19	S. Merlin Vista Anahana	Anahana - I B.com	To be a good girl with good character.

Dr. R. Evelyn Latha, M.Com, M.Phil, M.A
 Head of the Department of Commerce (SS-1)
 Holy Cross College (Autonomous)

2020 - 2021

2019 - 2020

6676-16006

S.No.	Date	Counselor	Counselee
1.	3-7-2019	J. Fathima Nazeem	Ajeni
2.	15/7/2019	J. Divya Merry Malai	Ragavi
3.	16/8/2019	J. Divya Merry Malai	Arthi
4.	17/12/2019	J. Carolin Jenil Shalu	Sofia Merlin
5.	6/01/2020	J. Carolin Jenil Shalu	Anusha. G.
6.	08/01/2020	J. Divya Merry Malai	Arul Saifera
7.	28/1/2020	J. Jenifer	Ancy Princess Stanly.
8.	12/03/2020	J. Carolin Jenil Shalu	Vasanthha Shiny