

Campus Counselling Centres

Kannur University



MENTAL HEALTH IS OUR CONCERN



It's okay
to ask
for help

Campus
Counselling
Centres

Psychologists
at hand

You don't have to fight
your battle alone.
Talk to us

Counselling Psychologists

Mangattuparamba Campus:

Arya Mohan (9164860090)

Payyanur Campus:

Haritha Haridasan (7510130706)

Kasaragod Campus:

Manasa M(8105401202)

Mananthavady Campus:

Rahma Sulthana N(9048243040)

Nileshwaram Campus:

Renima K P (9496856782)

Thavakkara Campus:

Sruthi K V (9567346961)

Palayad Campus:

Soumya B K (8281785730)

OUR SERVICES

- Counselling services for students and staff
- Psychological support
- Management of academic stress
- Management of interpersonal problems
- Building assertiveness
- Exploring potentials
- Personal empowerment
- Anger and Stress Management
- Mental Health Care Services
- Skill development

for further assistance and information :
School of Behavioural Science
Kannur University
(0497-2782441)

Concept Note

Over the past few decades, mental health issues of the student population at universities have been on the rise in both prevalence and complexity. For students, participation in higher education offers challenges and opportunities. The task for institutions is to help students to capitalise on the positive mental health benefits of higher education while identifying and providing appropriate support to those who are more vulnerable to its pressures. Providing them with the support they need to fulfil their potential is not only in the interest of the institution, but also in the interest of society. To enable students to reach their full potential and feel confident that any difficulties will be met with understanding and not viewed as a deficit, institutions should ensure that there is a commitment to providing appropriate support services in a discrete and student-friendly style that focuses on encouraging the student's talents and offering strategies and mechanisms for independent study and in the long run to destigmatise mental illness. The availability of such support should be communicated widely across the student and staff body and to parents, guardians, and departments.

The global outbreak of the COVID 19 pandemic along with spreading the infectious disease at a faster rate has also brought psychological misery and other signs of mental illness adding to the public health burden. For university/college students, heightened levels of psychological distress and downstream negative academic consequences has been found to be prevalent under the 'new normal' circumstances. As a result of physical distancing measures implemented in response to COVID-19, tertiary education institutions have shifted to an emergency online learning format, which would be expected to further exacerbate academic stress for students. Based on insights from research examining the impact of academic disruptions on students, it is reasonable to venture that students may experience reduced motivation toward studies, increased pressures to learn independently, and abandonment of daily routines as direct consequences of these measures. Thus, the COVID-19 pandemic has placed an unprecedented mental health burden on students, which urgently requires further examination and immediate intervention.

In the university, teaching-learning milieu, counselling, and psychological support is a multidimensional form which encompasses personal, academic, and occupational perspectives. Hence the need to offer counselling service is foreseeable. Hence in an academic atmosphere, the counselling services and psychological support is an efficient and effective way of supporting and helping students deal with problems and issues in educational, career and personal as well as social areas. An essential aspect of such services is assisting students in knowing their personal strengths and weaknesses.

Establishing Campus Counselling Centres

Considering the importance of counselling and psychological support for the students at various campuses, Kannur University proposed a project to set up Campus Counselling centres through the Women Empowerment Programmes. University has set up counselling centres at its various campuses since 2018 and has been successfully providing service to the students.

Dr. S Vinod Kumar, Head of the Department, School of Behavioural Sciences, Kannur University was entrusted with the responsibility to implement the programme through setting up campus counselling centres and to design, develop and implement its activities. School of Behavioural Sciences of Kannur University, which offers M.Sc. programme in Clinical and

Counselling Psychology and PhD programmes since 2007 functions at the Mangattuparamba Campus of Kannur University. To provide counselling services and psychological support to enhance well-being of students enrolled in Kannur University's teaching departments was the primary objective of the project. With the success of the program the syndicate recommended (2020-21) to broaden the services to the university staffs and to the public.

Seven Counselling Psychologists were appointed on contract basis and posted at Thavakkara, Mangattuparamba, Palayad, Payyannur, Neeleswarm, Kasargod and Mananthavady campuses of Kannur University to establish counselling centres at campus level. The selected Counselling Psychologists were given **five days intensive training** to equip them to provide quality services to the required individuals. In addition, **periodic trainings** were also provided once in two months to further strengthen the service delivery. A team of expert professionals were identified, and they assisted their **supportive supervision** at their respective campus as needed.

A counselling space that promises confidentiality and privacy plays a key role in the therapeutic environment, hence it is essential to have a non-intrusive environment that would help the client feel warm and safe to open up their difficulties without being interrupted by other external factors, based on that **counselling rooms** were set up at all campuses with necessary infrastructure facilities. Official inauguration of the campus counselling centres was organized at all campuses.

Counselling Psychologist met the HOD's and faculty members of each department and provided a briefing about the objectives, proposed activities and the counselling services provided. Briefing was carried at classrooms for students, informing them about the centre, the need of it in the campus and how they can approach the counsellors. Students are encouraged to discuss their academic, personnel or any other issues at their convenience to the counsellors. **Individual face to face counselling, group counselling and tele counselling are provided** depending on the issues.

To identify the needs of the students, a **need assessment study** was carried out at all campuses. Qualitative research method was used for carrying out the study. Based on the findings and observations of the need assessment study, **skill development trainings** were organized at campus level. In addition, a campus wise **mental health profiling** was also carried out using scientific tools. Appropriate programmes are also being organized based on the mental health profiling.

Academic stress, depression, exam anxiety, difficulty in seminar presentation, lack of skills in preparing CVs, PPT etc., relationships issues, inferiority complexes, family issues, financial concerns, etc are the common problems faced by the students. There are instances of clinical cases reported from a few campuses. More than 100 cases were reported during this academic year (February to April 2021) and more than 300 individual sessions have been carried out. The services are extended to tele counselling mode to address the mental health issues due to the COVID pandemic and since have been receiving sizable number of calls every day.

Campus wise briefing of activities during 2020-21.

1.Thavakkara Campus.

The campus counselling centre at Thavakkara campus of Kannur University has started its functioning with an inaugural function on 4th February by Prof. (Dr).A.Sabu, Pro.Vice Chancellor of Kannur University.



Prof (Dr) Sabu.A., Pro Vice Chancellor, Kannur University inaugurating the counselling centre by releasing the official flyer at Thavakkaracampus

The centre offers free counselling and other psychological services which is made available to staff, teachers and to the public. Ms.Sruthi K V is posted as the Counselling Psychologist at the Thavakkara campus. Around 30 cases registered has been sought at counselling center by the staff, students and public showing the importance of a counsellingcentre in an educational setting.



Ms. Sruthi, Counselling Psychologist in a session

The centre also provides skill training programme to the students and has done a session for the administrative staff on the topic “Depression: Facts and Myths” which was conducted as per the request from the staff community. Skill training programme was also organised for the students of Thavakkara campus on the topic “Presentation skill” and “Interview skills”.



Ms. Sruthi, Counselling Psychologist delivering a session for the University staff on the topic “Depression – Facts and Myths”.

The centre also offers tele counselling services for the students, staff, and public with special focus on mental health issues in connection with COVID-19 pandemic.

2.Kasargod Campus, Vidhyanagar.

The campus counselling centre at Kasargod, was established and is functioning since 2018. The campus counselling centre in connection with the women empowerment programme with the support of School of Behavioural Sciences, Kannur University was inaugurated by Mr. Khalid Pachakkad, Chairman, standing committee, Kasargod Municipality on 5th February 2021. Ms. Manasa.M., is appointed as the Counselling Psychologist and is in charge of the centre.



The counselling centre provides psychological support for managing academic stress, interpersonal problems, assertiveness trainings, exploring potentials, personal empowerment, anger and stress management, mental health care services and skill development programmes.



Ms. Manasa, Counselling Psychologist in a session

The centre adopts strategies to identify and understand the needs and problems of the students and to create an awareness among them. Students were oriented about the project and were titled as “The magic within”. The students and staffs showed a good response and many of them seek help for their stress, workload, familial issues, stage fear, depression, and anxiety.

A need assessment was conducted among the students of Kasaragod campus to assess and learn about the students’ views and opinions on various factors. A qualitative research method was adopted for clarity and better understanding of the students and their concerns, individually. A mental health profiling of the students is under progress using various scientific tools.



Ms. Rahma Sulthana giving training on "Presentation Skill"

A skill training programme was organized for the first year B Ed students. There were two sessions. The first session was handled by Mrs. Rahma Sulthana, Counselling Psychologist,

Mananthavady Campus, Kannur University on the topic “The Art of Presentation”. The second session was on the topic “Stress and coping” by Ms. Sruthi K V, Counselling Psychologist, Thavakkara Campus, Kannur University.

3.Mangattuparamba Campus Kannur University

The counselling centre in Mangattuparamba campus was inaugurated on 5th February by Ms. P.P Divya, President, Kannur District Panchayat. An initiative taken by Kannur University under the women empowerment programme and implemented with the support of School of Behavioural sciences, Kannur University in promoting mental health and resolving various mental health issues faced by students of various campuses.



Ms. P.P.Divya, President, Kannur District Panchayath, inaugurating the counselling centre at Mangattuparamba campus

Ms. Arya Mohan was appointed as the Counselling Psychologist at Mangattuparamba campus. This year project has been widened to access for the public in and around the University campuses.



Ms. Arya Mohan, Counselling Psychologist in a session

The Mangattuparamba Campus is the biggest campus of Kannur University consisting of 10 teaching departments offering postgraduate and research programmes. Hence the highest number of cases has been reported in this campus. Around 40 cases requiring psychological support has been registered from students, staff and or their relatives and from the general public.

In this unprecedented time of prevailing covid pandemic, campus counselling centre has extended its service through tele counselling to maximise the service delivery to the individuals in need.



Ms. Sruthi KV, Counselling Psychologist is giving session on "Coping with stress"

A training session was conducted for students at School of Wood Science and Technology, with the support of Ms Sruthi, Counselling Psychologist at Thavakkara campus and Ms Renima, Campus counselling Psychologist at Neeleswaram campus as resource persons for handling sessions on 'Managing stress' and 'Skills of living with oneself and others'. A need assessment was carried out using qualitative research methods to identify the needs of the students. Programmes were planned as per the observations of the need assessment study. In addition, Mental health Profiling process was also initiated and in progress.

4. Dr JANAKI AMMAL CAMPUS, Palayad

Campus Counselling center at Dr Janaki Ammal Campus was inaugurated by Prof. Gopinath Ravindran, Honorable Vice Chancellor, Kannur University. Ms. Soumya was appointed as counseling Psychologist at the campus.



Prof Gopinath Raveendran, Vice Chancellor, Kannur University inaugurating the Counselling centre at Palayad Campus by releasing the flyer to Prof. U. Faizal

The campus counselling center provides counseling and psychological support to students, staff and public to cope with varied psychological concerns. Students in higher education face many challenges and the center seeks to develop healthy coping strategies and create a safe environment for the students. Through the various activities, such as conducting orientation sessions on various mental health issues faced by students at campuses with special emphasis on Covid pandemic.



Skill training programme organized by Campus Counselling Center at Palayad Campus



Ms. Soumya in a session

A need assessment study carried out using qualitative research methods and activities was framed based on its findings. The major issues reported by students through need assessment were academic stress, career anxiety, relationship issues, addictions, emotional issues and so forth. Various skill development program organized at department level. Service extended to public and based on responses from the need assessment, students were also given skill development training.

5.Swami AnandatheerthaCampus, Payyanur

Swami Anandatheertha campus, commonly known as ‘Payyanur campus’ is housed with the different departments such as Department of physics, Department of chemistry, Department of Geography, Department of music. Campus counselling centre was inaugurated by Dr K.N Sarala Devi Campus Director.



Dr K.N Sarala Devi Campus Director inaugurating campus counselling by hand overing the official flyer to Ms. Haritha Campus counsellor

The main aim for counselling centres is to help the students to work through their issues and concerns and provide adequate counselling and psychological support. Ms. Haritha Haridasan was appointed as Counselling Psychologist for providing services.



Ms. Haritha Haridasan, Counselling Psychologist in a session

Around 25 cases were reported, and support was provided in addition to the routine personal interactions. Need assessment study was carried out to identify the thrust areas and to plan activities accordingly. Skill development programmes were conducted for the students at department level with the support of the Counselling Psychologists from other campuses on a need-based approach.

6. Mananthavady Campus, Kannur University

The Campus counselling centre of Mananthavady Campus aims to provide professional support to students, staff, and public to cope with varied psychological concerns. It seeks to develop healthy coping strategies and creating a nurturing environment for the students. Ms. Rahma Sulthana was appointed as Counselling Psychologist at campus.



Ms. Rahma Sulthana, Counselling Psychologist in a session

The Counselling Centre provides services like individual counselling, group counselling, and organizes various kinds of programmes on mental health. This centre conducted a need assessment study among students to understand their needs at the campus and prepared mental health profile of students.



Ms.Manasa M, Counselling Psychologist and Yoga trainer giving training on relaxation techniques

Also, the counselling centre had organized skill training programmes on ‘Coping with stress and Art of relaxation’ for teacher education department, and on importance of mental health, presentation skills, Procrastination etc for other departments. Presently, the Counselling Centre provides services 5 days a week from 10 AM – 5PM. Due to unprecedented circumstances tele counselling services are also offered.

7.Dr. P K Rajan Memorial Camus Nileshtar, Kannur University.

Campus Counselling centre at Dr. P K Rajan memorial campus was inaugurated by Dr.Gopinath Raveendran, Honourable Vice Chancellor of Kannur university.



Prof. Gopinath Raveendran, Vice Chancellor, Kannur University, inaugurating the Campus Counselling centre at Neeleswaram campus,

Ms. Renima was appointed as Counselling Psychologist for providing the services. The main aim of the project was to provide mental health services for students, staff and public.



Ms. Renima , Counselling Psychologist in a session

In addition to prioritizing mental health, students' mental health profiling and need assessments has also been carried out.



Ms. Renima giving a training session on " Academic stress"

For this qualitative and quantitative research methods were used. Service provided to more than 25 cases within a period of three months spread over 40 sessions. Skill development programmes were also provided for students.

Tele counselling Services...

കൊറോണ മഹാമാരിയെ ചെറുക്കുന്നതിന് ശാരീരികാരോഗ്യം പോലെ തന്നെ പ്രധാനപ്പെട്ടതാണ് മാനസികാരോഗ്യവും. കണ്ണൂർ യൂനിവേഴ്സിറ്റിയുടെ വിവിധ ക്യാമ്പസുകളിലെ കൗൺസിലിങ് സെന്ററുകളുടെ ആഭിമുഖ്യത്തിൽ സൗജന്യ ടെലികൗൺസിലിങ് സേവനം ഒരുക്കുന്നു. ഈ സേവനം പ്രയോജനപ്പെടുത്തുവാനായി താഴെ കൊടുത്തിരിക്കുന്ന നമ്പറുകളിൽ ബന്ധപ്പെടുക .

എല്ലാ ദിവസവും
7:00am-8:00pm
ഞങ്ങളുടെ സേവനം ലഭ്യമാണ്

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SCHOOL OF BEHAVIOURAL SCIENCES
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I'M WORRIED.

Feeling anxious, disturbed, irritated or stressed during this pandemic? You are not alone in this situation... Take care of your mental health and reach out...

Talk to us....

Free Telecounselling by
Campus Counsellors of
Kannur University

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Timing :7am-8pm

Technical support
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