



**Department of Economics and Sociology  
Mercy College Palakkad**

**Report on Visit to a Counselling Centre and Interaction with the Counsellor**

As part of academic enrichment activities, the students of Minor Sociology Programme visited to a counselling centre on 14.10.2025. The main objective of the visit was to understand the importance of counselling, the role of a counsellor, and the various methods used to address personal, academic, and emotional issues. During the visit, students had an interactive session with the professional counsellor. Ms. Dimple P explained the concept of counselling and highlighted its significance in today's fast-paced and stressful life. Special emphasis was given to student-related issues such as academic stress, exam anxiety, career confusion, emotional problems, family issues, and mental health concerns.

The counsellor also discussed different counselling techniques, including individual counselling, group counselling, and stress management strategies. Students were encouraged to openly share their doubts and questions, and the counsellor responded patiently, providing practical guidance and real-life examples. The importance of confidentiality, empathy, and active listening in counselling was also explained. The interaction helped students realize that seeking counselling is not a sign of weakness but a positive step towards personal growth and emotional well-being. The session was highly informative, interactive, and motivating.

The visit to the counselling centre was a valuable learning experience. It created awareness among students about mental health and the availability of professional support systems. The programme was beneficial and left a lasting impact on all the participants.

  
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**MERCY COLLEGE PALAKKAD**  
**VISIT TO COUNSELLING CENTRE AND**  
**INTERACTION WITH COUNSELLOR**  
**14/10/2025**

SI No.	STUDENT_NAME	MAJOR	SIGN
1	GOPIKA K	BA Economics	<i>Go-pika</i>
2	SURYA KRISHNA . S	BA Economics	<i>Surya Krishna</i>
3	SRIVYA S	BA Economics	<i>Sr</i>
4	PRINCY M K	BA Economics	<i>Princy M K</i>
5	KRISHNA PRIYA V	BA Economics	<i>Krishna</i>
6	THASLEEMA S	BA Economics	—
7	RITHIKA S	BA Economics	<i>Rithika</i>
8	SREYA P	BA Economics	<i>Sreya</i>
9	ANEESHA C	BA Economics	<i>Aneesha</i>
10	ANAGHA J	BA Economics	<i>Anagha J</i>
11	AHALYA J	BA Economics	<i>Ahalya J</i>
12	AHALYA R	BA Economics	<i>Ahalya R</i>
13	GOPIKA N	BA Economics	<i>Go-pika N</i>
14	JINU JENNY	BA Economics	<i>Jinu Jenny</i>
15	PAVITHRA PALSAMY	BA Economics	—
16	SOORYA S	BA Economics	<i>Soorya</i>
17	APARNA KRISHNA . U	BA Economics	<i>Aparna Krishna U</i>
18	SHYJA SHOJAN P S	BA Economics	<i>Shyja Shojan</i>
19	ANAMIKA P.S.	BA Economics	<i>Anamika P.S.</i>
20	VISMAYA C R	BA Economics	<i>Vismaya</i>
21	S BALAMEENAKSHI	BA English	<i>S. Balameenakshi</i>
22	AASHRIYA VIVEK	BA English	<i>Aashriya</i>
23	SHIVANII RAJESH	BA English	<i>Shivani</i>
24	GOPIKA G	BA English	—
25	RINI V.L	BA English	—
26	ANASWARA .M	BA English	<i>Anaswara</i>
27	LIJO PETER	BA English	—
28	ASWATHI S	B.Com Finance	<i>Aswathi S</i>
29	FARHANA A	BA History	<i>Farhana A</i>
30	RIHA MIRSA M	BA History	<i>Riha Mirsa M</i>
31	GANGA KRISHNA	BA History	—
32	ASWATHY V	BA History	<i>Aswathy V</i>
33	DEVASREE C	BA History	<i>Devasree</i>
34	ARCHANA R	BA History	<i>Archana</i>
35	SALINI N	BA History	—
36	APARNA N	BA History	<i>Aparna</i>
37	ANUSREE S	BA History	<i>Anusree S</i>
38	SONA . S	BA History	<i>Sona</i>
39	REJITHA. X	B.Sc Zoology	—
40	SAYA V	B.Sc Bio technology	<i>Saya V</i>
41	SMRITHI P	B.Sc Bio technology	<i>Smrithi</i>
42	T V SREELAKSHMI	B.Sc Bio technology	<i>T.V. Sreelakshmi</i>
43	ANU SHREE P U	B.Sc Bio technology	<i>Anu</i>

Teacher in charge *Dr. Deepa N.*

*Dimple P*  
 Dimple P  
 Counsellor.