

MES COUNSELING CENTER (MMCC) 2016-17

MES Counseling Center (MMCC) was started by the Department of Psychology with the vision of addressing the needs and problems of MES community at their intra personal, interpersonal and social levels in attaining mental health. The MMCC was inaugurated by Fr. Edward George, Clinical Psychologist and Director, Santhula Mental Health Centre on 5 September 2016. The event was presided over by the Principal, Dr. A. Biju. Mrs. Sarojam, Ward member; Alumni members etc. enriched the gathering.

About 35 students sought the help of the counseling center. Major problem identified were lack of motivation, not interested in academic activities, memory problem, personal problems, and learning disability. Teachers from different departments also sought the help from MMCC. Three departments arranged classes for their students. The topics dealt were Study Habits, Mental Health and Motivation. Five external clients came for counseling. The Principal Counselor of MMCC is Dr. K.E. Leelamma, Retd. Associate Professor and HOD, Union Christian College, Aluva.