

**Annual report of PRATIDHI Counselling center, NIMIT**

**2023-2024**

**Naipunnya**<sup>®</sup>  
To reach the unreachable

**Faculty In-charge**

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## REPORT

The PRATIDHI Counselling Center at NIMIT is dedicated to enhancing the mental health and well-being of our students. The center offers professional assistance and guidance to address personal or psychological issues faced by students. It remains accessible to students seeking help, whether on their own initiative or referred by teachers, guardians, or parents. We strive to create a supportive environment where students can share their concerns confidentially, in line with our commitment to their overall health and well-being.

The institute provides robust counselling services through a combination of experienced professionals: A full-time counselor is available to guide students and address their needs. Additionally, three experienced psychologists from diverse backgrounds contribute their services weekly.

Over the past year, our resource persons made significant contributions to the PRATIDHI Counselling Center. Fr. Dr. Thomas Kallookkaran visited the center four times, conducting a total of 16 sessions, during which he counseled 15 students and 1 parent/staff member. Fr. Dr. Jopaul Kiriyanthan made two visits, held 6 sessions, and provided counseling to 4 students and 1 parent/staff member. Sr. Dr. Preetha CSN was actively involved with seven visits, conducting 41 sessions, and offering support to 30 students and 3 parents/staff members. During the year 2023-2024, the PRATIDHI Counselling Center incurred expenses totaling Rs. 45,000 for remuneration to psychologists providing essential services to our students and community members.

The PRATIDHI Counselling Center has successfully provided crucial support to both students and staff throughout the year. The dedicated efforts of our resource persons have been instrumental in addressing and resolving various issues faced by our community members.

Prepared by,



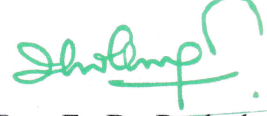
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