

Counsellor for PWD's Students

SIMATS Students Wellbeing Center

The primary focus of the Counselling Center is to provide short-term counselling to help students deal with personal and adjustment issues that may interfere with the ability to progress academically to their fullest potential. The main objectives include conducting workshops and orientation sessions for faculty, parents and students on mental health issues, to provide training to staff and faculty of the university on identifying psychological issues in students, crisis intervention and stress management, to encourage positive mental health and facilitate resilience.



STUDENT WELLNESS CENTRE

It was started with the intention to provide holistic guidance to student on areas such as academics, professionalism, soft skills, career and coping strategies. Dr K Raman along with Mr Dinakaran (Clinical Psychologist) and Ms. Priya (psychiatric social worker) are in charge of the centre. We decided to conduct regular awareness programs, motivational talks and career guidance as part of the centre.

As a initial measure, we undertook screening of students batch wise to understand their needs and to plan out appropriate measures.

Before the lock down, 125 students of the 2018 Batch of MBBS were screened.

Areas that students wanted help includes the following

- Stress management
- Career guidance
- Distressing before exams,
- Time management

Screening of students with difficulties identified by Mentors and Faculty supervisors were regularly counselled in the centre. Total number of students who were referred and evaluated includes 25 during the first quarter of 2020.



Mentoring workshop was conducted for engineering faculties in batches to address attributes of a good mentor, psychological issues among students and ways to identify and refer students with difficulties.



Webinars and orientation sessions for students

Gender sensitisation, Substance abuse orientation were conducted to I year MBBS students by Dr. S. Iniyar, Dr. N. Venkatraman and Dr. D Vijayanand, Dr Suresh Kumar, Consultant Psychiatrist and Expert in field of Substance abuse addressed our students on substance abuse among youth.



Dr K Raman delivered a webinar talk on “Mind is the magic Key” on June 10th 2020 organised by Saveetha Engineering College, Saveetha Institute of Medical and Technical Sciences (SIMATS).



SAVEETHA ENGINEERING COLLEGE **AUTONOMOUS**
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UGC **12-B** | NAAC **A** GRADE | NBA

WEBINAR SERIES III

MIND IS THE MAGIC KEY

10th JUNE 2020 | 05:00 PM TO 06:00 PM

Dr. K. Raman
Professor, Saveetha Medical College

Register link: <https://forms.gle/3Mh6yqY15A8Y7>

ISO | [SaveethaEngineeringCollege!](https://www.saveethaengineeringcollege.com/)



Rotary | 

ROTARACT CLUB OF SAVEETHA MEDICAL COLLEGE
Sponsored by Rotary Club of Guindy, 180/2022

CERTIFICATE OF APPRECIATION

Dr. N. VENKATESH

for imparting his valuable insight on
"Coping with Stress in a Pandemic Situation"
During "PURAAM"

On 17th July 2020

Dr. S. SURESH
President, RCSC

Dr. J. SURESH
President, RCSC

Dr N Venkatraman spoke to students on stress management during COVID'19.

Dr K Raman spoke on Positive psychology organized by Rotaract club, Saveetha Medical College and Hospital.



Psychological support for students, faculty and hospital staff infected with COVID 19

The Department of Psychiatry has been actively screening students, faculty and hospital staff admitted in COVID ward for psychiatric morbidity and delivering telephonic counseling for those with morbidity. A pamphlet is prepared by the department to provide basic steps in handling COVID related anxiety.

