



Sri Taralabalu Jagadguru Education Society(Reg.), Sirigere
MAKANUR MALLESHPA COLLEGE OF EDUCATION
Anubhavamantapa, Davangere-577 004 Karnataka
(Accredited By NAAC 'B' Grade, Aided College Permanently Affiliated to Davangere University and Recognized by NCTE)



GUIDANCE & CONSELLING :
2025-26



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GUIDANCE AND COUNSELLING CELL -2025-26

Guidance and Counselling in harmony with the goals of education, aims to facilitate maximum personal development of teacher trainees in all spheres of life. In its attempt to meet the needs of all teacher trainees, guidance and counselling makes education a meaningful and satisfying experience.

Policy:

The Guidance and Counselling Cell has to perform the following activities:

Programmes will be organised to enhance Mental health of teacher trainees

- Nurturing teacher trainees through remedial programme.
- Mentoring through individual counselling
- Providing various psychological services to teacher trainees and resolve their emotional, behavioural, academic and social issues.

Composition:

S. No.	Name	Designation	Category
1.	Dr.K. T. Nagaraj Naik	Principal, M. M.College of Education	Chair Person
2.	Dr. Shashikala G. M.	Assistant Professor, M. M. College of Education	Secretary
3.	Sri. Nataraj G. C.	Lecturer, M. M. College of Education	Member
4.	Smt. Usha G. H.	Lecturer, M. M. College of Education	Member
5.	G. Sunitha	Teacher Trainee, II year B.Ed.	Student Representative
6.	Beerappa K.	Teacher Trainee, II year B.Ed.	Student Representative


Principal
M.M. College of Education
DAVANGERE - 577 004
Karnataka State



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GUIDANCE AND COUNSELLING CELL -2025-26

Meeting Report Dated : 29-12-2025

Members Present

S. No.	Name	Designation	Category
1.	Dr.K. T. Nagaraj Naik	Principal, M. M.College of Education	Chair Person
2.	Dr. Shashikala G. M.	Assistant Professor, M. M. College of Education	Secretary
3.	Sri. Nataraj G. C.	Lecturer, M. M. College of Education	Member
4.	Smt. Usha G. H.	Lecturer, M. M. College of Education	Member
5.	Huzma J.	Teacher Trainee, II year B.Ed.	Student Representative
6.	Poornima B.	Teacher Trainee, II year B.Ed.	Student Representative

Agenda

1. Discussion on the mental health concerns of teacher trainees.
2. Planning guidance and counselling programmes for the academic year.
3. Career guidance, internship guidance and placement support.
4. Establishment of referral and confidential counselling mechanisms.
5. Any other matter with the permission of the Chair.

Agenda Item 5: Discussion on the Mental Health of Teacher Trainees

The committee held a detailed discussion on the mental health status of teacher trainees. It was observed that trainees often experience stress due to academic workload, internship responsibilities, classroom teaching practice, lesson preparation, examinations and future career concerns.

The following issues were identified:

- Emotional stress arising from family and financial responsibilities.
- Poor time management and work-life balance.
- Sleep disturbances due to academic workload.
- Excessive use of mobile phones and social media.
- Adjustment issues among hostel students.

The committee recommended regular counselling, yoga, meditation, mindfulness activities, peer support groups and life skills education to improve emotional well-being.

Resolution:

The Cell shall organize monthly mental health awareness programmes, stress management workshops, yoga and meditation sessions, individual counselling and group counselling activities.

Agenda Item 6: Guidance and Counselling Activities

The committee proposed the following activities during the academic year:

- Orientation Programme for newly admitted teacher trainees.
- Individual Counselling Sessions.
- Group Counselling Sessions.
- Life Skills Education Programme.
- Stress Management Workshop.
- Emotional Intelligence Development Programme.
- Personality Development Workshop.
- Communication Skills Development Programme.
- Mental Health Awareness Week.
- International Day of Yoga activities.

Resolution:

The proposed activities were unanimously approved and scheduled according to the institutional calendar.

Agenda Item 7: Career Guidance and Internship Support

The committee discussed providing guidance regarding teacher recruitment examinations, higher education opportunities, research, competitive examinations and professional development.

Special mentoring was proposed for teacher trainees before school internship to improve lesson planning, classroom communication, classroom management and teaching confidence.

Resolution: Career guidance and internship support programmes shall be conducted before the commencement of internship and placement activities.

Agenda Item 8: Confidential Counselling and Referral Services

The committee emphasized maintaining complete confidentiality during counselling sessions. Cases requiring specialized psychological intervention will be referred to qualified mental health professionals with the consent of the student.

A confidential record register will be maintained in the Guidance and Counselling Cell.

Resolution: The committee approved the establishment of confidential counselling records and referral procedures.

Agenda Item 9: Any Other Matter

Members suggested introducing a Student Peer Mentor System to encourage emotional support among trainees. It was also recommended to install a suggestion box for anonymous feedback and counselling requests.

The Chairperson appreciated the valuable suggestions made by the members.

Resolution: The Peer Mentor Programme and Student Suggestion Box will be implemented during the current academic year.

Conclusion

There being no other business, the meeting concluded with a vote of thanks proposed by the Coordinator. The Chairperson thanked all members for their active participation and encouraged continuous efforts towards ensuring the academic success, emotional well-being and holistic development of all teacher trainees.



Principal
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