



MANGALORE INSTITUTE OF TECHNOLOGY & ENGINEERING

(A Unit of Rajalaxmi Education Trust®, Mangalore)

Autonomous Institute affiliated to VTU, Belagavi, Approved by AICTE, New Delhi

Accredited by NAAC with A+ Grade & ISO 9001:2015 Certified Institution

CENTRAL MENTORING CUM COUNSELLING COMMITTEE

ANNUAL REPORT

2023-2024



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CENTRAL MENTORING CUM COUNSELING COMMITTEE: 2023 –24

At MITE, we believe that wellness is fundamental to the success and growth of our students and staff. In our fast-paced and demanding academic environment, counseling plays a crucial role in maintaining mental and emotional well-being. Counseling provides a safe space to discuss personal and professional challenges, helping individuals develop coping strategies, improve communication skills, and enhance their overall quality of life. Whether you are dealing with stress, facing personal challenges, or seeking guidance on your academic and career journey, counseling offers a confidential and supportive space to navigate these issues effectively.

The Central Mentoring cum Counseling Committee (CMCCC) for the academic year 2023-24 was constituted on 30/12/2023, in accordance with VTU circular Ref. No.: VTU/PS/2019-20/8247 dated 26.12.2019.

Role	Name
Chairperson	Dr. Prashanth C.M, Principal
Members	Dr. Madwaraj K.G., Professor & Head, Department of MCA
	Mr. Shamith Rao, Physical Education Director
	Mr. Santhosh Kumar, Librarian
	Mr Akshathraj, Senior Assistant Professor, Department of MBA (NSS Officer)
	Dr. Mamatha I, Associate Professor, Department of E&C (Convener -ICC)
	Dr. Suphala S Kotian, Professor, AJ Hospital and Research Centre, Mangaluru (Professional Counsellor)
Convener	Dr. Jyothi S, Professor & HoD, Dept. of Mathematics, Chief Warden, Girls Hostel



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The Central Mentoring-Cum-Counseling Committee was reconstituted effective 1st July 2024, for the academic year 2023–24. Mrs. Shaila Sequeira was appointed as the new counselor, succeeding the previous counselor who stepped down due to health reasons.

Role	Name
Chairperson	Dr. Prashanth C M, Principal
Members	Dr. Madwaraj K.G Professor & Head, Department of MCA
	Ms. Shaila Sequeira Professional Counsellor
	Mr. Shamith Rao Physical Education Director
	Mr. Santhosh Kumar Librarian
	Mr Akshathraj Senior Assistant Professor, Department of MBA (NSS Officer)
	Dr. Mamatha I, Associate Professor, Department of E&C (Convener -ICC)
	Dr. Guruprasad L Assistant Professor, Department of Physics
Convener	Dr. Jyothi S, Professor & Head, Department of Mathematics

The Central Mentoring cum Counseling Committee (CMCCC) successfully conducted multiple meetings and awareness programs aimed at improving the mentorship and counseling support system for students during the academic year 2023-24.



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MEETING DETAILS

Number of meeting conducted	: 3
The First meeting was conducted on	: 07/03/2024
The Second meeting was conducted on	: 28/03/2024
The Third meeting was conducted on	: 12/07/2024

Based on the discussions in the meetings held on the mentioned dates, the following measures have been implemented.

- Department mentor coordinators were identified to oversee mentorship within their respective departments.
- The current student support system was reviewed, and it was decided that sample progress reports would be assessed to highlight areas requiring improvement.
- A significant issue raised was students' increasing addiction to digital devices. As a result, an awareness session on "Digital Detox" was scheduled to address this concern.
- Department mentor coordinators would conduct monthly meetings with faculty mentors to gather feedback and address challenges.
- Students requiring professional counseling would be referred through a systematic process involving parental consent.
- A regular review of the mentoring system was decided to ensure continual improvement.
- Organizing an awareness program to promote mental health awareness for students and faculty members.

Future Plans:


- Expanding the digital detox program to senior students and all faculty members.
- Increasing the frequency of counseling workshops and life skills training programs.
- Conducting more regular assessments of the Mentor-Mentee support system to adapt to the changing needs of students.

AWARENESS PROGRAMS

Number of awareness programs conducted	: 2
Digital Detox	: 16/03/2024
Breaking Misconception Counseling	Barriers: Regarding : 06/04/2024


DIGITAL DETOX

Digital age has raised significant concerns due to the increased usage of digital devices which has led to the high risk of digital device addiction among youth. Central Mentoring Cum Counselling Committee (CMCCC) of MITE observed the need to address this issue with utmost priority which is noticed by the faculty mentors in the counselling process. In an era marked by the pervasive use of digital devices, the CMCCC of MITE recognized the pressing need to address multifaceted concerns. These encompass not only the rising risk of digital addiction among youth but also the lesser-known yet critical issues such as radiation effects from prolonged mobile usage, crucial factors to consider when purchasing mobile devices, and the looming threat of online hacking. In this regard CMCCC organized an awareness program "DIGITAL DETOX" to educate ill effects of mobile usage on 16th March 2024 by Mr. Adarsh Gowda, Director, SYMCON Foundation & Social Welfare Trust(R), Mysore at 10.30 AM.




MITE
Invent Solutions

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Badaga Mijar, Moodabidri, D K Dist, Karnataka - 574225




CGPA: 3.44


Central Mentoring Cum Conselling Committee
organizes
A talk on
"DIGITAL DETOX"




Mr. Adarsh Gowda P N
Director
SYMCON Foundation & Social Welfare Trust^(R)



16th March 2024



AUDI-4



Generation Z is one of the first generations to be digitally connected from a young age. Electronic screens have increased widely among all people without any age barriers. Devices with screens have become the essential tools in our daily life, especially for children and students. Teenagers use media to learn, communicate, obtain information and seek social support, self-expression and amusement. Screens have become an uncontrollable fact among people, affecting their daily style, such as their social relationships, physical health, emotional well-being and productivity.

The session highlighted on problems of radiation from towers, electronic waves, blue rays from display, etc. which has unidentifiable impact on human health. Excessive use of phone in particular has humongous health issues like cancer, brain cell damage, impact on nerve, impact on listening ability, etc. which occurs from long hours of usage. The guest highlighted about increased divorce cases due to excessive screen time of people. He said today around two percentages divorce cases are because of phone.

The trainer also mentioned about SAR rating of phone, which majority users are not aware of. He showed a chart, which creates awareness about SAR rating and the usage time. The guest also suggested not purchase few local brand phones due to SAR rating. The guest also created awareness about Nomophobia which is a dangerous state in few, which may lead to criminal offences. The session ended with question and answer from students.



Guest Speaker Mr. Adarsh Gowda P N addressing students



Students sharing feedback about session

The '**DIGITAL DETOX**' program received an overwhelming response from the students, with active participation and engagement throughout the session. The insightful presentation by Mr. Adarsh Gowda resonated with the students, leading to meaningful discussions and reflections on the impact of mobile usage on their lives. The enthusiasm shown by the students underscores the relevance and importance of addressing digital device addiction in today's digital age.

BREAKING BARRIER: MISCONCEPTION REGARDING COUNSELLING

World Health Organization (WHO) had presciently declared that “Without mental health there can be no true physical health”. Mental health is a major concern worldwide. Development in the field of mental health appears to be slow because of numerous reasons such as inadequate information about the inter-play between mental illness and other health disorders, lack of education and many more. One among that is myths and misconception about counselling. Central Mentoring-Cum-Counselling Committee (CMCCC) of MITE observed the need to address this issue with utmost priority. In this regard CMCCC organized an awareness program titled "Breaking Barriers: Misconceptions Regarding Counselling" to promote mental health awareness on 6th April 2024 at 11.00 AM. The session was led by Mrs. Shaila Sequeira, an expert in Medical Psychiatry and Counselling.

The objective of the program was to dispel misunderstandings surrounding the counselling process. During her address, Mrs. Sequeira explained the general methodology of counselling and focused specifically on the challenges faced by adolescents and how counselling can aid in maintaining mental health. The session covered various issues affecting adolescents, including:

- **Physical problems** related to body image and self-perception due to comparison.
- **Psychological problems** arising from overthinking and cognitive issues, often leading to tension.
- **Emotional problems** caused by a lack of emotional intelligence, difficulty in managing anger, anxiety, nervousness, and other emotions.
- **Social problems** stemming from difficulties in handling interpersonal relationships.



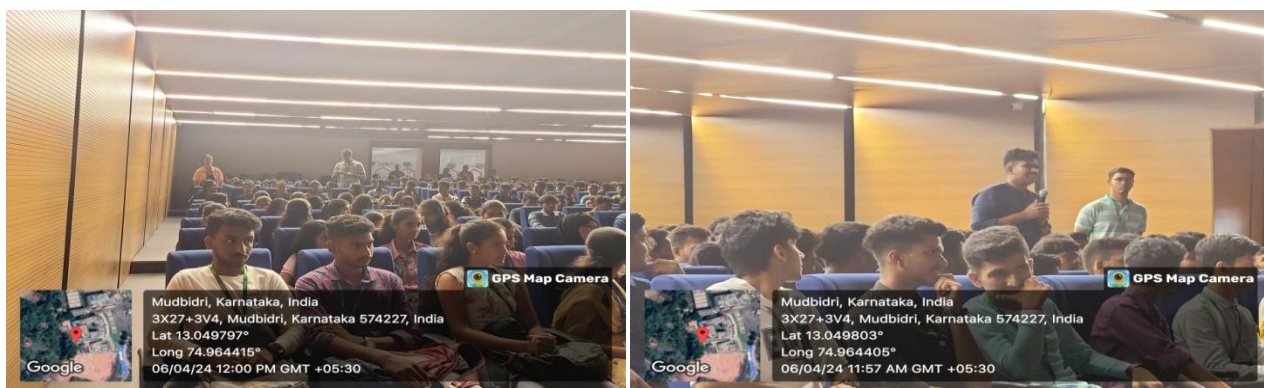
Mrs. Shaila Sequeira addressing the students

Mrs. Sequeira emphasized that counselling sessions typically involve identifying the root cause of a problem through interaction with the counselee, often requiring 5 to 6 sessions. She reassured participants that all information shared during counselling is kept strictly confidential.

The session also addressed common problems faced by students, such as lack of confidence, depression, stress, and poor time management, highlighting their underlying causes. A focus was placed on the importance of life skills, including creative thinking, critical thinking, communication, decision-making, empathy, goal setting, problem-solving, stress management, and anger management. These skills were discussed as essential tools for understanding and analyzing the mentees' challenges effectively. Additionally, strategies such as meditation, habit development, goal setting through SWOT analysis, and self-awareness were recommended to help mentees navigate their problems.

Mrs. Sequeira debunked common misconceptions about counselling, such as the belief that it involves hypnosis or electric shock therapy (ECT). She clarified that counselling is an interactive process aimed at identifying root causes and empowering individuals to resolve issues on their own.

The session was well-received by the participants, who expressed that it helped clear their myths and misconceptions about counselling. Many students had their doubts resolved by the end of the session. Feedback was collected from both the Physics and Chemistry cycle students, indicating a positive response. Dr. Jyothi concluded the event by expressing gratitude to the guest speaker, as well as to the management and Principal for their support in organizing the program.



Students sharing feedback about session



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The awareness program "*Breaking Barriers: Misconceptions Regarding Counselling*" effectively addressed critical issues related to mental health, particularly the challenges faced by adolescents. Through the insightful guidance of Mrs. Shaila Sequeira, participants gained a clearer understanding of the counselling process, its benefits, and the importance of life skills in maintaining mental well-being. The session succeeded in dispelling prevalent myths and misconceptions about counselling, equipping students with knowledge and strategies to manage their mental health. The positive feedback from participants underscores the success of the event in promoting mental health awareness, marking an important step toward fostering a supportive environment for mental well-being at MITE.

The Central Mentoring–Cum–Counseling Committee has made considerable progress in promoting student mental health and well-being through various awareness programs and initiatives during the academic year 2023-24. The active involvement and dedication of faculty mentors have been instrumental in guiding students, offering them personalized support, and identifying areas where additional help is needed. These collective efforts have significantly contributed to creating a supportive and nurturing environment for the students. The committee remains committed to organizing similar programs in the future, ensuring that students continue to receive the necessary guidance and support to navigate both academic and personal challenges effectively