



MANGALOREINSTITUTE 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
2024-2025**

CENTRAL MENTORING CUM COUNSELING COMMITTEE:2024-25

At MITE, we firmly believe that the success and development of both staff and students are closely linked to their overall wellness. In today's fast-paced academic environment, counseling and mentoring are essential to support mental, emotional, and social well-being. The Central Mentoring cum Counseling Committee (CMCCC), along with the MITE Wellness Centre provides a structured platform for students and staff to seek guidance, address academic and personal challenges, and develop coping strategies. By fostering resilience, communication, and balance, CMCCC contributes to a healthier and more supportive campus environment.

The Central Mentoring cum Counseling Committee (CMCCC) for the academic year 2024-25 was constituted on 9th November 2024 in accordance with VTU circular Ref. No.: VTU/PS/2019-20/8247 dated 26.12.2019.

The Central Mentoring-Cum-Counseling Committee for the Academic Year 2024-25:

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)
	Mr.Surjit Ram Senior Assistant Professor, Department of Humanities
	Dr. Manjula Ramannavar

Co-Convener	Associate Prof. Dept. of CS(AIML)
	Dr.Guruprasad L Assistant Professor & Head, Department of Physics
Convener	Dr.Jyothi S Professor & Head, Department of Mathematics

MITE WELLNESS CENTRE

The MITE Wellness Centre is managed by the professional counselor Ms. Shaila Sequeira who holds a Master of Social Work (MSW) in Medical Psychiatry and Counseling from Mangalore University and provides specialized support for students and staff. In addition to the guidance offered by faculty mentors, the Wellness Centre ensures access to professional counseling services to students when required. Appointments with Ms. Sequeira can be scheduled in advance through the MITE website to ensure focused and productive sessions. All sessions are conducted with complete confidentiality and professionalism.

We encourage reaching out to the Wellness Centre for a variety of concerns, including but not limited to:

- Managing stress and anxiety
- Seeking academic and career guidance
- Enhancing personal development, resolving conflicts and improving relationships
- Coping with grief, loss, or other emotional challenges

MEETINGS CONDUCTED

CMCCC conducted two meetings during the academic year 2024–25 to review mentoring and counseling practices.

Number of meeting conducted	: 2
The First meeting was conducted on	: 09/11/2024
The Second meeting was conducted on	: 24/05/2025

KEY DECISIONS AND MEASURES IMPLEMENTED:

- To improve the relationship between the mentor and mentee, it was agreed to have the same mentors for a year.
- The mentor's name must be clearly written in the counseling books along with their signature, as the

signature alone makes it difficult to identify the mentor.

- Documentation of mentoring activities will be standardized, with internal audits planned.
- Department coordinators will ensure that the faculty mentors are updating the Student Progress Reports (SPRs) book in a regular interval.
- Status of chronic cases will be compiled by department mentor coordinators and shared with respective HoD for further action.
- Mentors must maintain complete records including performance data, and achievements of their mentees.
- Students and faculty mentors shall be encouraged to reach out to the Wellness Centre and professional counselor for concerns such as stress, anxiety, personal development, relationship issues, grief, or other emotional challenges.
- Appointment booking with the professional counselor should be streamlined through the MITE web portal to ensure focused and confidential sessions.
- Awareness of the counselor's qualifications, expertise, and role should be disseminated through induction program.

AWARENESS PROGRAMS

Number of awareness programs conducted	: 2
Digital Detox	: 3/10/2024
Breaking Barriers: Misconception Regarding Counseling	: 06/04/2024

DIGITAL DETOX:

With the growing use of digital devices and the associated risks of overdependence, the CMCCC organized a session on “**Digital Detox**” on 3rd October 2024. The resource person, Mr. Adarsh Gowda, Director, SYMCON Foundation & Social Welfare Trust, Mysore, highlighted the adverse effects of excessive mobile usage, including health hazards, cybercrimes, relationship challenges, and psychological issues.



Highlighting the 4 main categories of mobile issues & stressing the ill effects of excess mobile usage

The session also emphasized concerns such as radiation exposure, disturbed sleep patterns, and Nomophobia (fear of being without a mobile phone). About 800 students participated across three batches, engaging actively in discussions. Student feedback reflected a positive impact, with many resolving to reduce screen time, adopt healthier habits, and balance digital use with meaningful offline activities.



Students giving their feedback

An overwhelming response

Students responded enthusiastically to the 'DIGITAL DETOX' program, actively participating and engaging

throughout the entire session. Mr. Adarsh Gowda's enlightening talk struck a chord with the students, sparking thoughtful conversations and introspection about how cell phone use affects their lives. The program highlighted how pertinent and crucial it is to treat digital gadget addiction in the current digital era.

BREAKING BARRIERS : MISCONCEPTION REGARDING COUNSELLING

On **18th September 2024**, CMCCC organized a session titled *“Breaking Barriers: Misconceptions Regarding Counselling”* led by **Ms. Shaila Sequeira**, Student Counsellor, Wellness Centre, MITE. The program aimed to dispel myths surrounding counselling and highlight its role in maintaining mental health.



Ms. Shaila Sequeira addressing the Students

The session addressed challenges faced by adolescents, including physical, psychological, emotional, and social issues, and emphasized the importance of life skills such as stress management, communication, empathy, and goal-setting. Ms. Sequeira clarified that counseling is a confidential, interactive process focused on identifying root causes and empowering individuals, countering common misconceptions such as counseling being linked to shock therapy or hypnosis.

Students responded positively, with many reporting that the program helped clear prejudices about counseling and encouraged them to view it as a valuable support system. The initiative marked a significant step in promoting a campus culture that is open, supportive, and proactive about mental health.



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During the academic year 2024–25, the Central Mentoring cum Counseling Committee made significant progress in strengthening student mental health and well-being through structured initiatives and awareness programs. The active participation of faculty mentors has been vital in providing individualized support, identifying areas requiring intervention, and fostering a nurturing campus environment. The Wellness Centre, managed by the professional counselor, was visited by 93 students, reflecting its growing impact on student welfare.

These collective efforts have created a culture of care and guidance, enabling students to manage academic and personal challenges more effectively. The committee remains committed to continuing such initiatives in the coming years to ensure sustained support and holistic development of all students.