



COUNSELING CELL 2023-2024

Name: Mrs. Charumathi Sridharan

Designation: Lecturer, Head of the Department of Psychology

Educational Qualification: M.Sc

Areas of Interest: Clinical Psychology, Developmental Psychology, Positive Psychology, Counseling Psychology.

Number of years of Teaching experience: 12 years



Name: Mrs. Prashanthi Mahesh

Designation: Counsellor, MES Institutions

Educational Qualification: M.Sc, B.Ed

Areas of Interest: Counseling Psychology, Career Counseling, Psychological Assessments.

Number of years of Counseling experience: 12 years



MES Institutions foster mental and psychological well-being of students through the Counseling Cell. Members of the cell counsel students with regard to academic, personal, psychological and family issues. Students are also provided Career counseling on need basis. The members maintain strict confidentiality of information and provide a safe space for students to vent and discuss their issues.

On 16/11/2023, members of the cell approached every classroom and made announcements regarding mental health services available in the Institution. Students were informed that there is no taboo or stigma attached in seeking help with respect to mental health.

Members of the cell publish prints of mental health checklist, tips for taking care of one's mental health on the noticeboard of the Psychology department.



The cell aims to develop mental health awareness through seminars and discussions.