

ANNUAL REPORT OF THE ACTIVITIES OF LOYOLA COUNSELLING CENTER

JUNE 2016 to FEBRUARY 2017

I. Individual Counselling

At Loyola Counselling Center

At Boys Hostel

At Girls Hostel

II. Group Therapies

1. Target Groups- Boys Hostel

Girls Hostel

2. Focus Groups-

(Anxiety, SELF ESTEEM, Depression)

Boys Hostel

Girls Hostel

3. Special Groups

Kaverilssue

III. Input sessions

A. Students

1. *Orientation to all first years*

2. *Input sessions*

a. Classwise to all first year –Semester 1

b. Student Awareness sessions- Semester 2

3. *Monthly themes on display*

B. Staff Programmes

1. *Enrichment programme for Non teaching Staff*

2. *Awareness programme for Teaching staff*

C. Parent Programmes

1. *Awareness programmes*

2. *Special groups*

D. LCC

1. *Staff Development programmes*
2. *Mentoring programmes*
3. *Staff Outsourcing*

IV. Department commemorations

1. International Day Against Drug Abuse and Illicit Trafficking
2. World Mental Health Day
3. International Peace Day
4. Suicide Prevention Day
5. International Day of Happiness

V. AURA CLUB

VI. PRE PLANNING FOR NATIONAL WORKSHOP

I. **Individual Counselling Sessions** were carried out

- At office of the counsellors
- Loyola Boys Hostel

- Loyola Girls Hostel

The total number of beneficiaries of individual counselling sessions is 278

II. Group therapies

1. Target groups: These groups were conducted in Loyola Boys Hostel and Girls Hostel on specific topics based on a need based analysis.

Total number of beneficiaries - 426

2. Focus Groups:

Objective and outcome envisioned: To identify and train students in specific deficit areas through group process so that students are helped tap and enhance their resources with confidence. It would also facilitate and motivate other students to potentiate themselves through the process.

Target Group: Specific students with deficits in specific areas which will be selected by administering of Questionnaires. These questionnaires will be administered and collected from different student groups like boys hostel and Girls hostel . The optimal no of students per group would be 15.

Method of conducting: The group would be administered a topic specific questionnaire and scored (the training workshops will be held in series of sessions (6-8 sessions of 1 session a for the group would be a closed homogenous one . The sessions would comprise of active interactions, a discussion, disclosure, sharing, knowledge input, activities, role plays and activities and behavioural assignments.

Resource person: If there are more than 15 students identified, simultaneous group will be conducted in other venues as much as 3 groups at a time.

Resource person: One of the counselors will be responsible for handling an entire topic through all the sessions

No of session, Timings, duration and venue: The sessions would be for one and half hour after class hours.

There will be one workshop per semester. The venue would be as per availability.

Outcome record: written feedbacks collected at the end of the workshop.

Administering of a topic specific questionnaire session after the workshop

There will be a follow up session a month after the workshop to assess the sustainability

Table 1
BOYS HOSTEL

No of Groups	Number of Beneficiaries	
	SHIFT 1	SHIFT 2
1	16	19
2	18	26
3	10	6

Table 2
GIRLS HOSTEL

No of Groups	Number of Beneficiaries	
	SHIFT 1	SHIFT 2
1	32	68
2	30	30

- 3 Special Groups: Special groups were formed based on needs and requests from Administration. Groups with students referred by Disciplinary Committee over protest for Kaveri Issue. The no of students were 12

In a collaborative meeting with the IQAC co-coordinator Dr. Xavier Mahimairaj and Dean of students Dr. Alex Parimalam and Counsellors) the first topic on 'Leadership' was conducted in August 2016.

4 Input Sessions

A. Student Program

1. *Orientation* to all first years on "Awareness needs + areas of intervention in counselling" was given. Total number of beneficiaries about 3000 students.
2. *Input Sessions*: LCC worked collaborating with SHE to address students on topics collated by our survey in the college.
SEMESTER 1: Input sessions incorporating knowledge sharing and active discussion were conducted classwise for all first years on the topic "Emotional Problems faced by our college students." Total number of student beneficiaries 3000
SEMESTER 2: Student groups were addressed on the following topics –
Topic 1: "Mobile and Internet Addiction" (2 groups)
Total number of beneficiaries -300
Topic 2: "Managing relationships effectively"
Total number of beneficiaries- 700
2 more topics namely " Procrastination" and "Goal directed living" have been scheduled in March 2017.
3. *Monthly themes on display*: Monthly posters and themes were displayed on the LED visual displays on related topics through PPTs, videos and clips

B. Staff Program

1. LCC held an *enrichment program* for the non-teaching staff on 10th Feb,2017. The topic of the programme was “Happy Job, Happy Life”. The resource person was Mrs. RamyaVasudevan, HR consultant. The total number of beneficiaries were 250.
2. *An awareness session* will be held for the teaching faculty on March 15 on the topic of “Identifying, Understanding and handling students with “addictions- process and substance”. The resource person is Dr. YaminiKannappan, Consultant Psychiatrist.

C. Parent Programs

1. *Awareness sessions* were given to parents during the PTA meets of I and II semesters. During the first session, feedback forms were collected from parents to assess and analyse the needs of the parents as well as the students.
2. *Special groups for parents:*
During the awareness programs the parents who needed more information and support in handling their wards on the issues related to substance and process addiction are asked to attend a special group session on the topic of “Addiction – Substance and Process in the Youth” in March 2017. The resource person will be Dr. Suresh, Consulting Psychiatrist.

D. LCCInhouse programmes

1. Staff Development programmes

Inservice programs -weekly and attended two national and one international workshop

3. Mentoring programmes

Loyola Counseling Centre is actively involved at various capacities in the process of reviving the Mentoring system in our college . It also form an integral part of the Mentoring framework and is inclusive of mentoring aspect in its work plan.

4. Staff Outsourcing

The counsellors at LCC take up sessions in collaboration with departments or at request. Such are the following

- Department of SHE
- Social Work Department
- Department of Service Learning
- Prolife Club
- LIAC

VII. Department commemorations

1. International Day Against Drug Abuse and Illicit Trafficking

The United Nations has been observing the International Day against Drug Abuse and Illicit Trafficking on June 26 every year since 1988.

This year's theme is '**Listen First**'. "It is an initiative to increase support for prevention of drug use that is based on science and is thus an effective investment in the well-being of children and youth, their families and their communities" (United Nations website).

This year Loyola Center for Counselling, Loyola College, Chennai and JMAADD (Jesuit Ministry to Alcohol and Drug Dependents) commemorated this day on June 24 and created awareness among its student population about Drug abuse.

Series of Activities

Banners on awareness about implication of drug abuse placed at various locations:

Main entrance

Adjacent to digital board near main gate

Side entrance

Near Canteen

Near Jubilee Quadrangle

Opposite to Human Rights stone

LIBA entrance

In front of girls' hostel

Posters put up at all department and hostel notice boards

Quizzes and classroom discussions were conducted on the topic during class hours during the week, in collaboration with the school of Human Excellence. Chocolates were given as rewards to students who actively participated.

Informative videos, quotes and images were displayed on LED TVs during the week of commemoration.

Information was also displayed on the digital board and web

Colorful and informative pamphlets in the form of bookmarks were distributed during morning and afternoon at the following places :

Main entrance gates

Side entrance

Boys' hostel

LIBA entrance gate

Silent Rally – A silent rally was organised on June 24, 2016 during the intervals of Shift 1 and 2 to sensitise and build student support and solidarity against drug abuse. Apart from open instruction to the following through PA system and printed notices, groups were specifically called for participation.

Department of Sociology

Department of Viscom

Department of Social Work

Aura Club members

Boys Hostel

Fr. Francis Jayapathy, S.J., Rector and Dean of School of Human Excellence flagged off the rally during Shift 1 break time in the morning and Fr. Henry Jerome, S.J., Dean of Outreach Department flagged off the rally for Shift 2 in the afternoon.

Course of the Rally

The rally began in the Jubilee Quadrangle and proceeded to the Human Rights stone, canteen, Chemistry block, JD block, in front of Main building then back to the human rights stone and Jubilee Quadrangle.

Students held placards, posters and slogans against Drug Abuse and about positive health and life. There were also staff support from the departments of Sociology, Vis.com and School of Human Excellence.



Students as they participate in the silent rally



Rev. Fr. Francis Jayapathy, S.J., Rector waving the flag at the start of the rally





Fr. Henry Jerome, S.J., started off the rally

2. World Mental Health Day

WHO website states “World Mental Health Day is observed on 10 October every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health.” The theme for this year is **Psychological First Aid**.

Loyola Counselling Center (LCC) which strives to promote mental health among the student population of Loyola College commemorates World Mental Health Day every year since its inception and this year was no exception. Since the Pooja holidays fall on 10th October, the commemoration was held on 13 October 2016.

Program proceedings

Morning Session

This session was held from 11:45 am to 1:15 pm and Dr. R. Subhashini, Dean, Madras School of Social Work, was the Chief Guest and addressed the students on the designated theme of Psychological First Aid and Dr. G. Gladston Xavier, Head of Department, Social Work, Loyola College gave the presidential address.

During the question and answer sessions, the participants who were from the departments of Sociology and VISCOM enthusiastically interacted with the panelists and had their queries answered.

Afternoon Session

For the session that was conducted from 2:45 pm to 4:15 pm, Dr. Sheela Julius, HOD, Department of Applied Psychology, Rajiv Gandhi National Institute of Youth Empowerment, was the Chief Guest and had an interactive session with the students on the theme given by WHO for this year.

The audience comprised of the third year under graduate students from the departments of BBA, VISCOM, Commerce, B.Com (Corporate) and Economics. This meeting was presided by Dr. Fatima Vasanth, Deputy Principal, Loyola College.



Dr. G. Gladston Xavier, Head of Department, Social Work, Loyola College, delivering the presidential address



Ms. Yazhini welcoming the Guests of Honor



Dr. Sheela Julius interacting with the students

3. International Peace Day on 21 September 2016

Loyola Counselling Center commemorated this special day by organizing an art competition class wise for first years on the said theme. The winners were recognized. In collaboration with the School of Human Excellence, special sessions were addressed on peace internal and external. The students took a pledge to help uphold peace at their personal, community and social circles



4. Suicide Prevention Day

Loyola Counselling Center commemorated the World Suicide Prevention Day on 9 September 2016 by creating awareness among the students by means of organizing street plays in its campus, offering special prayer, candle lighting within class rooms at a designated time and putting up banner at the college entrance. The Loyola Counselling Center adopted the theme given by the International Association for Suicide Prevention (IASP) namely, **CONNECT. COMMUNICATE. CARE.**

Street Play

Professor Kaleeswaran and his team from the (Art and Literary Club) conducted the street plays near the canteen where the students assemble during breaks. He provided the statistics on suicide in Tamilnadu in the month of August 2016 and some issues faced by students and how they can use counselling to vent out their feelings. The team acted out to bring the point of how a happy mind could chase out the suicidal ideations in a person.

Banners and TV displays

Information on Suicide prevention was displayed through power point presentations and banner within the college campus.

Candle Lighting

At a designated time, every class representative lit the candle as a symbol of solidarity among students and a special prayer was offered over the public address system to the entire student community that they would reach out to those needing their help.

A class representative lighting the candle at the designated time and students stand for the prayer that is being offered



Banner placed at the entrance



Various moments captured during the street play conducted by Prof Kaleeswaran and his team



5. International Day of Happiness -20 March 2017

LCC is commemorating this day throughout the month of March by displaying posters, LED displays, class wise sessions on positive psychology and happiness in collaboration SHE.