

LCC ANNUAL REPORT

JUNE 2017 TO FEBRUARY 2018

Loyola counseling center has taken up the following agendas for the academic year 2017-2018.

The following is a update of the activity of LCC

I. INDIVIDUAL COUNSELING:

No. of recipients: 267
Duration / Client: 45 min-1hour
Therapy session: 1.5 hours
Documentation: 1hour /day

II. AWARENESS GROUPS:

- Awareness sessions were conducted (June 28 –July 2nd) for the first years as an orientation to counseling, services and application

III. FOCUS GROUPS:

There were focus groups conducted twice this semester at (for shift 1 and 2)

- Boys hostel (350 students)
- Girls hostel (45 students)
- RCDA (21students)

The topics of the groups were

- *Homosexuality*
- *Handling relationships*

RCDA:

Session 1

The sessions were held for an hour and half in their respective venues. It was attended by first years

Of the above mentioned groups out of their shift timings.

Session 2

Based on student feedbacks and needs analysis, LCC again conducted a Group session on “Sexuality” for the 2nd and 3rd year UG and PG (46 students) of RCDA on 24.01.2018. The session focused on Understanding and handling issues related to sexuality through inputs, sharing, discussion and feedback.



RCDA
GROUP

BOYS HOSTEL GROUP SESSION



IV. SPECIAL GROUP THERAPY:

A series of Special group therapies were conducted (out of shift timings) inclusive for all students who wanted to participate. The topics for this semester were

- **Depression :**
No. of sessions: 3
Duration /session: 1 hour
No. of recipients: 14
- **Anxiety :**
No. of sessions: 2
Duration /session: 1.5 hours
No. of participants: 17



V. **TARGET GROUPS:**

LCC collaborated with the following units to organize and conduct target specific groups

- **Department of Placement and Training**

LCC along with the department of Placement and Training organized a Neuro-Linguistic training programme for interested final year UG students. The resource person was Br. Malcom.SJ (NLP therapist).

No. of recipients: 33

Duration /session: 1.5 hours

The main aim of the programme was to help the needy students to fully potentiate and equip themselves to face challenges; struggles especially pertaining to recruitment drives. The feedbacks were very positive and encouraging. The therapy programme proved very beneficial to them (as reported)

ACTIVITY BY BR.MALCOM



- **JMAADD**

LCC collaborated with JMAADD in organizing Student Intervention Team (SIT) consisting of student volunteers (28 members) who will work towards identifying, supporting, educating and referring fellow students suffering from substance addictions. The SIT members will be educated, trained and guided in their expected roles. The following are the programmes conducted to this regard.

- Focus group on Addictions with student volunteers
- One day Awareness programme on Addictions and initiation of SIT as a formal group
- Session 2: Discussion and sharing - Fr. Jeyapathy SJ (JMAADD founder)
- Session 3: Team Review and knowledge sharing
- 2 days Outdoor Training Program for SIT volunteers



- **Groups with Class Representatives :**
LCC conducted awareness sessions for Class Representatives (UG and PG) during a one day training programme conducted by Dean of students. The sessions aimed at sensitizing student problems and building up student referral channels.
- **FLAWS:**

Session 1:

Based on an analysis of needs and reports in the college LCC in collaboration with FLOWS conducted a session “Life at its Best – Relationships & Challenges” for all the female students of the college. The main focus was on the current scenario, expectations, challenges, obstacle, crisis faced and handled by young women. The session incorporated knowledge and experiential sharing’s, interactions, discussion and retrospection. Feedbacks received were positive.



Session 2:

On request from FLOWS, LCC conducted a session for the young women on the topic “The Psychological Approaches towards Entrepreneurship”. The session focused on identifying their aptitude, interest, skills for entrepreneurship, developing their skills and readiness for it. Feedbacks received were positive.

- **Kaushal Kendra:**

A request was made by Dr.Malini, Director, Kaushal Kendra to LCC in Dec 2017. It was to address the issue of conflict between Students and Staff (Dept of Digital Journalism). Following this, a systematic analysis of the problem was conducted by LCC, based on which a program was designed for the Students and Staff in group counseling session.

The program comprised of separate group session for the Students and Staff, Individual and concurrent sessions with the staff and conjoint sessions of Staff and Students. The program was designed for 7 hours in spaced interventions.

Based on the initial assessments, the following were addressed – students grievances, staff grievances, appropriate and inappropriate class room behaviors, absenteeism, late submissions, attitude problems, communication problems, lack of motivation, lack of clarity and lack of focus.



Ms. Yashini addressing the students



Ms. Christina, addressing the staff



Conjoint sessions with staff & students





- **Parents Awareness Program:**

The Parent Teachers meeting for the Dec – Mar Semester 2018 was held on the topic “Parenting Styles” on 20 Jan 2018. During the meeting, LCC conducted an awareness session for the parents of Shift 1 and Shift 2. The session focused about bringing awareness on parenting styles, healthy practices, active discussion and the services of LCC. The feedback collected was positive.



Ms. Christina, handling the session



Interactive session by Mr. Kiran



- **Collaboration with IQAC:**

IQAC conducted a training program for the student representatives of the IQAC Quality Circle. LCC was requested to handle the program on the topic “Effective Communication Skills”. The following are the details regarding it. The program started on 22.01.2018 with a silent prayer, consisting of (120 participants) followed by an introduction to the topic. The session comprised of different components, barriers, assets and adjuncts to effective communication. The session incorporated activities, discussions, inputs & interaction to facilitate insight based experiential learning. The session concluded with a brief therapy to enhance & enrich their Self Efficacy. The feedback collected was positive



ACTIVITY BASED SESSIONS



VI. COMMEMORATION OF SPECIAL DAYS:

- **International Day against Drug Abuse:**

In commemoration of the International Day Against drug abuse, LCC together with SHE planned set of activities to be carried out in their individual classes through 2 weeks in order to both enforce impetus and awareness into “Addictions”

The SHE staff were given training sessions by LCC for them to conduct inputs, discussions and debates on the topic.

- **World Mental Health day**

WHO - Theme of the year : Mental Health in Workplace

Program Topic : Peace at Work

Participants : 150 Non Teaching Faculty

Venue : L.S Hall

Timing : 3 pm to 5 pm

The Loyola Counselling Centre commomerated the World Mental health Day (Oct 10th) on this year’s theme ,”Mental Health at Workplace” by organising a stress management program on the topic ,”Peace at Work “for the Non Teaching Faculty of our college on 25th October,2017,at L.S.Hall from 3pm to 5 pm.

The main focus on the program was to nurture a positive ambience amongst the staff,bringing about the awareness of proper communication,incorporating stress management techniques in daily life , personal and work life balance. It also included a relaxation program during the conclusive part of the session.

The session was handled by Counsellors, Ms.Yazhini & Ms.Christina .It involved Games, Activities, Inputs aided by PPT, Active interactions & Discussion and Relaxation therapy. The session was well received and appreciated during the feedback at the end of the session



THERAPY SESSION FOR NON-TEACHING STAFF

VII. PERSONAL MENTORING :

Apart from being a Functional part of the personal Mentoring Programme, LCC was also actively involved in the Training, Framing of Intake & Documentation and Referral formats for mentoring.

VIII. STUDENT INPUT SESSIONS:

LCC was actively involved in giving input sessions to Final year MSW students, on counseling topics. Input sessions were given during their scheduled working hours. (3 days a week for 3 weeks)