



# LOYOLA COUNSELLING CENTER

[ LCC ]

# Loyola Counselling Center (LCC)

## AIM:

- To Foster Emotional Well Being & holistic Development.
- To cater to the Emotional Concerns, Crisis And Management.
- To facilitate a healthy nurturing network among Students, Staff And Parents And Enriching Quality of Life.

## OBJECTIVE:

- To work at preventive level through individual and group sessions.
- To work at remedial level through individual and group sessions.
- To work at the rehabilitative level through individual and group sessions.

## PROCESS:

- One to One Counselling.
- Group Sessions and Programs for Students, Staff (Teaching, Non Teaching), Parents.
- Commemoration of Special Days (Anti Drug, Mental Health, Suicide Prevention, Happiness Day).

# Outcome of Counselling

- Increased Awareness of Emotional wellbeing evident in Focus Group Discussions, Surveys and Discussions.
- Reduction in stigma in approaching help for emotional health, evidenced by increase in number of referrals and beneficiaries.
- Improved Self efficacy and Coping Skills reported in self report feedbacks
- Improved Interpersonal relationships and mutually enriched gratification in personal, academic, family and social interactions shared in one to one and group sessions.



# Loyola Counselling Center (LCC)

## INDIVIDUAL COUNSELLING

## GROUP SESSIONS

## OMMEMORATION

1. ANTIDRUG DAY
2. MENTAL HEALTH DAY
3. SUICIDE PREVENTION DAY
4. HAPPINESS DAY

## TARGET GROUPS

- Boys Hostel
- Girls Hostel
- RCDA

## FOCUS GROUPS

- Student Intervention Team (S.I.T)
- Faculty of Addiction Policy team (F.A.P.T )
- Mentoring

## SPECIAL GROUPS

- Orientation
- Dept Visits
- Need Based
- Request Based