



ST. TERESA'S COLLEGE (AUTONOMOUS) ERNAKULAM

**COUNSELLING CELL**

REPORT OF ACTIVITIES: 2020-21

**Teacher In-charge**

SUJATHA R E

**ACTIVITIES**

This year can be considered as difficult times for all of us as COVID-19 has brought rapid changes in the way we live, work and interact in a society. This has provoked the feeling of fear, anxiety and depression among students. During the period of lockdown, it was not only important to stay physically healthy but also to take care of our mental well-being too.

THE MEMBERS OF THE CELL:

Principal, Dr. LIZZY MATHEW

Smt. SUJATHA R E

Smt. BINDU JOHN

Ms. NIJA BABY (COUNSELOR EXPERT)

Ms. MINU THOMAS (COUNSELOR EXPERT)

Teacher's in-charge of departments:

Ms. ARUNIMA-BHARATHANATYAM

Ms. ARYA P MOHAN-BOTANY

Ms. MARY LINCY-CHEMISTRY

Smt. ELIZABETH RINI.K F-COMMERCE

Smt. JINI JUSTIN D'COSTA-COMMERCE (SF)

Smt. DHANYA R-COMPUTER APPLICATIONS

Dr. PEARLY ANTONY.O-ECONOMICS

Dr. STANCY S-HISTORY

Smt. TERESA KUNCHERIA-HOME SCIENCE

Smt. ANU RAJ-MANAGEMENT STUDIES

Smt. GEORGIA ANN BENNY-SOCIOLOGY

Here is a brief report of the activities of counselling cell done during this academic year 2020-21

- Approximate, more than 250 calls attended, counselled & guided by the Experts of the Cell
- Most of the students' call were related to Examination's fear and loneliness caused during this lockdown situation
- Students were also worried about their parents in this crisis
- students also shared the feelings about fear, stress, and worried about their carrier

I am happy to inform you that the experts of the Cell are most sincere and technically sound and also notable that almost all the complaints are satisfied with our experts.

#### OTHER ACTIVITIES

- Conducted an orientation program to the faculties of various department of St Teresa's college on the counselling needs and techniques, to get concept of emotional hygiene and how can teachers as well as parents play a role in building a mentally fit youth. Attached please find the report of this program....

..... REPORT ON EMOTIONAL HYGIENE AND PSYCHOLOGICAL FIRST AIDS  
Transferable skills for Counsellors on 6 th November, 2020