

St.Teresa's College (Autonomous), Ernakulam

Counselling cell

Counselling cell, St.Teresa's College(Autonomous)Ernakulam, always rendering unique services to students and their families. The Covid-19 pandemic and lockdown has plunged the life of student community and their families into uncertainty and other distressing episodes which are relentless. To manage this pandemic crisis in the best way possible, counselling cell of St.Teresa's College initiated a new project " Sasneham- Teresian Swanthana Pariraksha". Mental health wellbeing is just as important to us as breathing is- so we deemed it as our duty and privilege to extent a helping hand to you. Trust, we are there for you in your distressing times to hear you, support you and rehabilitate you- we care your mental health.



As follow up programme of this need -based counselling is offered to the students and parents. To give a fresh start to academic year a session organised for student community on June 3rd on "Study smart and face examinations with confidence by Dr.Thara Sebastian – motivational speaker and trainer . Around 852 students were benefitted through this session. It was conducted as an online session and Webex platform was used.



**ST. TERESA'S COLLEGE (AUTONOMOUS),
ERNAKULAM**

COUNSELLING CELL

Sasneham- Teresian Saanthwana Pariraksha
Presents

**STUDY SMART AND
FACE EXAMINATIONS
WITH CONFIDENCE**

Session by

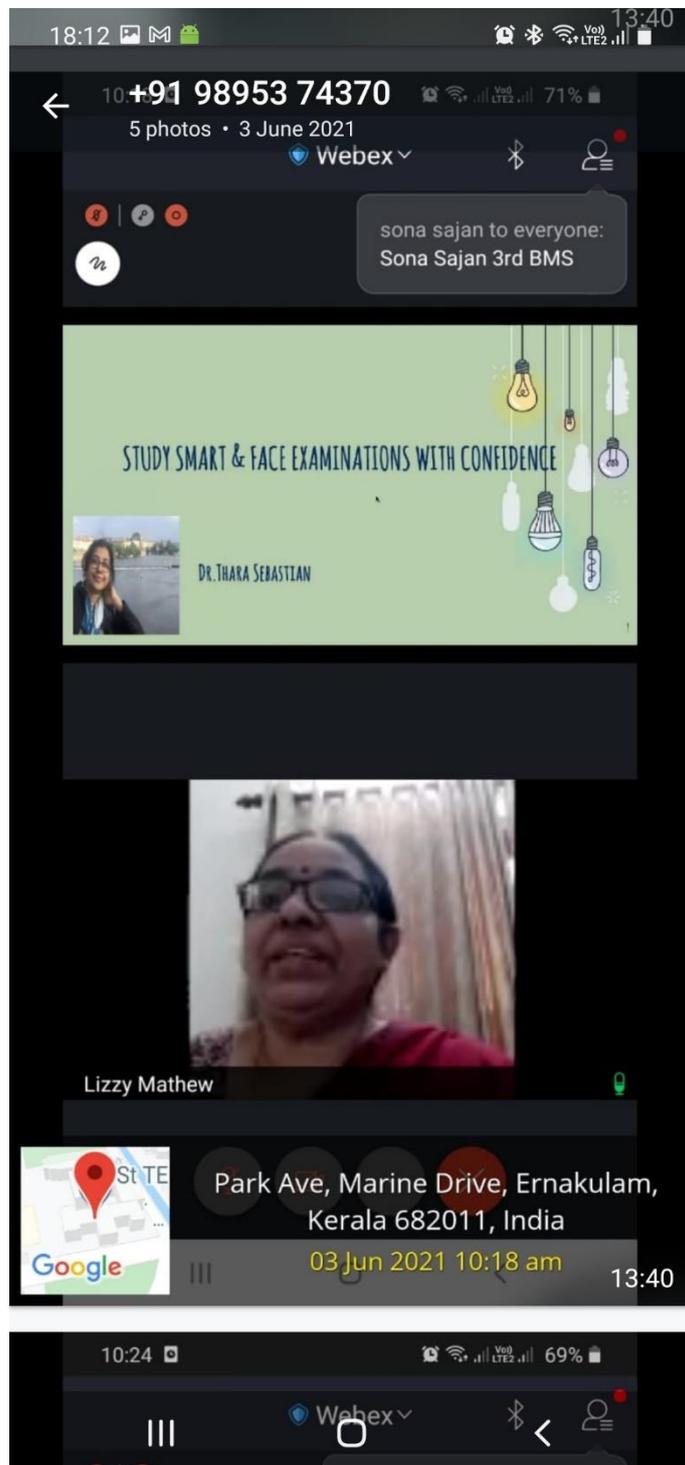


Dr Thara Sebastian, Retd HoD
Department of Home Science
St. Teresa's College, Ernakulam
Motivational Speaker and Trainer

Date : 3rd June 2021

Time : 10:00 am

Venue : Google Meet



BASIC PSYCHOLOGICAL SUPPORT CAMPAIGN FOR KUDUMBASREE VIGILANT MEMBERS



The Department of Psychology, St. Teresa's College (Autonomous), Ernakulam, in collaboration with Aster Medcity, Kochi, held a training program on Basic psychological Support on 4th March 2022. The program was held in the Seminar Hall of Arts Block, St. Teresa's College campus from 10.30 a.m. to 1.00 p.m.

The program was inaugurated by Fr. Bobby Jose Kattikad and Shri C. Jayakumar, Assistant Commissioner of Police, Kochi Central. The program was presided by Rev. Dr. Sr. Vinitha, Provincial Superior and Manager, St. Teresa's College, Ernakulam. The program was also attended by Dr. Lizzy Mathew, Principal, St. Teresas's College, Ernakulam, Ms. Bindu John, Head, Department of Psychology members of Kudumbasree units around Ernakulam, faculty members, and students.

Fr. Bobby Jose Kattikad in his inaugural address highlighted the role of women in society and how a woman is equivalent to a river that flows and thrives. Shri C Jayakumar spoke about how women in communities could prevent crime by being alert and vigilant in their communities and through the activities of the Kudumbasree units. The importance of offering psychological support and the role of Kudumbasree was stressed in the inaugural session by the speakers.

The training session for the 45 Kudumbasree members and 80 UG and PG students was conducted by Mrs. Gana P.C, Clinical Psychologist of Aster Medcity, Ernakulam.

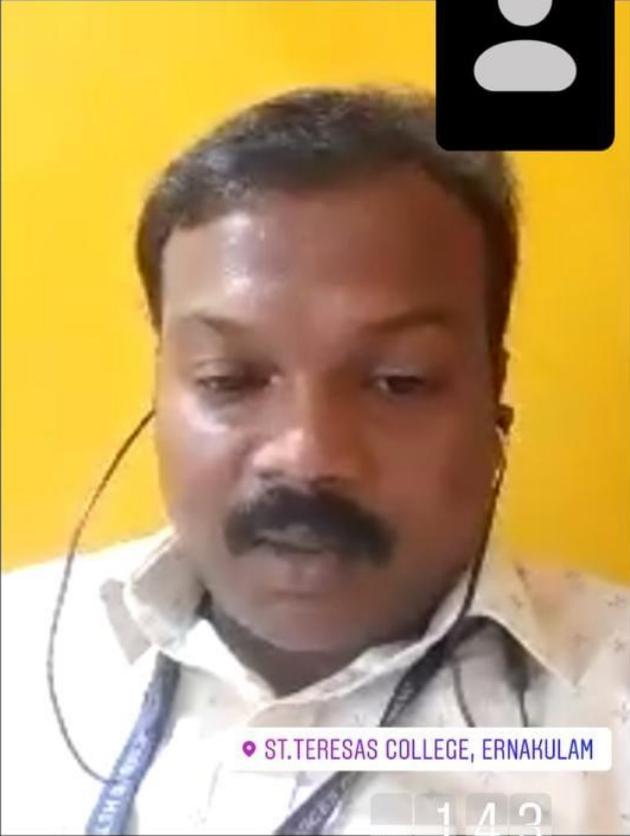
The program aimed to create awareness among the Kudumbasree Vigilant members and students and enable and equip them to give basic psychological support to those in distress as they can be considered community workers and can reach all the parts of the society.

TELE-COUNSELING FOR COVID PATIENTS & FAMILIES



Zoom

Leave



ST. TERESAS COLLEGE, ERNAKULAM

1:43 PM



Unmute



Start Video



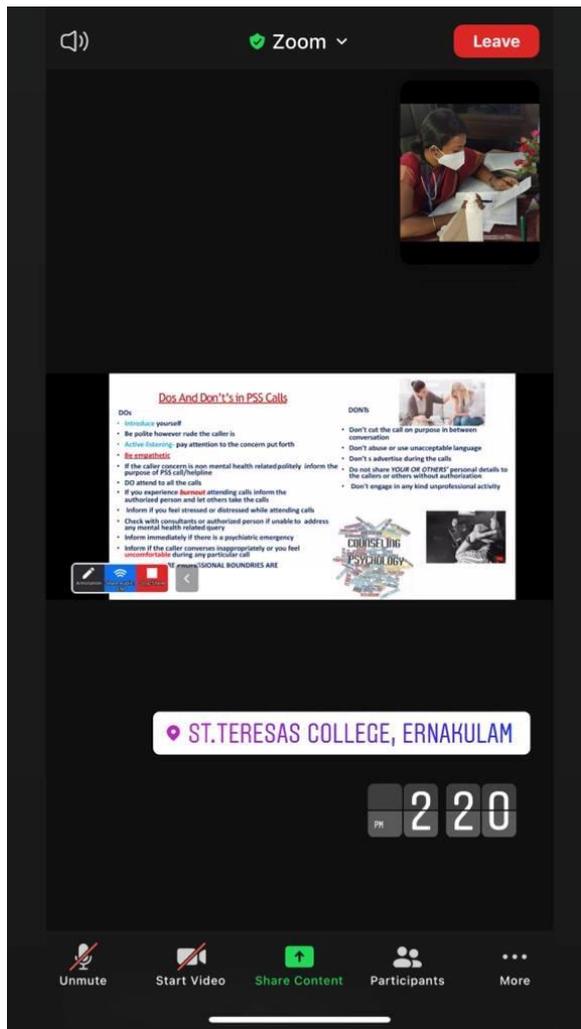
Share Content



Participants



More



The Department of Psychology and counselling cell has joined hands with the District Mental Health Office, Ernakulam to provide tele-counseling for the general public reeling under the pandemic. The objective is to provide mental wellbeing checkups and give counseling to patients of Covid 19 as well as to their family members. The final year students of B.Sc and M.Sc have volunteered their time to lend an ear to the sick and weary as well as provide them with coping strategies to reduce stress.

The District Mental Health Office, Ernakulam conducted two training programs for the students who have volunteered to be tele-counselors during this pandemic period. The online training programs for the newly joined student counselors were held on April 22, 2021 at 1:30 pm and April 28th 2021 by Mr. Vigin and Dr Saumya Raj, Nodal Officers of DHMO. Around 65 students benefitted from the training and have actively started tele-counseling services for patients and families suffering from Covid- 19.

“PSYCHOLOGICAL SUPPORT CAMPAIGN” FOR POLICE OFFICERS, ERNAKULAM



The Department of Psychology in association with counselling cell organized a training program on “Providing Psychological Support” to Police Officers on 23rd February 2022 in collaboration with Aster Medcity, Ernakulam. The program was organized as part of the outreach program of both institutions. The program was attended by 45 Station House In-Charge from Kochi city.

The training program was inaugurated by Shri Kuriakose V U. Deputy Commissioner of Police, Kochi city. The training session was led by Dr. T R John, Senior Consultant, Psychiatry and Director of Medical Affairs, Medcity supported by the Head of the Department of Psychology Ms. Bindu John. The interactive training program highlighted the different ways in which police officers could identify mental distress in others and the various ways of approaching and communicating with such individuals so as to reduce their distress.