

COUNSELLING CELL REPORT 2022-23

Faculty advisors- Dr. Leena Leon, Smt. Bindu John and Dr. Archana Menon.

Counselling cell, St.Teresa's College(Autonomous)Ernakulam, always rendering unique services to students and their families. The main focus of the cell was to ensure life-centered support to students and their families by group counselling as well as individual counselling.

MENTAL HEALTH AWARENESS AT ST DOMINICS'S SCHOOL PALLURUTHY

The faculty and students of the Department of Psychology along with Counseling Cell of St. Teresa's College (Autonomous) conducted a training program on Mental Health for 8th and 9th standard students of St. Dominic's School, Palluruthy, on February 10th, 2023.

The Post Graduate students of the Department of Psychology, took sessions on Mental Health and well-being, Peer Relationships, Emotional Regulation, and Cyber Bullying. The session started with an introduction to mental health and its significance in our daily life. Various techniques for managing mental health, such as mindfulness, meditation, and yoga were imparted to the students. Participants were given practical tips on how to incorporate these techniques into their daily routines. The participants were also given information on mental health resources and how to access them. This included information on hotlines, support groups, and other resources that can aid in times of need.

The participants were attentive and interacted well, and the school management appreciated the initiative taken by the Department of Psychology. The awareness session was an informative and engaging program that provided participants with a deeper understanding of mental health issues and practical tools for managing mental health.



DEPARTMENT OF PSYCHOLOGY AND COUNSELLING CELL

AWARENESS SESSION ON CHILD SEXUAL ABUSE AT KV SCHOOL, NAVAL BASE

Ms. Bindu John, Assistant Professor and Head of the Department of Psychology engaged an awareness session on Child Sexual Abuse for the students of Kendriya Vidyalaya School, Naval Base on 3rd February 2023. More than 450 students from standard 6-9 attended the session in the auditorium of the school. The program was organized by Sakhi One Stop Center, Ernakulam, and Harbour Police Station, Ernakulam.

Child Sexual Abuse is a serious violation of human rights and human well-being and the growing incidents of sexual abuse of children are becoming alarming. To address this and bring about awareness, the students of K.V. School were given awareness about safe and unsafe touch, and the various forms of sexual abuse including exhibitionism, exposure to pornography, and voyeurism. The students were also made aware of the various ways in which predators lure and groom children into sexual acts. The POCSO laws as well as the actions that can be taken to prevent becoming victims of sexual abuse were explained to students to guard themselves while

interacting with others in social settings. The students were highly interactive and engaged with the resource person asking a host of questions and doubts.

Ms. Sandhya V K, Psycho-Social Counselor from Sakhi One Stop Center, Ernakulam and the ASI from Harbour Police Station also attended the session.





DEPARTEMENT OF PSYCHOLOGY AND COUNSELLING CELL
WORKSHOP ON EXPRESSIVE ART THERAPY


The poster features a vibrant, multi-colored background with abstract shapes in shades of yellow, orange, pink, and blue. At the top, there are four logos: a black silhouette of a person jumping, the St. Teresa's College crest, a '100' anniversary logo, and a tree logo. The text is centered and reads: 'ST. TERESA'S COLLEGE (AUTONOMOUS) ERNAKULAM', 'Department of Psychology', 'Workshop on Expressive Arts Therapy', 'RESOURCE PERSON', 'Ms. Merin Thomas Remedial Educator & Facilitator', 'Date: 9/11/22', 'Time: 11AM', 'Venue: Central Block', 'Head of the Department: Ms. Bindu John', and 'Faculty Coordinator: Ms. Teena Benny'. There are also decorative elements like a guitar icon and musical notes.

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

Department of Psychology

**Workshop
on
Expressive Arts Therapy**

RESOURCE PERSON



**Ms. Merin Thomas
Remedial Educator & Facilitator**

**Date: 9/11/22
Time: 11AM
Venue: Central Block**

**Head of the Department: Ms. Bindu John
Faculty Coordinator: Ms. Teena Benny**

The Department of Psychology and the Counseling Cell of St Teresa's College, (Autonomous), Ernakulam, organized a workshop on Expressive Arts Therapy on 9th November 2022, Wednesday at 11 a.m. in the Central Block.

Ms. Merin Thomas who is a Remedial Educator for children with learning disabilities and a Facilitator in Expressive Arts Therapy and Counseling led the workshop for the M.Sc Psychology students of the department. Ms. Merin is presently a part of the training content team for the Capabilities Exploration and Enhancement Programme (CEEP), an initiative that grooms students who are socially and economically backward, coming under the umbrella of Mission Better Tomorrow.

Ms Merin started the session with an introduction to Expressive Arts Therapy. Expressive Arts Therapy is an integrative, multimodal approach that utilizes a variety of methods including writing, music, visual arts, drama, and dance to help people achieve personal growth. People work with a trained therapist who helps them explore and understand their reactions to their experiences with different forms of expressive art. She stressed the importance of journalling and how it is helpful in coping with daily challenges.

The students were engaged in different experiential activities like emotional weather forecasts, playback theatre, and fluid states. The participants were attentive and interacted well with the resource person.

The program helped to gain insight into various expressive art forms and was well received by the students and faculty members

DEPARTEMENT OF PSYCHOLOGY AND COUNSELLING CELL

AWARENESS DRIVE ON MENTAL HEALTH

The You Matter Counselling Centre of the Department of Psychology organized an Awareness Drive on Mental Health for the students of Vocational Higher Secondary School, Irumpanam on 18th Oct 2022 from 10.30 a.m. to 1.30 p.m.

Five students and one faculty of the Department of Psychology took awareness sessions for 8th, 9th and 10th-standard students on various topics related to mental health. The sessions engaged included

- Mental Health and Well-being by Ms. Hajira K.M of 2nd year M.Sc Psychology
- Emotional Regulation and Coping with Emotional Distress by Reeba Manu of 1st year M.Sc Psychology.
- Toxic, and Healthy Relationships by Jewel of 1st year M.Sc Psychology.

- Cyber Bullying and Revenge Pornography by Fiza Fathima and Suha AG from 1st-year M.Sc Psychology.
- Exam Anxiety and Creating Good Study Habits by Asst. Prof Anjitha Venugopal for Xth Standard students.

A total of 150 school students benefitted from this awareness drive which was well received.



DEPARTEMENT OF PSYCHOLOGY AND COUNSELLING CELL

WORLD MENTAL HEALTH DAY

ST. TERESA'S COLLEGE(AUTONOMOUS)
ERNAKULAM

Department of Psychology
Celebrates

WORLD MENTAL HEALTH DAY 2022

Theme : Make mental health & well-being
for all a global priority

SEMINAR ON
Managing Depression and Anxiety
Resource Person

Dr. Elsie Oommen
Consultant Psychiatrist
Medical Trust Hospital , Kochi

Date: 10/10/2022
Time: 9-10 AM
Venue: New Auditorium, Arts Block

Head of Department: **Ms. Bindu John**
Faculty Coordinators: **Ms. Ann Joseph**
Ms. Annleena Anil

The Department of Psychology and counselling cell St. Teresa's College, commemorated **World Mental Health Day** on the **10th of October 2022**. World Mental Health Day is marked every year on October 10 to raise awareness about mental health around the world and to mobilize

efforts to support those experiencing mental health issues. Every year the World Health Organization (WHO) organizes a global campaign on World Mental Health Day for mental health education, awareness, and advocacy against social stigma. This year's theme is Make Mental Health & Well-Being for All a Global Priority. With regard to this, the Department of Psychology organized a seminar on the topic of **Managing Depression and Anxiety** to raise awareness of the same among students and faculty members. The Seminar was held in the Arts Block of the campus from 9.30 a.m. to 11.00 a.m.

The Seminar was led by **Dr. Elsie Oommen a Consultant Psychiatrist at Medical Trust Hospital, Kochi**. Dr. Elsie Oomen has more than 10 years of experience in the field of Psychiatry, including 4 years of teaching experience in different Medical Colleges.

Dr. Elsie Oommen engaged the students on various aspects of mental health, including identifying signs and symptoms of depression and anxiety, causes of depression and anxiety, like substance abuse, toxic relationships, academic stress, peer relationships, conflicts with parents and authority figures, and so on. She also spoke about choosing healthy coping ways for depression and anxiety.

The seminar was attended by the UG and PG students of the department along with the faculty of the Psychology department. Her session helped the participants gain insight into coping with mental health issues.



DEPARTMENT OF PSYCHOLOGY AND COUNSELLING CELL

TRAINING SESSIONS IN SAINTGITS COLLEGE, KOTTAYAM

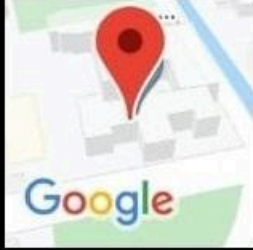
The Department of Psychology at St. Teresa's College (Autonomous), Ernakulam organized training sessions on The Science of Love & Relationships and Emotional Regulation on March 3rd, 2023 for the MBA students of Saintgits Institute of Management, Kottayam. The sessions were conducted as part of the MoU signed with Saintgits Institute of Management for the exchange of faculty for learning and knowledge building.

Asst. Prof. Bindu John, Head of the Department of Psychology, and Ms. Ann Joseph, Assistant Professor of the Department of Psychology, facilitated the sessions for the First Year MBA Students of Saintgits Institute of Management.

Ms. Bindu John explored the training sessions on the Science of Love and Relationships, discussing various theoretical models related to love and relationships, the role of communication in building and maintaining healthy relationships, and strategies for building intimacy and emotional connections. She also explored the various reasons that cause relationships to break down and the impact of healthy relationships on the growth and development of children in marriages.


Ms. Ann Joseph discussed the impact of emotions on our daily lives, the different types of emotions, and the importance of self-awareness in managing emotions. She shared different techniques for regulating emotions, including deep breathing, progressive muscle relaxation, and art therapy, and discussed various models related to understanding and regulating emotions.

The speakers provided a comprehensive overview of the science of relationships and emotional regulation and also offered practical tips for maintaining healthy relationships and managing one's emotions effectively. The program helped educate students on how to manage their emotions effectively and improve their overall well-being. It also helped them understand the various factors that contribute to building and maintaining healthy relationships. 93 students of the MBA program at Saintgits Institute of Management benefitted from the program.



Saintgits Institute of Management, Kottayam,
Kerala 686532, India
03 March 2023 05.46 pm


DEPARTMENT OF PSYCHOLOGY AND COUNSELLING CELL
CAPACITY BUILDING PROGRAM FOR VICTIM RIGHT CELL



St. Teresa's College (Autonomous), Ernakulam
Department of Psychology
in Collaboration with
Victims Right Centre (A Project under KELSA)

Capacity Building Program on
Basic Counselling Skills
Program for Family Counselling and Victims Right Centre, High Court, Kerala

Resource Person



Dr. Razeena Padmam
Professor & Director (Retd)
Director Skills- A Centre for Behavioural Enrichment
(Former Director, School of Behavioural Sciences, MG University)

Date: 15/10/2022
Venue: Central Block, Convent Road
Time: 2:30 pm

Program Coordinators:
Adv. Parvathy Menon
Chief Coordinator, Victims Right Centre
Ms. Bindu John
Head, Department of Psychology

Faculty Coordinators:
Ms. Teena Benny
Ms. Malavika Jaisankar

The Department of Psychology, St Teresa's College (Autonomous), Ernakulam in collaboration with the Victim Rights Centre, a project under Kerala State Legal Services Authority, organized a Capacity Building Program on Basic Counselling Skills on 15th October 2022, Saturday at 2.30 pm in the AV Room, Science Block. The training program was conducted for members of the Victim Rights Cell, social workers, and lawyers of various NGOs, and law college students.

The training program was led by Dr. M.S Razeena Padmam, Former Professor & Director School of Behavioural Sciences, M.G. University currently **the** Director of Skills in the Centre For Behavioral Enrichment.

Mrs. V.P. Seemandini, Senior Counsel and Chief Advisor, Victim Rights Centre presided over the program. Adv. Parvathi Menon, Chief Coordinator of, the Victim Rights Cell also graced the occasion with her presence.

Dr. Razeena gave insights about what is counselling, the importance of setting short-term and long-term goals in counseling, and the various essential skills required of a good counselor. The importance of time management, organizational abilities, empathy, and listening was stressed during the session. Her session helped the participants gain insight into various aspects of counseling and the importance of being mindful of the people around them.

The program witnessed the participation of around 45 members from the law fraternity, Victim Rights Cell, NGOs, and also law students.

DEPARTMENT OF PSYCHOLOGY AND COUNSELLING CELL

WORLD SUICIDE PREVENTION DAY OBSERVATION

ST. TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM
DEPARTMENT OF PSYCHOLOGY
**WORLD SUICIDE PREVENTION DAY 2022-
CREATING HOPE THROUGH ACTION**

RESOURCE PERSON:

**MS. ANEETA MARY NICHOLAS
CLINICAL PSYCHOLOGIST, RENAI MEDCITY**

VENUE: SEMINAR HALL, ARTS BLOCK
DATE: 14/09/22 WEDNESDAY
TIME: 9.00 AM

**MS. BINDU JOHN
HEAD OF THE DEPARTMENT**

**FACULTY COORDINATORS:
ASST. PROF. ANJITHA VENUGOPAL
ASST. PROF. BHAVANA SANJOJ**

In observance of World Suicide Prevention Day on September 10th, the Department of Psychology, St. Teresa's College (Autonomous), Ernakulam organized a seminar on the topic **'World Suicide prevention day 2022- Creating Hope through Action'** on 14th September 2022, in the Seminar Hall, Arts Block from 9.00 a.m. to 10.30 a.m.

The resource person for the talk was **Ms. Aneeta Mary Nicholas, Clinical Psychologist, Renai Medcity** Ernakulam. She worked with premier hospitals in Kerala for about 18 years. Her

training and experience in managing Mental Health issues range from children to senior citizens. The seminar was attended by undergraduate and postgraduate students of Psychology along with the faculty of the Psychology Department.

Ms. Aneeta Mary Nicholas gave insights into the theoretical and cultural background of suicides and types of suicides. She also discussed some of the myths related to suicides and the methods to prevent suicides. She discussed her personal experiences related to different cases that she dealt with in terms of suicides and suicide prevention.

The program helped educate and create awareness among students about the psychology of suicide and the methods of suicide prevention.