

ANNUAL REPORT OF LOYOLA COUNSELLING CENTRE (LCC)

JUNE-FEB,2018 -19

1. INDIVIDUAL COUNSELLING – 282 Clients

2. TARGET GROUPS-

RECIPIENTS : First years -BOYS HOSTEL
-GIRLS HOSTEL
-RCDA

NO OF SESSIONS : 5 (Separately for each shift ,out of college hours)

TOPICS : i. Awareness to Counselling
ii. Sexuality
iii. Handling Emotions
iv. Study and Memory Techniques
v. Addictions

3. ORIENTATION TO FIRST YEARS

4. CLASS VISITS TO FIRST AND SECOND YEARS (In collaboration with SHE)

5.SPECIAL GROUPS

I. RECIPIENTS (In collaboration with): PLACEMENT & TRAINING DEPARTMENT (final year UG students)

NO OF SESSIONS : 4

TOPICS : i. Preplacement Requirements
ii. Psychological readiness to Interviews
iii. How to face interviews
iv. Streamlining Personal skills

II. RECIPIENTS (In collaboration with): RCDA first year students

NO OF SESSIONS : 2

TOPICS : i . Essential Interpersonal skills

ii. Psychological Readiness to Interviews

III. RECIPIENTS (In collaboration with): BBA (Shift 2)

NO OF SESSIONS : 1

TOPIC : i . Love Life & Positive Living

IV. RECIPIENTS (SIT): Student Intervention Team

NO OF SESSIONS : 12

TOPICS : i . Working on self efficacy

ii. Inputs and Awareness on Addictions to Class Representatives, IQAC Quality Circle members, and FLOWS members

iii. How to approach a fellow student in addiction

iv. Rapport building and information sharing

v. Guidance through referral channels & continuing support

vi .Ongoing awareness and discussions

V . RECIPIENTS (In collaboration with): LOYOLA FM

NO OF PROGRAMS : 10

TOPICS : i .Recorded Programs for on Air

ii. Discussion Panels and groups

iii. Contributing as resource sharing for Ripple Effects program (Also member of The Ripple Effects Team)

iv. Counselling Sessions for Community based govt. school children and staff

VI. RECIPIENTS (In collaboration with): IQAC Quality Circle members

NO OF SESSIONS : 2

TOPICS : i . Counselling Needs among students

ii. Emotional Quotient

6. SPECIAL COMMEMORATION DAYS

I. **International Day against Drug abuse** - June 26

Commemorated for 2 weeks with Classroom based activities, inputs and discussions , posters, LED displays, Photography and Caption Competitions

II. **Suicide prevention Day** – September 10

Commemorated for 2 weeks with Classwise awareness activities, formation of **The Suicide Prevention Team (SPT)** with representatives from various streams, posters, LED displays and videos

III. **World Mental Health Day** – October 10

Commemorated for a week with Posters and LED displays on Positive Mental Health & Living

7. STAFF PROGRAMS

LCC is actively involved in

I . Academic and Personal Mentors Training Program

II. **Faculty Addiction Policy Team (F.A.P.T)** comprising of 20 actively participatory faculty volunteers working specifically for the problem of Addictions. The working committees are The Research committee, The Addiction Policy Draft committee, Ongoing Campaign committee, Action in Girls and Boys Hostel committee.

III. Session for Teaching Faculty ,shift II on Mental wellbeing and emotional balance of the faculty

IV. Program for Non Teaching staff on “Relationship Enrichment –Neeyum Naanum”

8. PARENTS PROGRAMS

i. Addressing parents during the PTA Meets

9. AURA CLUB

The Aura Club is one of the undertakings of LCC to facilitate self-awareness, self-motivation and enhancement as well as to reach to and help fellow students in distress through peer guidance and also to act as referral channels .

10. LCC Staff programs

- Participating in regular upgrading in the field by attending workshops ,discussions and seminars.
- Presented The Best Practices of Loyola Counselling Centre at The National Conference, Christ University, Bangalore