



ST. XAVIER'S COLLEGE FOR WOMEN, ALUVA
REACCREDITED BY NAAC WITH A GRADE (CGPA 3.33)

**COUNSELLING CLUB
ANNUAL REPORT
2019-2020**

COUNSELING CELL 2019- 20

Counsellor : Dr.Sr.Ruby, CTC, Prasanthi Counselling Centre, Edapally

Coordinators : Dr. Vimala George & Ms. Ruby M. Pillai

Introduction: Education stands for an overall development of a student. A Counselling Cell functions in the college to enable the students for their holistic development through identifying their inner strength. The students are empowered with life skills needed to face the challenges they are facing in the present scenario.. The Counselling cell of the college functions once in every week for the students and faculty. The service of Dr. Sr. Ruby CTC, Counsellor, Prasanthi Counselling Centre, Edapally is availed on other days too based on the need. Parents are also called for counseling if the need arises. Problems usually brought to the fore front were those related to toxic and troubled relationships, family problems, conflicts with peers, exam stress, lack of self- confidence, physical illness etc. Needy students are sometimes referred to Prasanthi counselling center for long term therapy. A fully furnished room with privacy is allotted for personal counselling.

Objectives:

- (i) To help the students to solve their Personal, Educational and Psychological problems.
- (ii) To develop positive attitude and behaviour in order to meet challenges.
- (iii) To identify and develop abilities and interests of students.
- (iv) To recognize their strengths and weaknesses.
- (v) To provide guidance for the students on various options available in the course of their study and to design a fruitful future

Relevance: Each student is precious. No valuable life should be lost because of our ignorance. In the present scenario, the students are facing problems of multi-dimensions. The teachers have to observe and deal the various problems of the students vigilantly and proper

directions are to be given. Through this a peaceful, balanced and fruitful society can be constructed.

Schedule & methods: Personal counselling is conducted on every Thursdays. Needy students are directed with the help of their class mentors. They are informed and time slots also assigned prior. The students are required to fill a form which includes their personal information and report findings of the counsellor. It is filed and kept in a highly confidential manner. Group counselling is also given for selected classes also. Some students come on personal interest also.

Detailed report with photos: The Counseling cell of the College functions on every Thursday for the students and faculty. The service of Dr. Sr. Ruby CTC , Counsellor, Prasanthi Counselling Centre, Edapally is availed on other days too based on the need .The students approach and seek counselling on their own behalf or as directed by their mentors. The session commenced on 20th June 2019 and continued till 4th February 2020. Around 150 numbers sought counselling in this academic year. Parents were also counselled under needy situations. Strict confidentiality is maintained for the entire process.

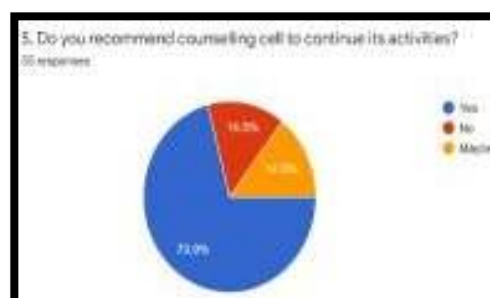
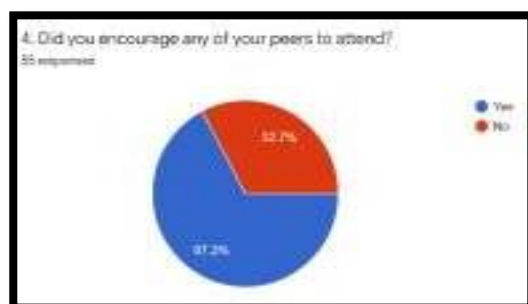
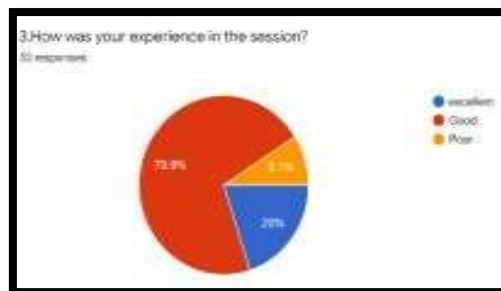
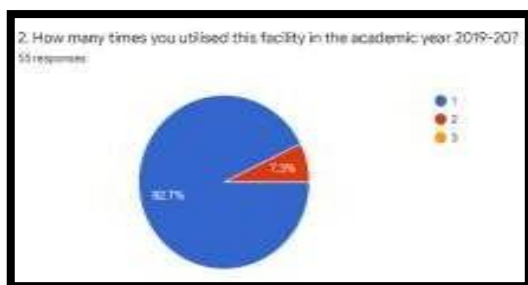




Outcome of the activity: The students appeared as happy, satisfied and relaxed after the counselling. They showed remarkable improvement in their character and academic performances. Progress is shown in their social behaviour too.

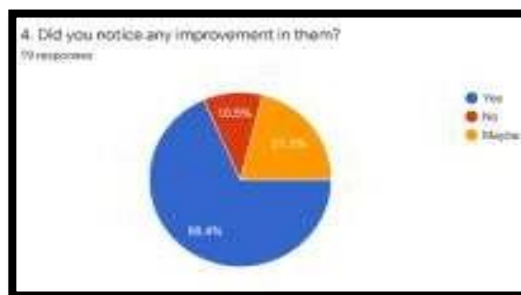
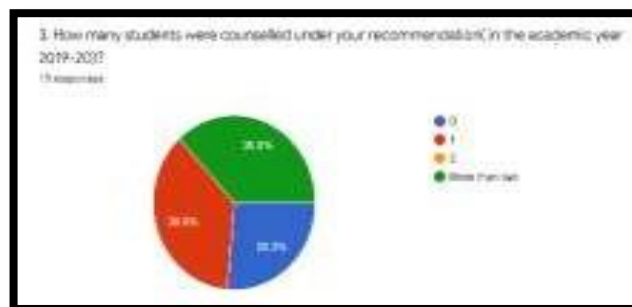
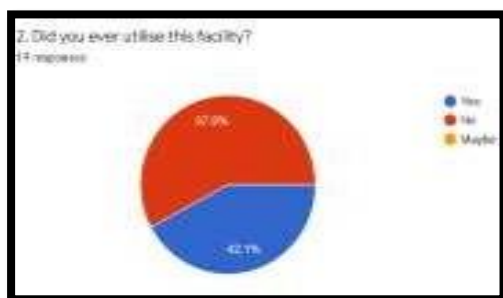
Name and number of participants with attendance: Strictly confidential (Maintained in the college)

Student satisfaction survey:



Evaluation (by in charge): Counselling cell is an essential part of the institution because education aims not only the academic excellence but the overall development of a person. Many times, a teacher cannot solve all problems effectively and the service of a trained counsellor is needed in such situations. This requirement is met by the counselling cell.

Comments from other faculties:



Perception among students and faculties : An ideal platform for students and faculty to open up and share their insecurities without the fear of being judged.

Extension activities : Counselling was provided on 22nd November 2019 by a group of experts headed by Rev. Dr. Fr. Rajeev Michael, St. Joseph's Hospital, Manjummel to the students selected randomly in a programme jointly organised by Counseling and Women Cell of the College.

PRINCIPAL