



**ST. XAVIER'S COLLEGE FOR WOMEN, ALUVA**  
REACCREDITED BY NAAC WITH A GRADE (CGPA 3.33)  
ISO 9001-2015 CERTIFIED

**COUNSELLING CLUB  
ANNUAL REPORT  
2020-2021**

**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:** The academic year 2020-21 saw an unprecedented change in the mode of education due to COVID-19 pandemic which spared none globally. Students and teaching faculty had to adopt online mode of education that had its own implications. Teachers who don the role of parents at home are forced to multitask, juggling between household chores, parenting and professional work. Students have their challenges, dilemmas, emotional upheavals and insecurities. Absence of peer group interactions have increased the likelihood of getting into conflicts with parents at home and with themselves. The psychological stress faced by the students and faculty of the college were acknowledged and addressed through online mode of interactive sessions.

**Schedule & methods:** In the regular mode of study personal counselling is conducted on every Thursdays. Needy students are directed with the help of their class mentors. They are informed and time slots are 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 provided for selected classes if required. Some students come on personal interest.

**Detailed report with photos:** Owing to nationwide lockdown imposed in view of the Corona pandemic, and taking in view of the impact on the entire student community, group counselling session was arranged for each department separately on convenient dates by the Counsellor Dr.Sr.Ruby, Prasanthi Counseling Centre, Edapally through online virtual platform. The issues faced by students were identified by asking them to fill a Covid Impact Assessment Form before the session. The identity of the student was kept anonymous and that assured the students confidentiality. The filled in forms were shared with the counsellor who would then take the subsequent session based on their needs. Feedback forms of students were collected and assessed.

The details of the session conducted for each department is as follows:

<b>Sl.No.</b>	<b>Department</b>	<b>Date</b>	<b>Session Time</b>
<b>1</b>	<b>English</b>	<b>20/08/2020</b>	<b>10:00-11:00 am</b>
<b>2</b>	<b>Physics</b>	<b>24/08/2020</b>	<b>11:00 – 12:00 noon</b>
<b>3</b>	<b>Botany</b>	<b>25/08/2020</b>	<b>11:00 – 12:00 noon</b>
<b>4</b>	<b>Chemistry</b>	<b>26/08/2020</b>	<b>4:30- 5:30 pm</b>
<b>5</b>	<b>Communicative English</b>	<b>27/08/2020</b>	<b>11:00 -12:00 noon</b>
<b>6</b>	<b>Mathematics</b>	<b>07/09/2020</b>	<b>12:00-1:00 pm</b>
<b>7</b>	<b>Malayalam</b>	<b>08/09/2020</b>	<b>12:00-1:00 pm</b>
<b>8</b>	<b>Zoology Regular &amp; Microbiology SF</b>	<b>09/09/2020</b>	<b>11:00 -12:00 noon</b>
<b>9</b>	<b>Commerce SF</b>	<b>11/09/2020</b>	<b>11:00 -12:00 noon</b>
<b>10</b>	<b>Commerce SF</b>	<b>14/09/2020</b>	<b>11:00 -12:00 noon</b>
<b>11</b>	<b>Economics</b>	<b>15/09/2020</b>	<b>11:00 -12:00 noon</b>
<b>12</b>	<b>Commerce Regular</b>	<b>17/09/2020</b>	<b>11:00 -12:00 noon</b>

**Outcome of the activity:** The students appeared as happy, satisfied and relaxed after the counselling. As per the feedback received from students, they found the session very useful and relieving. They got to understand the reason for their stress and the ways to manage it.

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

**Student satisfaction survey:** Attached

**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:** Attached

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

**PRINCIPAL**