



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

**COUNSELLING CELL**  
**ANNUAL REPORT**  
**2018-2019**

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|------------------------------------|--|
| 1. Title of the program            | : Activities of Counseling Cell 2018-19  |
| 2. Name of the Coordinator/s       | : Dr.Newly Joseph & Dr.Sr Stella   |
| 3. Organizing Department/Cell      | : <b>Counseling Cell</b>   |
| 4. Date                            | : 2018 - 19  |
| 5. Number of Participants          | : <b>220</b>   |
| 6. Objective of the Program/events | :  |
|                                    | (i) To assist the students to face the challenges of overcome the difficulties that they face in their daily life. |
|                                    | (ii) To help the students to solve their Personal problems ,problems and motivate them                             |
|                                    | (iii) To enable the students to have positive outlook and feel optimistic in the time of Covid pandemic            |

#### 7. Description of the event

##### **Activity 1: Sessions on Self-awareness and Personality Development**

Counseling Cell organised sessions on Self-awareness and Personality Development for all the degree students batch wise. All the sessions were led by the counselor of the college, Rev. Dr. Sr.Ruby.

##### **Activity 2: Personal Counseling to teachers and students**

Students and faculty members who sought counseling were given counselling, psycho-education and psychotherapy. Follow ups were also given to the needed students. Confidentiality is maintained for the records. Class in charges were given

##### **Activity 3: Disaster management and stress relief counselling to the students**

The floods have affected majority of the students in the aluva municipality and students and their family members were taken to camps . The Counseling cell of the college enabled the students and family members to face the disaster without stress

##### **Activity 4: motivation classes including stress management techniques, time management skills, goal setting skills, career guidance class were given to SSP students**

**Report by Counsellor:** I am Dr. Sr. Ruby George, working as a counselling psychologist in Prasanthi Counselling centre, Edappally Toll. On a regular basis I had rendered my service to the students in St. Xavier's College for Women, Aluva in the academic year 2018-2019. Batch wise I had given seminars on 'Self-awareness and Personality Development' for all the degree students. Thereafter I had counselled students who seek help individually. From each batch around 10 – 20 students sought help. Major concerns students put forward during counselling sessions were: poor academic performance, dysfunctional family atmosphere, parental

conflicts, alcoholism and financial crises, ill health of family members, relationship issues, personal issues, personality problems etc. They were given counselling, psycho-education and psychotherapy. Furthermore, some of them were required to include family members to the process of counselling. I even had gone personally to visit families of students who need extra support. I had also kept contact with student who need further help. Without breaking the issue of confidentiality, I had discussed certain concerns of students with the in-charges where the students can gain further help in different ways.

During the time of flood, I was able to render my service for disaster management and stress relief counselling to the students and their family members who were badly affected by it. In addition to it financially backward students were directed to get support through Dr. Newly Joseph from charitable trusts and personnel.

Students with poor academic performance and students in SSP (Scholar Support Program) were given motivation classes, stress management techniques, time management skills, goal setting skills, career guidance class etc.

The atmosphere of the college was conducive to provide counselling to the students. The principal and other staff of the college were supportive of the entire program, very specially the in-charge of counselling cell, part of women's cell – Dr. Newly Joseph. She rendered her wholehearted support and encouragement for the success of this program.

A counselling room was specially arranged which provided privacy and suitable therapeutic atmosphere. Student felt quite comfortable and relaxed to express themselves freely. They felt quite relieved of their issues and felt grateful to this new venture included in the academic curriculum.

I too appreciate the university and college administration for the launching of this new endeavour.

**8. Outcome of the events:**

**The counselling sessions has helped the students to reduce their anxiety and stress created due to covid pandemic situation. It has helped the students to have and awareness of the self traits and the type of personality to which they belong.**

**PRINCIPAL**