

ANNUAL REPORT OF AURA CENTER

(June 2014-Feb 2015)

AURA center for counselling works as unit , with many facets of

1. Individual one to one counselling
2. Group therapy
3. Campaign/Seminors/Disscussions/Workshops for Students and Staff
4. Aura club -in training in peer counselling

The following is report of AURA in the respective activites

1. INDIVIDUAL ONE TO ONE COUNSELING :

-Beneficiaries from {June 2014 to February 2015}.

-520 Students

One to one counselling facility is availed by Students , Staff , Parents and Referrals from other institutions through the staff..

2. ORIENTATION PROGRAMME:

Orientation programmes on Counselling was conducted for the 1st year & 2nd year U.G students of both shift I & II during the last week of July. The purpose of the orientation was to bring to the attention of the students of the services provided by the counselling unit and to remove the misconceptions and stigmaattached to it. The programme was conducted jointly by the two counsellors Ms. Christina and Ms. Yazhini.

3. DE-ADDICTION PROGRAMME :

A programme on De-Addiction was conducted by School of Human Excellence during the month of July 2014 for the 1st year UG students of both shift I & II. (Around 2500 students). The counsellors conducted sessions highlighting the different types of addiction and its impact on various aspects of life.

4. AWARENESS WORKSHOP :

An awareness workshop on counselling was conducted on 10th October, 2014 for all the students of the college. The goal of the workshop was to sensitize the student about the Need for, Importance and Areas of Counselling. As part of the workshop, teaser campaigns involving Face painting , Installations display, Street plays, Posters, LED displays, handouts and competitions were conducted for 4 weeks (15th September to 10th October, 2014) on the topic. The students of visual communication were engaged as part of working team of the teaser campaign.



5. COMPETITIONS CONDUCTED :

In commemoration of World Mental Health Day, competitions, which were open to all students, were conducted from September 19th-26th, 2014, on the topic, “ Breaking the stigma on Mental Health”. Competitions were held on poetry, poster painting and photography. The best entries were selected and awarded prizes on the World Mental Health Day celebrated on 10th October, 2014. The list of prize winners are the following:

- 1) Mr. Rocky Biswas (14-SO-075) for Best Poster Designing
- 2) Mr. Collins Lawrence (14-EC-077) for Best Poetry
- 3) Mr. Mukto (13-HT-089) for Best Photography

6. PROGRAMME FOR THE B.ED COLLEGE STUDENTS :

Around 250 B.Ed college students attended the session on “Stress and its Implications” their issues, views and grievances of their education system, at the B.Ed college venue on 16th September, 2014. A detailed report of the students’ views and feedback with our suggestions and recommendations was duly handed over to Management, B.Ed College.

7. WORLD MENTAL HEALTH DAY :

The World Mental Health Day was celebrated on 10th October, 2014. The programme was open to all and was attended by around 200 participants inclusion of students (mainly Medical Sociology and M.S.W) and staff. Ms. Sanjeevana, Additional Director for Poverty Reduction Programme, Govt of Tamil Nadu, was the chief guest, and Dr. Thiruvikaraman, Consultant Psychiatrist, was the guest speaker. The chief guest addressed on the Changing trends and Concepts of Mental Health , The various government initiatives and scheme in action and planning for the betterment of Mental Health. Dr.Thiruvikraman spoke about the General Mental Health Disorders highlighting on Schizophrenia.

Educational handouts , posters circulated throughout the college, poetry recitations, theatre plays (through that week) on the Awareness to Mental Health were the main highlights of the programme.



8. WORK LIFE BALANCE :

“See-saw”, a one day workshop on work-life balance was conducted for the staff on 21st November, 2014. The beneficiaries were around 50 teaching staffs from each, shift I and shift II [staffs with 5 years and 10 years experience]. The programme was conducted in two sessions, shift II in the morning [9:30 a.m.-12:00 p.m.] and shift I in the afternoon [1:30-4:00 p.m.]. Mrs. Leema Peter, Consultant Psychologist, Trichy, was the resource person of the day.



9. PROGRAM ON SUICIDE INTERVENTION AND PREVENTION :

An Awareness and Intervention Program “Suicide-A Preventable Epidemic” was conducted for the staff (total of about 450 staff) of shift-II {9:30am- 1pm} and shift-I {1:30-5pm} on 28 Nov, 2014 Dr. KaminiKannappan, Consultant Psychiatrist, Kaveri Hospital, spoke about the Physiological Dimensions and Factors involved in Suicide , its aftermath and Intervention . Fr. Arul Xavier O.F.M Cappuchin , Consultant Psychologist and Rector, cappuchin Theological College, Trichy addressed the Statistical and Psychological Dimensions, warning signs and clues and Interventional strategies of Suicide and its Prevention . Review of feedback forms collected from the participants generally conveyed appreciative comments and valuable suggestions.



10. PROGRAMME FOR THE HOSTEL GIRLS :

An interactive session and active discussion was conducted for the inmates of the Loyola ladies hostel on 7th December, 2014 on the topic “ Life issues: Purpose, Conflicts and Resolutions”. The session was attended by 300 students.

11. PROGRAMME FOR THE HOSTEL BOYS :

An Awareness programme was conducted for the inmates (1st year students) of the Loyola Mens hostel on 16thDecember ,2014 on the topic “How to Handle Stress” The programme was attended by around 500 Students from each shift.

12. WORKSHOP ATTENDED :

A One week workshop on “ Healing the Inner Child” held at Anugraha Center for Counselling and Psychotherapy, Dindugal, was attended by Ms. Christina from 1st-8th December, 2014. The purpose of the workshop was to bring to awareness the whole focus of self with its limiting Psychological Boundaries and Restrictions and on How to free oneself from it for an enhanced and fully satisfied, potentiated life.

13. ONE DAY ORIENTATION PROGRAMME :

“Bridges-Connecting Lives” a programme based on efficient and respectful, congenial inter-personal relationship was conducted by the counsellors (Ms.Christina and Ms.Yazhini) for Non-Teaching Staffs of both shifts on 17th November,2014 from (9a.m. to 1p.m.). The Sessions involved Games, Roleplays, Active group discussions and enlightening feedbacks.

Training Orientation Program Conducted

The following are the counselling training orientation and exposure programme conducted.

25th August,2014- 4 students of M.A Applied Psychology from the Institute of Mental Health Social science and Trans Disciplinary Research

21st and 22nd January,2015- One M.S.W exchange student from Boston University.