

AURA

CENTER FOR COUNSELLING

LOYOLA COLLEGE

CHENNAI-34

ANNUAL REPORT – JUNE 2015-16

- **INDIVIDUAL ONE TO ONE COUNSELLING**

BENEFICIARIES: *268 students*

The students are encouraged to visit the counselors in their time of need. The one to one counseling caters to the UG, PG, scholars, alumni, teaching and non- teaching staff and special referrals.

Systematic suicide consent, informed consent and history taking are done and documented.

- **GROUP THERAPY**

This year, Aura center has extended its horizons to conduct group sessions for identified special students groups as three

- RCDA (56 students)(resource center for the differently abled),
- LSSS (62+24=86),
- Loyola boys hostel(262+189=451)
- Loyola girls hostel (70+43=113).

These group sessions are conducted for these special students monthly based on need analysis and imperative issues which has to be addressed.

SPECIAL TARGET GROUPS:

1. FOCUS GROUP

The Aura center has also conducted special focus groups for sharing and grievance redressed among detained students (one semester) from UG and their parents.

2. UPTSTREAM – DESTRESSING PROGRAMME

After the great upheaval and turmoil in Chennai due to the floods (November to December 2015) the Aura center conducted a distress program 'upstream' for the staff and students who faced the challenges of the Torrents.

Date: 22/12/15

Venue: Betram Hall

Participants: 75

The students who were affected by the Chennai floods put up a brave front and on the outset were seemingly unmoved. The Aura center in an attempt to explore the impact of the floods on the students and thereby plan for further session if warranted conducted a first level group session for the students.

The session started with a prayer song followed by an introduction and warm up session which included the students introducing themselves to the group. Then the main session started with a video footage of the Chennai floods. The students were then invited to share their experiences during the floods and what they felt and learned from it. Surprisingly, many students of shift II reported intense fear and those in shift I report grief and sense of loss. The sharing session left them more aware and sensitive to the fact that further intervention was necessary in this issue. The session seemed to be a channel of ventilation and emotional catharsis for the students.

The session ended with positive affirmation and strengths gained through the experience with announcements about the next session.

Date : 21/12/15

Topic: De-stress programme

Participants: Non Teaching Staff 20 Nos

Venue: YD Hall

The Chennai floods which broke the homes and hopes of thousand in November and December 2015 left its mark on many of the Loyolalites as well. Hence the Aura Center took the cause of addressing the grievances, stress and trauma of the affected staff by conducting a group session for them.

The program started with a prayer song followed by a sharing session where the staff narrated their experiences, grievances and lessons learnt from the flood. It was a very heart rendering session as they poured out their anguish and pain.

This was followed by a NLP psychotherapy session by visual kinesthetic disassociation and anchoring.

During the process, the participants were helped to remove and/or minimize their emotional blocks and trauma of the flood which hindered them from pursuing a normal life.

The programme wound up with positive visualization and feedback session. Feedback forms were collected for the after the session.

The outcome of the programme was targeted to achieve less of stress, tension and pain following the therapy. The overall outcome of the session was satisfying.

3. INTENSIVE TRAINING PROGRAM FOR DEADDICTION WITH JMAADD FOR OUTREACH

Title: Intensive counseling training programme in collaboration with JMAADD for the department of outreach

Target group: The volunteers from UG II years

No of beneficiaries : 70

Dates : 21, 22, 23, 24, 26 September 2015

Introduction about the topic:

Students from the outreach programme had volunteered to reach out to the person suffering from addiction disease and help them through. But it was very necessary for them to first fully understand the disease, its nature, effects and prognosis as well as the way they needed to approach, handle and guide such a person.

Hence in an attempt to accomplish the above said JMATA and AURA joined hands training the students intensively through a 5 day workshop. The role of AURA was to prepare the students in understanding, accepting, appropriate handling and referral system of the affected persons and their co-dependants.

Aims and Objectives:

- To bring awareness to the students in the outreach department about addiction disease and its manifestation in different dimensions of their lives.
- To educate and equip the students with the knowledge and skills of counseling/ assessing, understanding, communicating and handling the addicted persons.

Outcome of sessions

At the end of the 5 days of intensive counseling training programme, the students reported more awareness, information, motivation, eagerness and commitment in fully equipping themselves in their mission to help the addicts and their families.

Overall outcome of the programme

The feedback from the students were healthy and positive. Intensive training programmes were suggested by the outreach department for their entire set of students.

4. SPRING BOARD – LEADERSHIP PROGRAMME

Date: 20 January 2016

No of Participants: 40

The topic of this session was titled “ Emotional Quotient and Leadership”. The training was conducted for an hour and half including activities, discussions and lecture. More self-awareness leading to one’s better emotional handling was the essence of the training. It is hoped that these trainings will go a long way in helping students overcoming their emotional challenges and to be leaders wherever they may be.

OTHER ACTIVITIES OF AURA**SUICIDE PREVENTION DAY**

- Loyola joined hands with the world in commemorating the Suicide prevention day by the following activities.
- Throughout the week, from 7th to 12th September, Human Excellence staff conducted classes to all the 2nd years on the topic of “I love myself”

- A banner was put up at the entrance and stickers were distributed to the student community on the day and to remind them that they need to love themselves.
- LSSS students team under the direction of Pro Kaleeswaran performed theatrical demonstrations during breaks disseminating the importance of the day and self-love
- A symposium was held for the students of Sociology and Fr. Emmanuel delivered a speech on the topic of Suicide prevention
- Awareness sessions were conducted for all first years in batches (upto 7 batches) on reaching out to those who may be suicidal

The statistics of each of the programme is mentioned below:

Date	Activity	Students covered
7 th to 12 th September 2015	Class sessions on the topic of “ I love myself”	3500
10 th September 2015	Suicide Prevention Symposium	30
11 th September 2015	Awareness sessions on helping those who are suicidal	3500
10 th and 11 th September 2015	Issuance of stickers	4000

We would like to thank the Rector, Principal, Father Secretary, Fr. Henry Jerome and SHE staff, Fr. Jacob and LSSS staff, and Prof Kaleeswaran for their generosity.

WORLD MENTAL HEALTH DAY – 16 OCTOBER 2015

AURA –Center for Counselling, Loyola College was started in 2014. The main objective of Aura is to facilitate a healthy, positive and wholesome development of the students by enhancing their psychological well-being.

In commemoration of the World Mental Health Day, Aura organized an awareness program on this year’s WHO theme: “**Dignity in Mental Health**” on 16 October 2015 at Lawrence Sundaram Hall, Loyola College. The program was organized by the AURA team comprising of Ms. D. Yazhini, Ms. D. Christina and Mr. J. Prince. The program was held in two phases:

Phase 1:

The officials and dignitaries of the Loyola College, Rev. Dr. S. Lazar S.J., the Secretary, Rev. Dr. Jacob S.J., Vice Principal- Academics and Student Services, Rev.Dr. S. Jeyaseelan S.J - Controller of Exams, and the Guest of Honor, Mrs. ParimalPandit, Program Director, V-Excel

Education Trust, felicitated the gathering and released the balloons to signify the start of the Human Chain by the students.

Subsequently the students formed a human chain outside the college campus mainly to bring about sensitivity and awareness among the students and public highlighting this year's theme on how we should show acceptance, respect and dignity to people with mental illness.

Phase 2: In this phase of the meeting, the people recovering from mental illness from NGOs namely SCARF and BANYAN were honoured by Rev. Fr. Henry Jerome, Dean of School of Human Excellence and Dr. SowmyaBhaskaran, Child Psychiatrist, Guest speaker of the day. This was done to express our acceptance, respect and solidarity with the people suffering from mental illness

INTAKE OF INTERNS: Aura had set yet another milestone this year by opening opportunities for intern training program where interns from other institutes can get exposure training and practical training. The first match of interns started on February 15th 2016

STAFF DEVELOPMENT PROGRAMME

The AURA Staff are encouraged to attend training programmes and workshops and conferences to enrich themselves. They are also encouraged to contribute to other institutions as resource persons.

AURA CLUB

The main objective of the club is to train the students in Peer Guidance and Counseling. The students are systematically trained through 120 credit hours which includes training and theory sessions. 120 members have registered themselves this year.

Volunteers Training Programme was conducted for students

Programmes to be conducted in March 2016

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- Family enrichment programme for the staff
 - Awareness programme for staff on –understanding substance abuse
 - One day workshop for staff focused group on EMDR
 - One day special workshop on February 28th 2016 on deaddiction for the students
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