

Professional Counselling in Holy Cross College

Counselling Report-2022-2023

‘Words spoken by the wise bring favor to others’ - Ecclesiastes 10/12.

A trained and experienced Counselor, Psychologist offers professional service to the students who are maladjusted and needed counseling. There are two counselors Dr.Sr.Catherine & Sr Josephine Ligory for the welfare of the students.

Counselling given

Online : 34 (students and outsiders)

Offline : 55 Our students

Offline : 58 Others

Date: 21st July 2022 to 23rd July 2022

Venue: Online mode

Three days class for DMI (Daughters of Mary Immaculate) sisters, was given by Dr.Sr.Catherine on *‘An Integral Approach on Psycho Spiritual Formation’* for 80 sisters from 1st to 10th batch, it was in virtual mode. Sisters were benefited. They are highly appreciative of the session, and helped them to form themselves better.

Date: 7th August 2022

Venue: Salesian Congregation

Dr.Sr. Catherine gave a session on, *‘Psycho Spiritual Integration in Formation’* for junior sisters belong to Salesian Congregation around 52 of them benefitted.



Date :7th August 2022

Venue:Holy cross college Trichy

On 7th August 2022 Dr.Sr. Catherine gave orientation on '*Positivity of Life*', to the students of BBA around 60 of them.



Date: 22nd August 2022

Venue: Capuchin, Theological Institute, Samayapuram

Sr. Josephine gave 1-day Work shop on *'Understanding the needs of special children and their parents'*. Counselling skills to motivate them to overcome their stress. The beneficiaries were 12. At Francesco, Capuchin, Theological Institute, Samayapuram, Trichy

Date: 12th September 2022 & 13th September 2022

Venue: Yeracaurd

On 12th & 13th September 2022, Dr.Sr. Catherine addressed in the 'International conference Meet for the Formators of the Sisters Cross of Chavanod' on *'An Integral Approach on Psycho Spiritual Formation'* organized by General team around 40 sisters were benefitted. They had healing session and gained some psycho-spiritual skills which are necessary to know in order to form the formees.





Date: 18th September 2022 to 20th September 2022

Venue : Holy Cross Novitiate, Trichy.

Sr. Josephine gave 3-day Work shop on ‘Affective Maturity and human Sexuality’
The beneficiaries were 12, at Holy Cross Novitiate, Puthur, Trichy.

Date: 8th October 2022 to 18th October 2022

Venue:

From 8.10.22 to 18.10.22 Dr.Sr. Catherine gave two days class and personal counselling help was given to our novices, daily in the evening hours.



Date: 14th October 2022

Venue: St. Joseph's college, Trichy

Sr. Josephine gave session on 'Youth psychology- Infatuation and love/ Understanding the developmental issues to handle their emotions The beneficiaries were 270, St. Joseph's college, Lawley Hall, Trichy-2

Date: 29th October 2022

Venue: Holy cross college

Dr.Sr. Catherine gave a session to 120 students of History department on, '*Positive Thoughts and Mental Hygiene*' It helped them to regulate the right thoughts and to avoid the waste thoughts.



Date: 1th November 2022

Venue: Holy Cross college

Dr.Sr. Catherine gave an orientation to 150 students of English department on, '*Positive Thoughts and Mental Health*' It helped them to regulate the right thoughts and to avoid the unhealthy thoughts.



Date: 2nd November 2022

Venue: Holy Cross College

Dr. Sr. Catherine gave class on 'Conflict Management' to the students of Chemistry Department around 60 of them.



Date: 6th November 2022

Venue: Salesian Congregation

Dr.Sr.Catherine gave a session on, 'Psycho Spiritual Integration in Formation-phase II' for junior sisters, belong to Salesian Congregation. They were around 50 of them.



Date: 22nd October 2022 to 25th October 2022

Venue : Holy Cross Pre-novitiate, Ayakudi

Sr. Josephine gave class on 'Personality Development' The beneficiaries were 7 at Holy Cross Pre-novitiate, Ayakudi,Trichy

Date: 25th Novemeber 2022

Venue: Online Mode

One day class for DMI sisters, on 'An integral Approach on Psycho Spiritual Formation' for 120 sisters from 10th to 20th batch, It was in virtual mode. Sisters were benefited. They are highly appreciative of the session, sisters carried with them very good learning.

Date: 27th November 2022

Venue: Holy Cross college

Dr.Sr. Catherine gave a session to the sisters of 25- to 35 years ie sisters who are above 5 years religious experience. Organized by an ongoing formation of Trichy

Province , It was on 'Is celibacy is essential for spirituality' Sisters are around 25 were presented.



Date : 28th Novemeber 2022

Venue : Global Art Academy

Dr.Sr. Catherine gave a session on, 'Parenting', to the students' parents of Global Art Academy. They were around 35.

Date: 10th December 2022

Venue : Holy Cross College

From college counselling centre 'Personality Test' was conducted by Dr.Sr. Catherine to the students who are interested to know their personality type. They discovered their personality Type. Test report was issued to them. They were 26 students.



Date: 6th January 2023

Venue: Holy Cross College

Certificate course was conducted on 'Basic Skills of Counselling' for 30 hours. hands on training to 24 students of MSc, Psychology. They considered this is a great opportunity for them. To learn the basic skills of counselling. Few Demo sessions were presented to them, as well as among the students they had practical sessions.



