

+Professional Counselling in Holy Cross College
Counseling Report--2021-2022
To be fully alive is to be fully a functioning person

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.

Off line counselling and On line counselling is offered to our students as well as for the public from April 2020 onwards . For the cases which needed psychotherapy intervention, group counselling and family counselling, help was given to them offline with all the required precautions of pandemic lockdown, Therapy sessions were conducted, even during the period of lockdown. So far online counselling was given to our students 21, others 48. Through off line to 38 students and others 41 were helped including 6 staff. Total=154

Objectives

1. To help the students manage their psychological problems such as getting adapted to online mode of learning specially during the year 2020-21, more effectively and to utilize the unused and underused opportunities more successfully
2. To offer counseling and psychological help to the public through online and offline mode.
3. To organise Webinars related to Counselling.

Problems –

Fear of Covid 19, loneliness, financial crisis, students are not able to cope with online mode of learning. Lack of mobiles, prevented them from attending online classes. Depression, poverty at home since parents have lost their job due to Covid, suicidal tendency etc.

Services by Counseling Centre

- Giving orientation to the college students (need based)
- Counseling service -priority for the student community, staff members, parents then members from outside
- The Peer group counseling was started in the year 2019, with 18students. As a follow up important information, videos and you tube links were sent to them to update themselves with the knowledge of psychology, counselling and for self knowledge.
- According to the demand of the situations counseling help was given Online and offline. To offer counselling a “HCC warm line for students ” was arranged by the Principal of Holy Cross College in the year 2020, It is a group of staff nearly 38 of them who were ready to give counselling as per the need of the students and others during Covid 19, (lockdown) and a few students were helped. It continuous its function
- Counsellors were invited as resource persons for *On campus* and *Off campus* counseling related programmes.

Programmes Conducted

Date: 17th May 2021 Venue: St Thomas Formation House, Agirimangalam

On 17th May 2021 class on '*Religious motivation and Self awareness*', was given by Dr. Sr Catherine , to 54 seminarians of the 'Pontifical Institute for Foreign Mission', at PIME Valarpirai, St Thomas Formation House, Agirimangalam Village, Seerathope, Somarasampettai post, Trichy



Date: 7th June 2021 Venue: Arunkodai Illam

On 7th June 2021 Arunkodai Illam- As per the request from the director of Arunkodai Illam, (Spiritual Centre) Trichy Diocese, Dr. Sr. Catherine, counselor and psychotherapist offered one day training programme on '*Basic Skills of Counselling*' to the staff of Arunkodai Illam, the participants are around 15, the continuation of this one day training programme will be every month for the same participants in the year 2021. (one year programme)

Date: 27th June 2021 Venue: Arunkodai Illam

On 27th June 2021 -Arunkodai Illam. Based on the request from the director of Arunkodai Illam, (spiritual centre) Trichy Diocese, Dr. Sr. Catherine, counselor and psychotherapist renders *professional help* to persons in need, on the 4th Sunday of every month till the month of December.



Date: 17th August 2021 Venue: Capuchin, Theological Institute, Trichy

On 17th August 2021 class on '*Understanding the special needs children and their parents, Counselling skills to motivate them to overcome their stress*', was given by Sr. Josephine Ligory, to Francesco, Capuchin, Theological Institute, Vegangudi, Tallivadi, Samayapuram, Trichy. They were 14 of them

Date: 18th to 20th August 2021

Venue: Holy Cross Novitiate, Puthur, Trichy.

On 18th to 20th August 2021 class on '*Affective Maturity and human sexuality*' Was given by Sr. Josephine Ligory, to the Novices. Holy Cross Novitiate, Puthur, Trichy. They were 8 of them.

Date: 28th to 30th August 2021

Venue: Holy Cross Pre-novitiate, Ayakudi, Trichy.

On 28th to 30th August 2021 class on '*Personal growth session and Self awareness*' was given to 2nd year Prenovices by Dr.Sr. Catherine. Holy Cross Pre-novitiate, Ayakudi, Trichy. They were 6.



Date : 4th September 2021 Venue: Holy Cross Matriculation Hr.Sec.School, Somarasempettai

On 4th September 2021 class on '*Stress Management and Positive approach*' was given by Sr. Josephine Ligory, to Holy Cross Matriculation Hr.Sec.School, Somarasempettai, Trichy They were 120 of them.

Date: 8th to 11th September 2021 Venue: Holy Cross Pre-novitiate, Ayakudi, Trichy

On 8th to 11th September 2021 class on '*Human sexuality and Affective maturity*', was given by Sr. Josephine Ligory, to Holy Cross Pre-novitiate, Ayakudi, Trichy. They were 12 of them.

Date:12th September 2021 Venue: Youth Group of Tanjur Diocese (Online mode)'

On 12th September 2021 class on '*Youth psychology (Infatuation and love/ Understanding the youth- guidance for the parents)*' was given by Sr. Josephine Ligory, to Youth Group of Tanjur Diocese (Online mode)'. They were 30 of them.

Date: 1st October 2021 Venue: Santhi Illam, Destitute Home, Puture, Trichy

On 1st October 2021 *Motivation talk* was given by Sr. Josephine Ligory to the elderly people, Santhi Illam, Destitute Home, Puture, Trichy. They were 40.

Date: 14th to 17^h October 2021

Venue: Holy Cross Novitiate, Puthur, Trichy.

On 14th to 17^h October 2021 class for 3 days on '*Self Esteem*' and *therapeutic help* was given by Dr.Sr. Catherine, to 6 Novices at Holy Cross Novitiate, Puthur, Trichy.

Date: 4th to 6th November 2021

Venue: Holy Cross Pre-novitiate, Ayakudi, Trichy.

On 4th to 6th November 2021 class for 3 days on '*Personal growth session and Self awareness*' was given to 2nd year Prenovices by Dr. Sr. Catherine. Holy Cross Pre-novitiate, Ayakudi, Trichy. They were 6.

Date: 13th November 2021

Venue : Holy Cross Girls Hr. Sec, School,Trichy.

On 13th November 2021 Motivational talk on '*Developmental Issues of Teenagers and the difference between love and infatuation*' was given by Sr. Josephine Ligory. Holy Cross Girls Hr. Sec, School, Tepakulam, Trichy, there were 500 students.

Date: 21th November 2021

Venue: St. Joseph College, Trichy.

On 21th November 2021 Motivational talk on '*The quality of the Team Leader and the impacts on the Society*' was given by Sr. Josephine Ligory, to Tamilnadu AICUF state council, St. Joseph College, Tepakulam, Trichy, there were 125 beneficiaries.



Date: 2nd December 2021 Venue: Mahathama Eye Hospital Trichy

On 2nd December 2021, One day seminar was conducted on '*Be a winner'-7steps method*', to the Doctors, the nurse staff and to the nursing students of Mahathama Eye Hospital. They were 120.

Date: 26th December 2021

Venue: St Sebastina's Church, Somarasampatti

On 26th December 2021 Motivational talk on '*Family enrichment programme for the couples- Integrating their interpersonal relationship*' was given by Sr. Josephine Ligory, to the parishner of St Sebastina's Church, Somarasampatti, Trichy They were 20.



Date: 11th January 2022 Venue: Adukkumadi, Kudiyiruppu, chailpettai, Palakkari, Trichy,

On 11th January 2022 Sr. Josephine conducted a session on '*Health and Hygiene on women Menstruation*'. 25 SHG women were benefitted, Adukkumadi, Kudiyiruppu, chailpettai, Palakkari, Trichy,

Date : 5th to 7th February 2022 Venue: Holy Cross College Trichy

On 5th to 7th February 2022 workshop for 3 days on '*Counseling skills for social work practice*' to the students of MSW (swam Association), by Sr. Josephine. They were 4 staff and 65 students.



Date: 19th February 2022 Venue: Holy Cross Convent, Cantonment Trichy

On 19th February 2022 on 'Group dynamism and life position' to Holy Cross Convent, Cantonment, Trichy by Sr. Josephine. They were 5.

Date: 20th February 2022 Venue : St Francis Xavier's Church, Sembodi, Kumbakonam Diocese

On 20th February 2022 Class on '*Youth psychology -Developmental Issues, Understanding the meaning of Love and Infatuation*' to St Francis Xavier's Church, Sembodi, Kumbakonam Diocese by Sr. Josephine. They were 35.

Date: 20th March 2022 Venue : St. Antony church, Sukkanparai, Thiruthuraipoondi, Kumbakonam Diocese

On 20th March 2022 Class on '*Youth psychology- Developmental issues*, understanding the meaning of love and infatuation' to the youth of St. Antony church, Sukkanparai, Thiruthuraipoondi, Kumbakonam Diocese by Sr. Josephine. The Beneficiaries were 45.

Date: 8th April 2022 Venue : St. Sandiagu church, Ammapattai, Trichy

On 8th April 2022 Class on '*Interpersonal skills for Healthy and Positive family*' to the families of the parish of St. Sandiagu church, Ammapattai, Trichy Diocese by Sr. Josephine. The Beneficiaries were 90.

International Webinar

2nd to 6th August 2021 An International Webinar on '*Integral Optimism and Happiness*' was conducted online by the Counseling Centre, Holy Cross College, Trichy, in the year 2021 online. For 5 days from 2nd to 6th August. The resource person was Rev. Fr. Charles Alphonse – cap. The number of persons registered 33, The number of participants 24 from Tamilnadu, Andhra and Srilanka. From 10.30 to 11.30 am.

Platform : Zoom Meet,

Resource Person - Rev. Fr. Charles Alphonse – cap

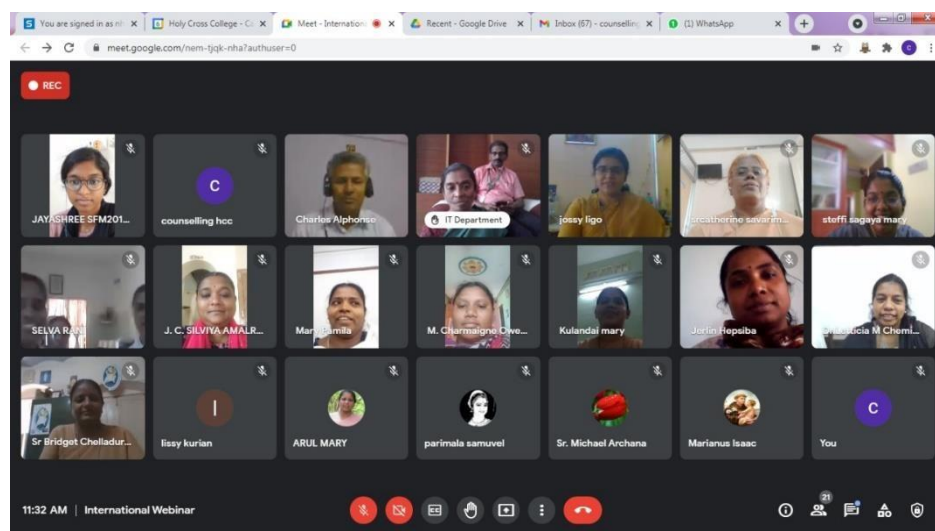
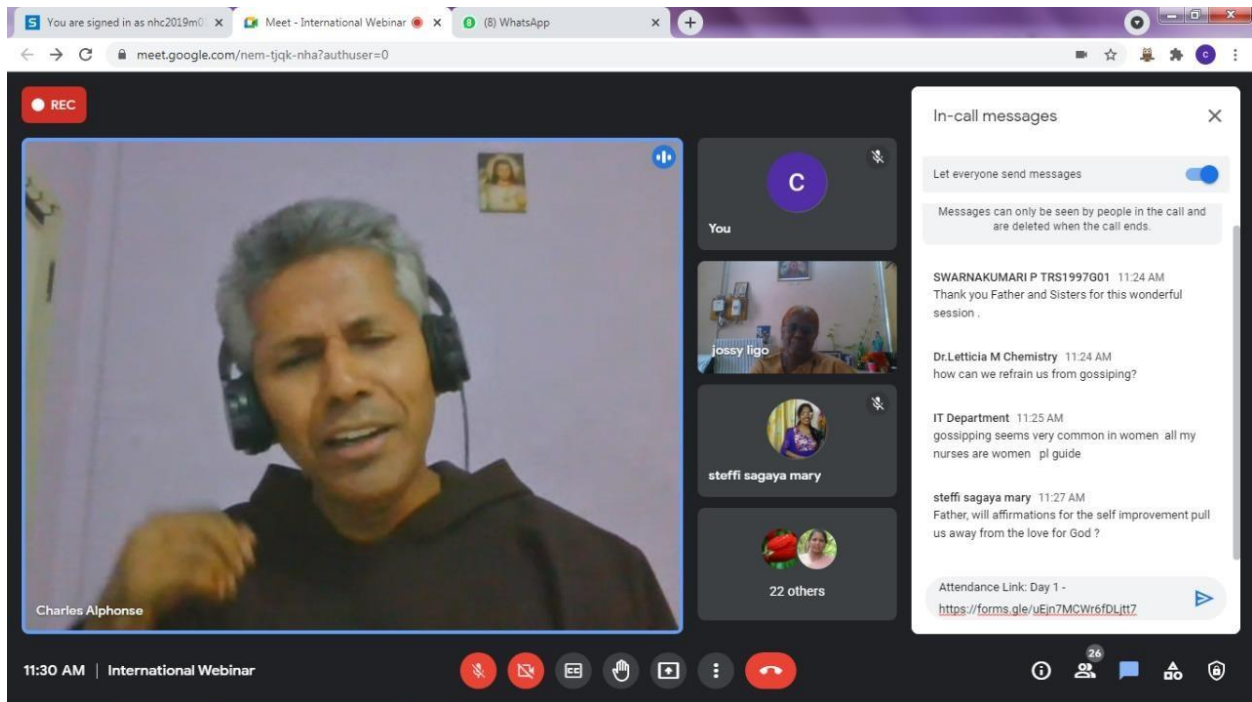
Psychologist

Phd., Scholar, Eminent Speaker

Manipal University, Rome.

The Webinar focused on 'Integral optimism' for smart life and Happiness, Transformation, Integral Health, Neuroscience and Spirituality. The participants appreciated the speaker's positive

presentation of the topic and the psycho spiritual exercises given to them. These were the contents highlighted by the resource person.



On 20th to 22nd October 2021. Dr. Sr. Catherine was the resource person from Holy Cross Counselling Centre, Holy Cross College, Trichy. for the International Webinar online was organized for 3 days by (DMI) 'The Society of Daughters of Mary Immaculate and its Collaborators' for 3 days on *'Renewal Program on Psycho-spiritual Midlife Transition for Women Religious'* The beneficiaries were sisters of DMI, the first 10 batch of sisters, as per the religious profession, the founding members of the congregation and the Generalate team were the participants, they were 104. Participants were from India, Tanzania, Zambia, Malawi, South Sudan, Rome and Ethiopia.

On 9th to 11th December 2021. Dr.Sr. Catherine was the resource person from Holy Cross Counseling Centre, Holy Cross College, Trichy, for the International Webinar online was organized for by (DMI) 'The Society of Daughters of Mary Immaculate and its Collaborators' for 3 days on *'Psycho-Spiritual Perspective on Midlife Transformation'* The beneficiaries were the jubiliarian sisters of DMI, The number of participants were 21. Participants were from India, Tanzania, Zambia, Malawi, South Sudan, Rome and Ethiopia.

On 21st and 22nd January 2022. Dr.Sr. Catherine was the resource person from Holy Cross Counselling Centre, Holy Cross College, Trichy, for the International Webinar online was organized for by (DMI) 'The Society of Daughters of Mary Immaculate and its Collaborators' for 2 days on *'Psycho-Spiritual Enlightenment and Journey towards Holiness- in the Light of Midlife'* The beneficiaries were the founding members of DMI, this is a 2nd phase. The numbers of participants were 18. They were from India, Tanzania, Zambia, Malawi, South Sudan, Rome and Ethiopia.

On 3rd -5th March 2022. Dr. Sr. Catherine was the resource person from Holy Cross Counselling Centre, Holy Cross College, Trichy, for the International Webinar online was organized for by (DMI) 'The Society of Daughters of Mary Immaculate and its Collaborators' for 3days on *'Renewal Program on Psycho-Spiritual- Midlife Transition and Adjustment'* The beneficiaries were members of DMI; this is from 1st to 10th batch of sisters, II Phase. The numbers of participants were 100. Participants were from India, Tanzania, Zambia, Malawi, South Sudan, Rome and Ethiopia.

Extension Activity

1. Psychological wellbeing through media awareness

Holy Mother YouTube Channel

Started: 21st March 2021

Subscriber: 936 Viewer: last video 1600

Title: “Uravugal Malara” Focused

topics:

- *Mother bonding stage*
- *Father bonding stage*
- *Attachment theory*
- *Stages of Relationship*
- *Peer bonding stage*

Apart from- Stress management-during pandemic time How to cope up with the situation of lockdown and its crisis.

