

HOLY CROSS COLLEGE (AUTONOMOUS) - Trichy
Holy Cross Counselling Centre

Counselling Report-2023-2024

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

Trained and experienced Counselors and Psychologists offer 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. Counseling is given through Online & Offline. Every year orientation is given on the utility of the counseling services for 1st UG students, The Counselors deal with the client exclusively on a one to one basis and students willingly come for counseling. Some students are referred and sent to the counselors by the teachers. The counselors as resource persons addresses students in groups, staff and people who are in different walks of life, engaged in various occupations .

Counselling Centre offers Counselling and Psychotherapy, The target group : UG and PG students

Duration: 6-7 hours (6days) Timing: 8.30 to 2.30 P.M (Monday to Saturday)

Counselling orientation given to the first year students :	1712
Counselling given Online (students and outsiders):	18
Counselling given Offline : HCC students	150
Counselling given Offline : Others	48
Students referred to Psychiatrist:	4

Date: 9th May 2023

Venue :Kodaikannal.

Dr.Sr. Catherine gave a session on, ‘Psycho Spiritual Integration in Formation’ for junior sisters; belonging to four provinces Thenali, Anghamali, Madurai and Trichy, Inter Juniorate Programme. They were 45 of them, at Kodaikannal.

Date: 21st June 2023 Venue: Holy Cross College

HCC (Holy Cross College) signed MoU with HET (Heart fullness Education Trust) on 21st June 2023.



Meditation and Yoga

Mental and Wellness Club of Holy Cross College collaboration with HET (Heart fullness Education Trust) have been actively promoting mindfulness and relaxation techniques, Meditation and Yoga among the students.

The club organized weekly, guided meditation sessions and relaxation techniques for students of various clubs and staff led by experienced instructors of HET.



Yoga Nithra

Yoga Nithra , Yogic sleep was conduct for teaching faculty by Dr. Sr. Catherine College counselor, that helped them to relax, to promote focusing mind and access the subconscious mind and rewiring their mental imprints so they could rewrite the story of life .

Date: 27th June 2023

Venue: Holy Cross College, Trichy.

Sr. Josephine half day lecture on '*Choices for the Healthy Relationships*' the beneficiaries were 92, II UG from the Department of English at Holy Cross College, Trichy.

Date: 3rd June2023 Venue: Holy Cross College

In the beginning of the academic year Orientation on '*Counselling*' was given to all I UG students, in 4 slots. Introduction and importance of Counselling were discussed.



Date: 15th July 2023 Venue: Holy Cross College

Dr.Sr. Catherine gave Orientation on '*The importance and impact of Counselling*' to all the first years at Our Lady's Hall in Holy Cross College.



Date: 29th July 2023 Venue : SOCSEAD Social Center, Trichy

Sr. Josephine gave class on 'Self-confident and Self Affirmation' to the Children of Alcohol addicts at SOCSEAD Social Center, Trichy. The beneficiaries were 22.

Date: 31st July 2023

Venue: Holy Cross college, Trichy

Sr. Josephine gave 'Awareness Programme' to the students of 'Youth Against Drugs', the beneficiaries were 50 at holy Cross college, Trichy.

Date: 9th August 2023

Venue: Holy Cross College.

Dr.Sr. Catherine gave session on life skills for chemistry students for all the three years at Sophy's Hall , Holy Cross College.





Date :18th August 2023

Venue: SOCSEAD, Deaddiction Center, Trichy.

Sr. Josephine gave class on '*Mental health and Anger management*' the beneficiaries were 18 (Patients of Alcohol and drug addiction) at SOCSEAD, Deaddiction Center, Trichy.



Date: 8th -10th September 2023

Venue: Ayakudi.

Dr. Sr. Catherine gave three days 'Personal counselling' help was given to 12 Pre novices at Ayakudi.



Date: 6th -8th October 2023

15th & 16th October 2023

Venue:

Dr. Sr. Catherine gave 5day sessions to first year 5 Prenovices on personal growth, psychotherapy and counselling. They were healed from their past and painful memories.

Date :9th &10th October 2023

Venue: Champion Angelo Indian Higher Secondary School, Trichy.

Sr. Josephine gave class on '*Positive frame of mind and Master your Emotions*' The beneficiaries were 110 students belong to 11th and 12th standard at Champion Angelo Indian Higher Secondary School, Trichy.



Date: 9th -11th October 2023 Venue:Puthur, Trichy.

Dr.Sr. Catherine gave 3day class on '*Personal growth*' help was given to our nine novices at Noviciate, Puthur, Trichy.



Date: 16th October 2023 Venue: Salesian Congregation

Dr. Sr. Catherine gave a session on; '*Psycho Spiritual Integration in Formation*' for Junior sisters belong to Salesian Congregation. They were 52 of them were benefitted.

Date: 17th October 2023

Venue: Holy Cross College, Trichy.

Sr. Josephine gave class on '*Stress Management*' the beneficiaries were 45 Parents of Special children at Blossoms Hall, Holy Cross College, Trichy.



Date:17th November 2023

Venue: SOCSEAD, De-addiction Center, Trichy.

Sr. Josephine gave class on '*Mental and Physical health*' the beneficiaries were 23 Patients of Alcohol and drug addicts, at SOCSEAD, De-addiction Center, Trichy.

Date:18th November 2023 Venue:St. Joseph's Higher Secondary School

Sr. Josephine gave class on '*Stress Management and Developmental Issues of Teenagers*' The beneficiaries were 450 hostel girls belong to 9th to 12th standard, St. Joseph's Higher Secondary School, at Vadugerpeta, Trichy.

Date: 24th November 7th December 2023 Venue: Holy Cross College

FDP on 'Integrated Personality' to Teaching Faculties of Holy Cross College



FDP was organized for the Teaching Faculties of Holy Cross College in school wise on 'Integrated Personality' by Sr. Catherine, Counselling in charge, which was held from 24th November 2023 to 7th December 2023, for 18 hours in 9 groups for 8 days. The numbers of participants were 275 from various schools. The resource persons were

1. Dr. Sr. Catherine, Counselling in charge, Holy Cross College 11 hours
2. Mrs. Jasmine Counsellor and Psychotherapist 6 hours
3. Fr Antony Peter ofm, cap 1 hour

The participants were highly appreciating the sessions. Our staff members were benefitted a lot, since it was a life oriented and self empowering sessions. In 'Feedback Form' staff expressed that it was excellent. Many staff expressed that they would like to have follow up sessions.

Date: 30th December 2023

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

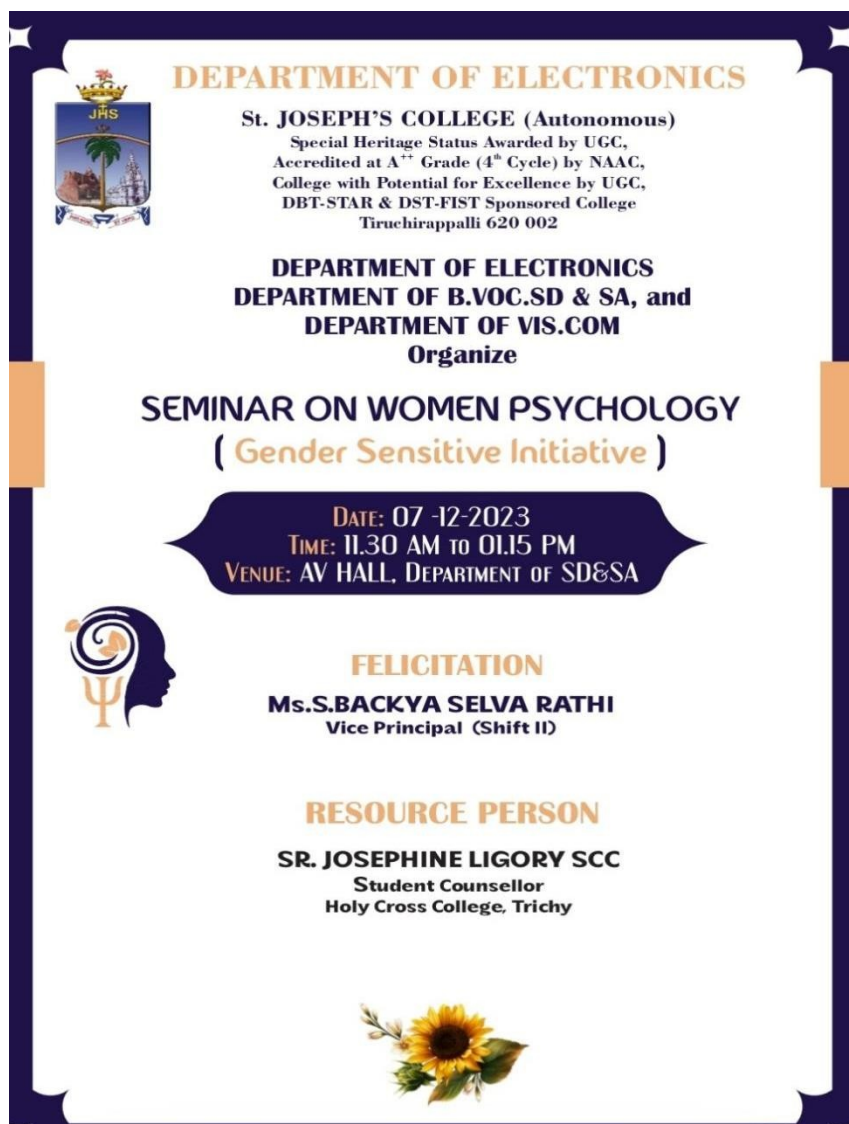
Sr. Josephine gave motivational talk on '*Types of disability*' the beneficiaries were 80 students belong to 7th standard, Holy Cross Girls Hr. Sec. School at Blossoms Hall, College, Trichy.



Date: 7th December 2023

Venue: St. Joseph's College, Trichy.

Sr. Josephine gave class on '*Women Psychology*' -Gender Sensitive issues. The beneficiaries were 55 students belong to the department of Electronics, B.VOc. and PG Vis.Com Girls, St. Joseph's College, Trichy.



Date: 4th January 2024

Venue:

Soc SEAD, Ayakudi.

Dr.Sr.Catherine gave session on '*Personal growth, prevention and treatment for Alcohol addicts*' to the De-addiction inmates. The beneficiaries were 28 at Soc SEAD, Ayakudi.

Date: 13th &14th January 24 Venue: Holy Cross Novitiate, Puthur. Trichy

Dr.Sr. Catherine was a resource person in Inter-novitiate programme at Holy Cross Novitiate, Puthur. Trichy. It was on 'Mind Fullness' The beneficiaries were 38 novices from different congregations, Holy Cross Trichy , St. Anns, Seven Dollors etc.,



Date :19th January 2024

Venue: SOCSEAD, De-addiction center, Trichy.

Sr. Josephine gave class on '*Self-awareness and Choices of life*' The beneficiaries were 21, Patients of Alcohol and drug addicts at SOCSEAD, De-addiction center, Trichy.

Date :22nd& 23rd January 2024 Venue: Holy Cross Pre-novitiate Trichy. Sr. Josephine gave class on '*Personality Development*' the beneficiaries were 12 at Holy Cross Pre-novitiate, Ayakudi, Trichy.



Date :24th January 2024 Venue:Holy Cross College

Certificate of Appreciation National Conference on '*The Evolving Landscape*:
Dr. Sr. Catherine Counselling incharge, Holy Cross College As Chair person in the National Conference on '*The Evolving Landscape : Exploring Possibilities and Challenges for the Girl child in a Dynamic World*'.

Date: 30th January 2024 Venue: Irungaklur

Sr. Josephine gave class on '*Preventing Disability*' the beneficiaries were 58 at Irungaklur, Village, Trichy.



Date: 1st February 2024 Venue: Holy Cross College

Sr. Josephine gave class on '*Government welfare measures for the betterment of PWD*'. 42 parents and 18 first year MSc. students of Rehabilitation, The beneficiaries were 60, at Blossoms hall, Holy Cross College, Trichy.



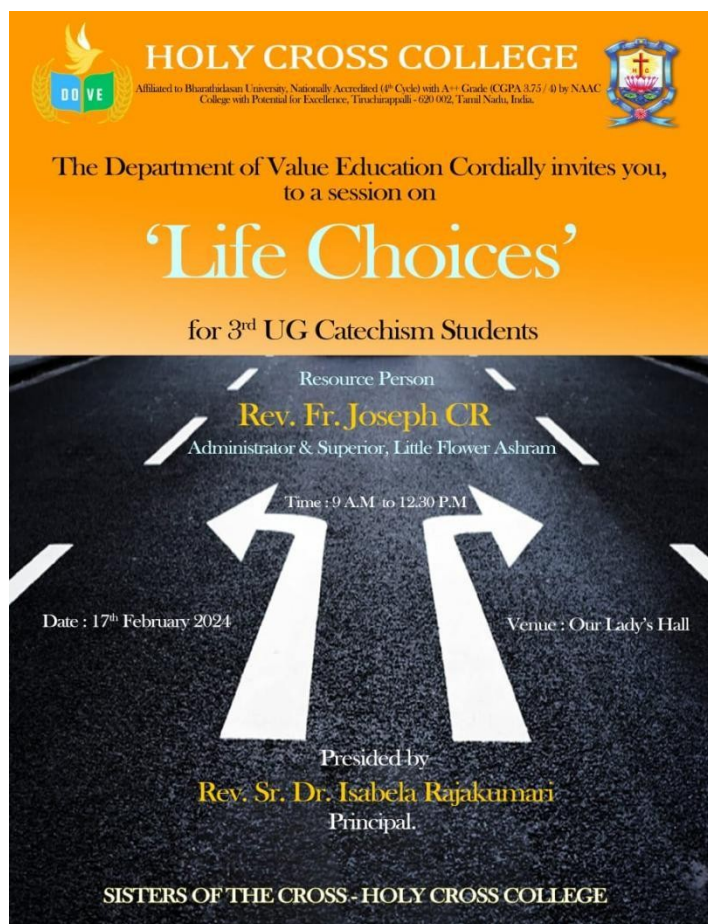
Date: 8th & 9th Febraury 2024 Venue: Holy Cross College

Dr.Sr. Catherine administered *the Theraphy session on, 'Inner Healing'* to 35 students from Commerce BVoc department. The participants were healed from their past unresolved wounds and conflicts.



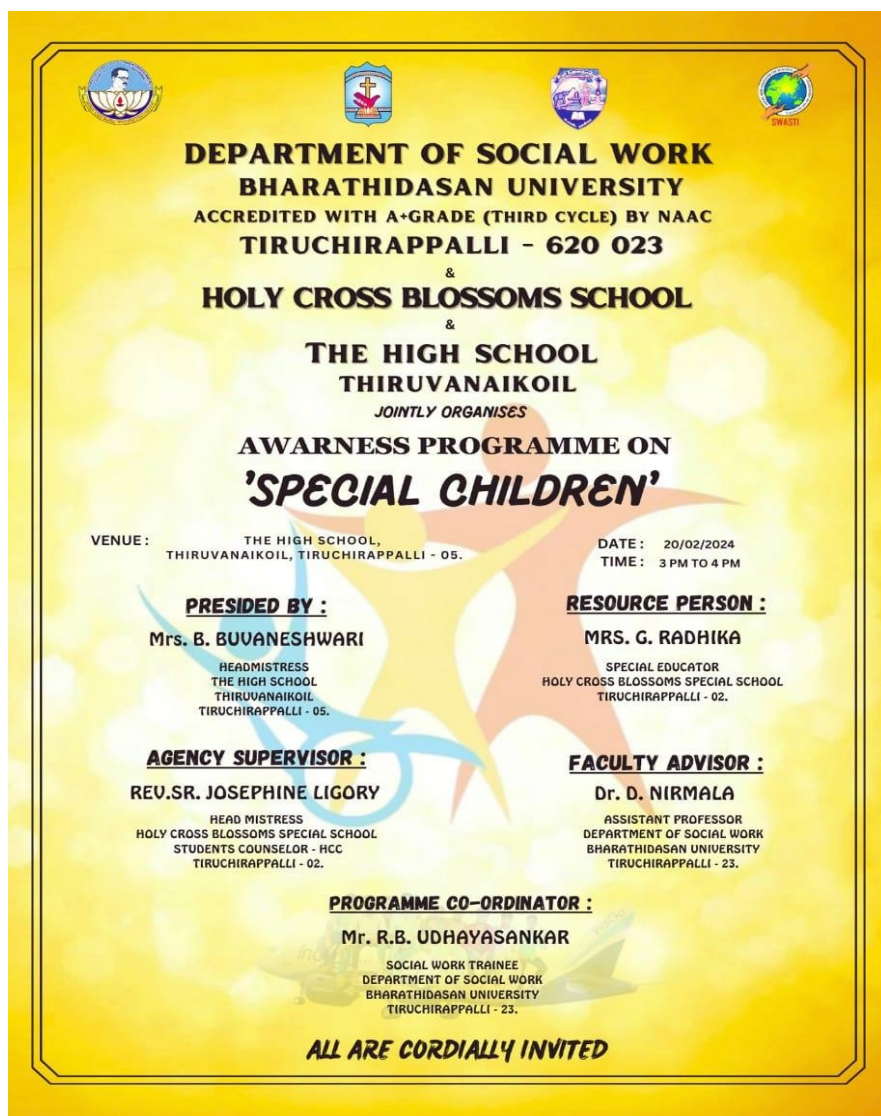
Date: 12th Febraury 2024 Venue: Holy Cross College

One day workshop was organized for 3rd year UG students *on 'Life Choices'*. It helped them to choose the sort of life which they aspire for.



Date: 20th Febraury 2024 Venue: High School of Thirvanikoil

Awareness Programme on special children was jointly organized by Holy Cross Blossom School, High School of Thirvanikoil and Department of Social Work ,Bharathidasan University . Sr. Josephine, Head Mistress of Blossom Special School was as an Agency Supervisor .



Date:21st Febrarury 2024 Venue:Holy Cross College

Dr.Sr. Catherine gave orientation *on Psychological needs and Life skills*, to the students of BSc Biotechnology, they were 100 of them.

Date:23rd to 25th Febrarury 2024 Venue: Kannyakumari

Two days class were given by Dr. Sr .Catherine on '*An Integral Approach on Psycho Spiritual Formation*' to the sisters who belong to various congregation at TholamaiS spirituality Centre at Kannyakumari, 15 sisters were benefited. They are highly appreciative of the session, and helped them to form themselves better.



Date: 26th to 29th Febraury 2024 Venue: Puthur

Dr. Sr. Catherine gave talk on '*Personal Counselling*' to help the novices, in the evening hours, 3hours per day \ for 5 days.

Date: 18th to 24th March 2024

Venue:Holy Cross Novitiate, Puthur.

Sr. Josephine gave class on '*Affective Maturity and Human Sexuality*' the beneficiaries were 7 at Holy Cross Novitiate, Puthur, Trichy.

Date:27th April 2024

Venue: Nagamangalam Trichy.

Youth Conference Sr. Josephine was a speaker for one key note session in Youth Conference : *You are the Ambassadors of Christ*' MSFS Provincialize Nagamangaslam Trichy.