

# COUNSELING FORUM

## (Year 2015 -2016)

Counseling is a term used to comfort, listen or to help people who are experiencing any emotional problems. Going to a counselor is the healthiest thing that individuals can do for themselves.

### **Objectives :**

- ❖ To empower women society.
- ❖ To develop their attitude and make them optimistic. ❖
- To develop their personal skills in various environment. ❖
- To increase the leadership qualities among rural youth ❖

To Provide various service for the digital environment.

## Staff Incharge

The counseling forum is active with three full time professional counselors.

Sr.Josephine Kanikai Mary

Mrs.Rohini

Dr.Gousalya

and two part time counselors namely

Dr.Stella Beatric Nirmala

Mrs.Loacas Rex line

## COUNSELLING

Problems Dealt with Problems Dealt with  
Awareness given on ❖ Married & Unmarried ❖ Single Parent ❖ Goal setting ❖ Single parent &  
Without parents ❖ Guardian ❖ Interview tips ❖ Unhealthy ❖ Unhealthy parent ❖ Stress

Management [REDACTED] ❖ Sports ❖ Step Mother ❖ Positive attitude ❖  
Part time job ❖ Step father ❖ Feminism ❖ Long absent & Late comers ❖ Love tank ❖ Love affairs &  
Love failures ❖ Self confident ❖ Pre marital & Post marital ❖ Behaviour problem ❖ Eating disorder &  
Depression ❖ Career Guidance ❖ Grief & Soft addition ❖ Unconditional life acceptance ❖ Anxious &  
Sexual abused ❖ Time management ❖ Disability & Autism ❖ Self disclosure & Risk factors ❖ ADHD  
❖ Mental block & Hormone issues ❖ Phobia ❖ Non-violence & SWOT-Analysis ❖ Johari Window &  
Maslow Theory

❖ Conflict resolution

# ORIENTATION PROGRAMS

On Sr. Josephine Kanikai mary conducted an orientation programme about Tennage brain and issues for all the 1<sup>st</sup> year students.

On 26.7.15 Mrs. Rohini conducted an orientation Programme about fear and stress management for 1<sup>st</sup> year UG/PG students.

7.7.15 Mrs. Rohini conducted an orientation programme about advertisement and positive thinking.

On 7.1.2016 and 8.1.16 Dr. S. Gousalya Conducted two days

orientation Programme on “Teenage problems and solutions”. on 9.2.2016 One day orientation Programme on mind setting to face the challenges of life” was headed by Rev. Fr.JO. M.X.

## **Group counseling held on year**

**(2015 -2016)**

acceptance

30.06.15 B.Sc. Computer Science

I year Barbie doll culture and feed back

2.7.15 B.Sc. Computer Science

II year Important of Eye contact and self confident.

6.7.15 B.Sc Computer Science

III year Self –

15.07.15 B.A – History III year Good Leader and role of history 16.7.15 B.A.

– History II year Behavior problems and over coming

23.7.15 B.A. – History I year Language problems and love affair

11.8.15 B.A. – English III year Adolescent Period and confuse 12.8.15 B.A

– English II year Unconditional self acceptance and parents perspective

13.8.15

13.8.15

M.Phil English Personality development and future targets

M.A. English II year General age issues and how to handle?

14.8.15 M.A. – English I year Daily stress and age issues.

24.8.15 MHRM I year Role of HRS in all the field & stress Management

24.8.15 M.Phil (Commerce) - Career guidance and about Counselling

24.8.15 B.Com I year Google generation and the emotions.

25.8.15 MHRM II year Body language and understanding Role of HRS

25.8.15 B.Com II year Mind Lock & dealing inoperative ways.

26.8.15 M.Com I year Self Acceptance and Depression 27.8.15 B.Com III year

Hearty laughter Anger and issues.

28.8.15

12.9.15

M.Com II year Understanding the parents Meditation and Self  
love

Economic III year About counseling, Exam fear Role model

16.9.15 History M.A. II year Future and role model Importance of their  
major

16.9.15 M.A. History I year Future and role model Importance of their  
major

23.9.15 Maths SSC III year About Conuselling, Achievers, Percentage and arrears,  
Love affair

18.2.16 M.A Economics I and II year Self acceptance and future  
Dr. Gowsalya Mental block, goals.

12.2.16 B.Sc Chemistry B.Sc B.Sc Maths  
Comp. Science I year Friendship and Role Model

12.2.16 B.Sc Physics III year Controlling emotions 15.2.16 B.A. History III

year Self disclosure and its effects

## SPORTS

19.9.15 Sports students from all  
department

Over training is worse than under training  
Diet, Managing stress, Cell Down Set  
Proper Goals, winning and losing

16.9.15 Ball Badminton Communication

Inner wear and appearance  
Analyse the issue, Accepting the truth

15.2.15 Warm up, Fitness, Injuries and Prevention

23.2.16 Sports Students Listen to your, body, Class and preparing Exam and percentage

# THERAPY ADOPTED

NLP - Eliciting state of behavior

Hand grip

Hourly movement

Stress – Relief Thumus Thump moving and

shaking

letting go experience



- Stressor / action sheet – by the client
- Seek, ask and knock – release and acceptance
- Emotional Freedom Technique (EFT)
- Erase and Replace – (unwanted thoughts)
- The Gestalt therapy – grief, anger, loss, hatred ( The warning factors within the client)
- V.K.D. – Healing, Phobias. traumas
- The swish – Quitting bad habits and forming good habits – behavior change and new growth.
- Reticular activating system – behavioral motivation (close to brain)

**Therapy's given  
for**

# COUNSELLOR'S MEETING HELD ON

13.8.15 Hostel

14.8.15 Principal office

17.8.15 Hostel

24.8.15 (Commerce) staff room

18.1.16 Principal office

20.1.16 Principal office

27.1.16 Principal office

9.2.16 MHRM Library

18.2.16 Counselling Room