



St. Thomas' College (Autonomous), Thrissur

Report on Student Counselling System

Introduction

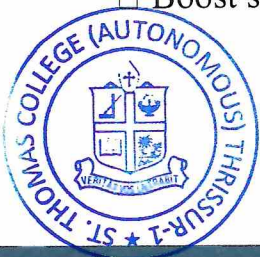
Counselling is a process that aims to facilitate personal well-being of the students through support and guidance of trained counselors, for a healthy mind and body. With the intent to address and help resolve emotional and psychological issues of the student community of the institution, St. Thomas' College (Autonomous), Thrissur, has initiated the "Student Counselling System" in the college with the help of a trained team of faculty members and professionals as Counselors.

Objectives

- To help the students in solving their personal, educational, social as well as psychological problems.
- To create awareness about issues and problems related to mental health of student.
- To motivate faculty in counselling activities.

Roles and Responsibilities

- Solve personal problems of student by conducting individual counselling session.
- Boost self-esteem of weaker /physically challenged students.



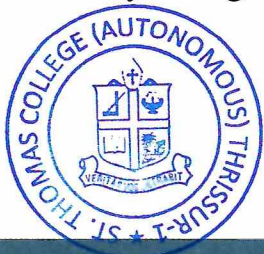


- Diagnose the learning difficulties of students and help them to overcome the same.
- Help the students to overcome examination stress or fear.
- Conduct training program on counselling skills for faculty & staff.
- Conduct seminars for students on mental health and addiction issues.
- Refer the students to professional psychiatrics or counsellors in severe cases.
- Inform the parents about psychological misbehavior of the student.

Practice

St. Thomas' College, (Autonomous) has a legacy of counselling programme organized for the students since 2001. The Student Counselling System in the college was rechristened as Youth Empowerment Scheme (YES) in 2011. The centre offers free counselling to the students. Trained counsellors, psychologists and special educators are available in college on prior appointment.

We have a team of 24 members for counselling UG and PG students. This team is headed by Dr. Monsy Edward, M A (Psychology); MM &SP; Clinical Psychologist. He is a registered Clinical psychologist in Rehabilitation Council of India. In addition, we have Rev. Dr. Job Padayattil (Clinical Counselling Psychologist) and Sr. Dalmatia CMC (Clinical Counselling Psycho Therapist) as





external counselors. Teachers of MSW department and 18 other teachers support the counselling system.

Every Wednesday Student Counselling team members give counselling for 3rd /4th semester UG students. Prior to the personal counselling, a resource person from the counselling team delivers a motivational cum orientation talk to the students for one hour. There after students are asked to fill their personal details in a form issued to them. With this data sheet they approach the individual counselling teacher for personal interaction. The session empowers the counselee and helps for introspection and to better prepare for personal counselling. The counselors can record the intervention techniques adopted by him for the students in their data sheet and this will be kept in college as a permanent record. The students who need external help in order to maintain a psychological equilibrium to cope with stress, to seek information about the means of self-control, growth and self-expansion will be referred to MSW department and those students who needs more attention and care will be provided with the service of clinical counselling psychotherapist and clinical counselling psychologist. The Student Counselling System also conducts lectures on personality development, value education, problems of adolescents and on various related topics which will be beneficial to our students.





ST. THOMAS COLLEGE (AUTONOMOUS)

THRISSUR, KERALA - 680 001



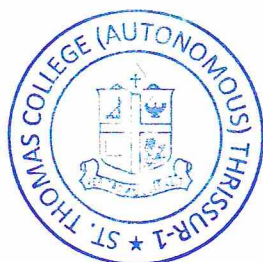
NAAC 4th Cycle Accreditation

College with Potential for Excellence
NIRF Ranking 2021: 64

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Here Counselling system is performing as a semi-structured guidance whereby Counselor teacher shares their knowledge, skills and experience to assist counselee students to progress in their own lives and careers. Counselling teachers are readily accessible and prepared to offer help as the need arises. This system is highly useful for students to resolve day to day academic problems and to solve the problems come across during their course of study. This system is empowering students to develop their strengths, beliefs, and personal attributes. Students feel free to access their counselling teachers and share their problems inside and outside college. This system helps the students to get relived from their academic and non-academic tensions.

Under this system, a special attention is given to the overall development of the student. The development of progress is monitored and informed to the parents periodically. Whenever necessary, parents are contacted and personal interaction with parent and students were also arranged to resolve their stress and tensions. Evidently this Student Counselling system is having a positive impact on the performance and efficiency of the students.



Principal

**St. Thomas College (Autonomous)
Thrissur - 680 001**



Estd. 1889

ST. THOMAS' COLLEGE

(Autonomous)

THRISSUR - 680 001, KERALA, INDIA

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MEMBERS OF THE COUNSELING COMMITTEE

1. Divya George (Convenor)
2. Seema Sunny (Joint Convenor)
3. Sr. Alphonsa Mathew
4. Fr. Martin K A
5. Sr. Julie Andrews
6. Chacko V M
7. Sr. Jisha Joseph
8. Sr. Sheeba C V
9. Rani Sebastin
10. Sindhu George
11. Dalia Varghese
12. Jency Thomas
13. Vimala Jose
14. Antony John F
15. Geethu Elizabeth Thomas
16. Fr. Alan Tony
17. Fr. Thomas Edakalathur
18. Dr. Biju Alappat
19. Fr. Stichin K Paul
20. Jijo Kuruvila
21. Vimala K John
22. Dr. Monsy Edward
23. Fr. Job Padayattil
24. Sr. Dalmatia




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