



ALPHONSA COLLEGE PALA

Reaccredited (4th cycle) by NAAC with A grade (CGPA 3.24)

ARUNAPURAM P.O., PALA, KOTTAYAM (Dist.)

KERALA STATE, INDIA – 686574

Website: www.alphonsacollege.edu.in

SANTHWANA COUNSELLING CENTRE REPORT

2022 -2023



SANTHWANA COUNSELLING CENTRE ALPHONSA COLLEGE PALA

Alphonsa College has always been a constant support for her students not only in the realm of academics but also in their all-round development. To help our students to respond positively to their living environments, the centre provided certain opportunities to open up and reflect upon their lives in the academic year 2022-2023.

Orientation Programme

The centre organized an orientation programme for our students concerning the meaning and relevance of counselling. The session was conducted on 25th July 2022, by Sr Mercin Mathew FCC and the class was for a selected group of seventy-four students from various departments of our college. The speaker could explain the need of counselling and how to approach it with a positive outlook.



Orientation class by Sr Mercin Mathew



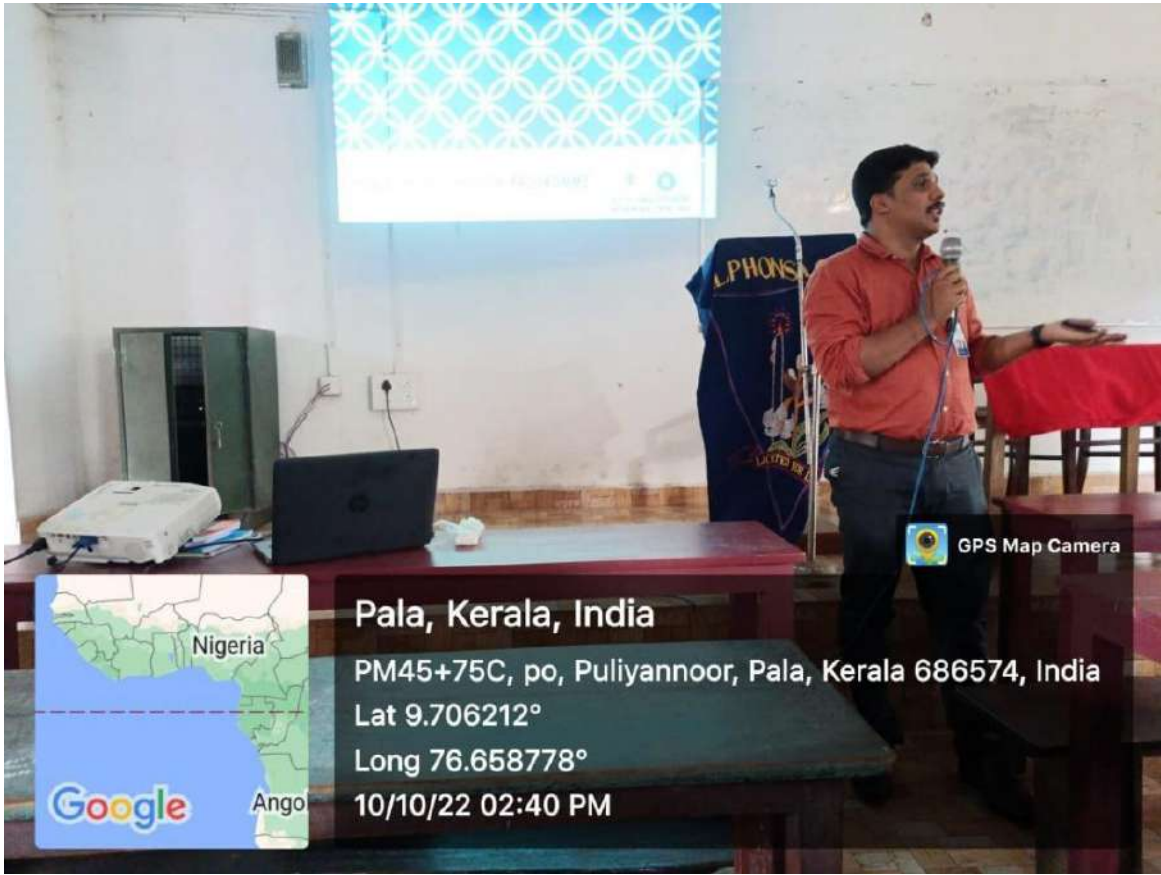
Counselling Sessions

Counselling sessions were organized on Mondays, from 10.00 am to 3.00 pm, after the general orientation programme. The appointed counsellors for the academic year were- Sr Mercin Mathew FCC (Masters in Counselling Psychology and Psycho-Spiritual Counselling), Sr Lucy Kunnakkattu FCC (Trained Counsellor from Pontifical John Paul II Institute for Studies on Marriage and Family, Cana, Changanassery) and Sr Sneha Rose FCC (MSW in Community Development).

We tried to assure an affable atmosphere for the daily sessions by allocating separate counselling rooms and other necessities. 211 students from various departments made use of the opportunity till this day.

Mental Health Day Celebration

On the occasion of World Mental Health Day, Santhwana Counselling Centre in collaboration with the Department of Clinical Psychology, Marian Medical Centre, Pala, conducted a suicide prevention class, “Make Mental Health and Well-being for All a Global Priority” on 10th October 2022. Mr Jerry Mathew, Consultant Clinical Psychologist, led the class.



Pala, Kerala, India

PM45+75C, po, Puliyanloor, Pala, Kerala 686574, India

Lat 9.706212°

Long 76.658778°

10/10/22 02:40 PM



Mr Jerry Mathew, Consultant Clinical Psychologist, led the class