



# COUNSELLING



# CHRIST COLLEGE

PULIYANAMALA, KATTAPPANA

Approved by UGC and Affiliated to MG University, Kottayam (3521/1/14/Ac A VII)  
A Minority Institution Managed By CMI Fathers

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## ANNUAL COUNSELLING REPORTS

Mental health problems in adolescence and youth are a significant problem, relatively common, and amenable to treatment or intervention. It is being assumed that young educated people will automatically be socially and emotionally competent. They are expected to behave in a socially desirable and emotionally intelligent manner. However, college students may experience a significant degree of stress as a result of personal issues, academic pressure, career decisions, and peer group interactions. The changing family structure and the evolving social trends with a breakdown in the traditional support system has created a gap for fulfilling the physical, psychological and social needs of the children stressing the need for an alternative support system to meet the needs. Counselling in educational institutions is definitely the bridge that might fill this gap. Counselling is a support or helping process in which a counsellor holds face to face talks with another person to help him or her solve a personal problem, or help improve that person's attitude, behavior, or character.

Some of areas for which of counselling are quite needed for the students are:

- (a) Nurturing and Healing
- (b) Problem management



## (e) Support and life skills training

Understanding the importance of maintaining and promoting mental health among student community, which is inevitable for building a robust society, Christ College has been providing counselling services since 2016. A full time counsellor is available in the college and timely help is made accessible to address student's concerns. The counselling process involves both voluntary approach by students and summoning of students by the counsellor.

### Objectives of the program

The goal of the guidance and counselling programs in Christ College is to facilitate student development in the following three standards:

- Academic Development
- Career Development
- Personal and social Development.

#### 1) Academic Development standards.

1. The students will acquire the attitudes, knowledge and skills that contribute to effective learning in institution and across the life span.

2. The student will understand the relationship



## 2) Career Development standards

1. The student will acquire the skills to investigate the world of work in relation to options and personal interests.
2. The student will understand the relationship between personal qualities, education, training and the world of work.

## 3) Personal and social Development standards.

1. The student will acquire knowledge, attitudes, and interpersonal skills to help in understanding and respecting self and others.
2. The student will make decisions, set goals, and take necessary action to achieve goals.
3. The student will understand safety and life skills.

## Specifics

- The counseling sessions for students are kept confidential. Parents or guardians are contacted (with adequate discretion/consent) only under special circumstances.
- Counselling is provided in a non-judgemental and safe environment to all students.
- Regular follow-up is given.

- For medical case or therapist consultations, counsellors provide referrals to prominent institutions / professionals.

Principal

Counsellors

Rev. Dr. ~~Alex~~ <sup>Alex</sup> Louis CMI

Ms. Jeena Jose <sup>Jeena</sup>



Ms. Saby Mathew <sup>Saby</sup>



Academic Year 2016-2017

### Strategies Planned


- 1) To meet each student in person for making them aware of the counselling services as well as for obtaining an overall picture of problems encountered by the student community.
- 2) To give counselling and followup for students who are in crisis.
- 3) To facilitate change by administering various intervention methods in counselling.
- 4) To evaluate the counselling service by the end of the academic year.

Principal

Rev. Dr. Alex  Loui's CMI

Counsellors

  
Ms. Teena Jose

  
Ms. Suby Mathew





## Executive Summary and Evaluation of the Services provided.

A total of 84 students were interviewed by counsellors during the month of September for making them aware of the counselling services available at the college and to identify the students who are in need of counselling or guidance. Around 9 students accessed the individual counselling sessions for an average of four sessions. All counselling and follow up sessions were documented properly for effective intervention and future reference.

Last year, the main problems that were brought to counselling were related to anxiety, academic related issues, family issues, and relationships. Appropriate interventions were made to rule out problems faced by students. For instance, anxiety issues were dealt by teaching relaxation techniques and cognitive restructuring. Counsellors arranged meetings with the parents and teachers of certain students for better clarity and resolution of their problems. Majority of the students cooperated throughout the process and achieved significant progress on their mental health and ability in dealing with their problems.

Principal

Counsellors

Rev. Dr. Alex Louis

CMI

Ms. Jeena Jose





Academic Year 2017-2018

## Strategies Planned

- 1) To meet each student in person for making them aware of the counselling service and to identify students who are in need of counselling.
- 2) To set up pre-booking facility for availing services.
- 3) To give counselling and follow up for students who are in need of counselling.
- 4) To facilitate change by administering various intervention methods in counselling.
- 5) To evaluate the counselling service by the end of the academic year.

Principal



Rev. Dr. Alex Louis CMI

Counsellors



Ms. Jeena Jose



Ms. Suby Mathew





## Executive Summary and Evaluation of the Services provided

A total of 144 students were interviewed by counsellors during the month of September to make them aware of the counselling services available at the college and to identify the students who are in need of counselling or guidance. Around 13 accessed the individual counselling sessions for an average of four sessions. All counselling and follow up sessions were documented properly for effective intervention and future reference.

The main problems that were brought to counselling during this academic year were mainly related to academics, maladjustment in college and relationships. Suitable steps and intervention plans were taken for the resolution of the individual problems. Sessions with parents and teachers of certain students were conducted for effective problem solving. Out of 13 students who availed the service majority of students co-operated through out the process and achieved significant progress.

Principal

Counsellors

Rev. Dr. Alex Louis CMJ

Ms. Teena Jose

Ms. Suby Mathew



Academic Year 2018-2019

### strategies Planned


- 1) To meet each student in person for making them aware of the counselling service and to identify students who are in need of counselling.
- 2) To give counselling for students who are in need of assistance.
- 3) To promote holistic development in students through proper guidance and follow up.
- 4) To evaluate the counselling service by the end of the academic year.

Principal

Rev. Dr. Alex  Louis CMI

Counsellors

Ms. Jeena  Jose

Ms. Suby  Mathew





## Executive Summary and Evaluation of the services provided.

A total of 192 students were interviewed by counsellors during the month of August to make them aware of the counselling services available at the college and to identify the students who are in need of counselling and guidance. Around 22 accessed the individual counselling sessions for an average of four sessions. Of those who attended the sessions 20 were undergraduate students and 2 were post graduate students. All counselling and follow up sessions were documented properly for effective intervention and future reference.

The main problems that were brought to counselling during this academic year were mainly related to alcohol and substance abuse as well as family issues. Suitable steps and intervention plans were taken for the resolution of the individual problems. Proper guidance and follow up were given to the students after the counselling sessions. Out of 22 students who availed the service majority of students co-operated throughout the process and achieved significant progress.

Principal

Rev. Dr. Alex Louis CMI



Counsellors

Ms. Jeena Jose

Ms. Suby Mathew



Academic Year 2019-2020

### Strategies Planned.

- 1) To meet each student in person for making them aware of the counselling service and to identify students who are in need of counselling.
- 2) To promote healthy interpersonal relationships among students.
- 3) To give counselling for students who are in need of counselling.
- 4) To facilitate change by administering various intervention methods.
- 5) To evaluate the counselling service by the end of the academic year.

Principal

Rev. Dr. Alex Louis CMI

Counsellors

Mrs. Dency Stebin

Ms. Suby Mathew.





## Executive Summary and Evaluation of Services provided.

A total of 225 students were interviewed by counsellors during the month of September to make them aware of the counselling services available at the college and to identify the students who are in need of counselling or guidance. Around 31 students accessed the individual counselling sessions for an average of four sessions. Of those who attended the sessions 28 were undergraduate students and 3 were post graduate students. All counselling and follow up sessions were documented properly for effective intervention and future reference.

The main problems that were brought to counselling during this academic year were mainly related to conflict with parents and academic stress. Suitable steps and interventions plans were taken for the resolution of the individual problems. Sessions with parents and teachers of certain students were conducted for effective problem solving. Out of 31 students who availed the service, majority of students cooperated throughout the process and achieved significant progress.

Principal  
Rev Dr. Alex Louis C.M.I.

Counsellors:

Mrs. Dency Stephen

Ms. Suby Mathew

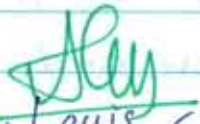


Academic Year 2020-2021

### Strategies Planned

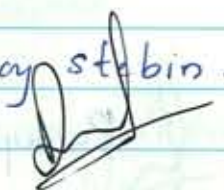
- 1) To provide online counselling facility for students, as counsellors are unable to meet them in person due to COVID-19 pandemic.
- 2) To guide students to use social media without making disruptions in personal and academic life.
- 3) To conduct online sessions with parents in order to equip them to intervene in problems faced by students in proper manner.
- 4) To evaluate the counselling service by the end of the academic year.

Principal  
Rev. Dr. Alex. Louis CM1

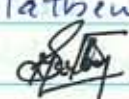


Counsellors

Mrs. Dency Stabin.



Ms. Suby Mathew.



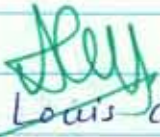



## Executive Summary and Evaluation of the services provided

A total of 77 students accessed the online individual counselling sessions for an average of four sessions. Of those who attended the sessions 72 were undergraduate students and 5 were post graduate students. All counselling and following up sessions were documented properly for effective intervention and future reference.


Mainly two online parents meetings were conducted during the year, on which Ms. Suby Mathew equipped parents to intervene in problems faced by students in a proper and healthy way. The main problems brought by students to counselling during this academic year were mainly related to stress generated due to lack of social interactions, financial crisis and mobile phone addictions. Suitable plans were formulated for the resolution of individual problems. Out of 77 students who availed the service 95% of students cooperated throughout the process and achieved significant progress.

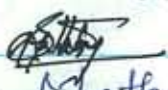
Principal

Rev. Dr. Alex Louis 



Counsellors:

Mrs. Denny Stebbins 

Ms. Suby Mathew 



Academic year 2021-2022.

### Strategies Planned.

- 1) To meet each student in person for making them aware of the counselling service and to identify students who are in need of counselling.
- 2) To give special counselling to students who are facing post COVID psychological issues.
- 3) To help students deal with adjustment problems as they have not attended offline classes for more one year.
- 4) To facilitate change by administering various intervention methods.
- 5) To evaluate the counselling service by the end of the academic year.

Principal

Rev. Dr. Alex Louis CMI

Counsellors

Mrs. Dency Stebin

Ms. Suby Mathew





## Executive Summary and Evaluation of the services provided.

A total of 226 students were interviewed by counsellors during the month of September to make them aware of the counselling services available at the college and to identify the students who are in need of counselling or guidance. Around 45 availed the individual counselling sessions for an average of four sessions. Of those who attended the sessions 43 were undergraduate students. All counselling and follow up sessions were documented properly for effective intervention and future reference.

The main problems that were brought to counselling during this academic year were mainly related to maladjustment to academic system, technology dependency and emotional issues. Counsellors observed impact of COVID related lockdown in students and general issues of them. Suitable steps and intervention plans were taken for the resolution of the individual problems. Sessions with parents and teachers of certain students were conducted for effective problem solving. Out of 45 students who availed the service 97% of students cooperated throughout the process and achieved significant progress.



Principal  
Rev. Dr. Alex Louis CM91

Counsellors  
Mrs. Duncy Stojin