



St. Christopher's College of Education

Help at Hand – Strengthening Faculty in Counselling Techniques to Facilitate Gen Z

13.10.2018 to 20.10. 2018

With all technological facilities at reach, Gen Z has gone into a shell living in a virtual world rather than living in reality. As a result, they are all the more depressed than being happy, having lost connections with people on one-to-one basis. Studies show that they are least satisfied having various mental health issues. One of the striking developments is the increase in anxiety and depression as they are not happy and satisfied with themselves as well as the situation around them. Catering to such students, faculty handling them also tend to have unprecedented stress leading to burnout and fatigue. Having realized the trauma of Gen Z and their faculty, the college organized a training programme on counselling thereby strengthening the faculty to help Gen Z, know themselves and cope up in any circumstances optimistically.

The programme “Help at Hand – Strengthening Faculty in Counselling Techniques to Facilitate Gen Z” was held from 13th October 2018 to 20th October 2018. There were 73 participants who were divided into Batch A and Batch B.

The primary objective of the programme is to enable the college faculty to be trained counsellors and people-helpers through a systematic training programme and to equip themselves with the knowledge and skills of counselling techniques in order to extend a helping hand to students in wholistic personality development. It is necessary for the faculty to identify problems of the students and address them at the initial stages, since they are the first contact point. It will serve as an instrument to prepare the students to cope effectively in time of crisis and return to their usual level of functioning.

The objectives of the programme were to enable the college faculty

- Recognize the importance of integrating counselling techniques in classroom scenario
- Practice counselling and listening skills
- Develop the attitudes needed for a counsellor
- Imbibe temperament analysis
- Demonstrate counsel models, identify mood disorders & implement counselling

Passionate young committed and dedicated faculty of various Arts and Science colleges and Educational Colleges participated the programme. The participants received Accredited Certificates.

List of resource Persons and the topics handled

| S.No | Resource Persons | Topics Handled |
|-------------|-------------------------|---|
| 1 | Mr. Jacob Ninan | Personal Needs,7 Stage Model & Counselling Demonstration |
| 2 | Mr. Santhosh Vennamalla | Introduction to Counselling Approaches, Introduction to Counselling Approaches & Ethical Practices for Counselling |
| 3 | Dr. Anthony David | Counselling & Healing Crisis Counselling |
| 4 | Dr. Zarina Ahmed | Basis of Counselling, Counsel Model, Case Study Temperamental Analysis & Secular Approaches |
| 5 | Dr. Sony Mathews | Mood Disorders & Transactional Analysis |
| 6 | Mr. Syras Kumar | Attitudes of a Counsellor, Biblical Basis for Counselling Self-Image & Self Esteem, Concept of Personality Counsel Model, Case Study, Temperamental Analysis, Rejection & Acceptance, Counselling Skills, Growth Groups Ethical Practices for Counselling, Appropriate Sources of Support & Discovering Gifts in Ministry |

List of Participants – Batch A

| S.No | Name | Gender | Designation & Department | College Address |
|------|-------------------------------------|--------|-------------------------------------|--------------------------------------|
| 1 | Sr. Amutha P | F | Principal Incharge | Servite College of Education |
| 2 | Mario Leo Joseph J | M | Asst. Professor | Sacred Heart College |
| 3 | Dr. Delphine Rose .M .R | F | Asst. Professor | J A College for Women |
| 4 | Sr. G. Jenita Rani | F | Asst. Professor | Fatima College |
| 5 | Mr. Edward Jaya Singh C | M | Asst. Professor | NMCC |
| 6 | Rev. Dr. Francis Xavier Nelson | M | Asst. Professor M.S.W | Holy Cross College, Nagercoil |
| 7 | C.S. Shruthi | F | Asst. Professor in Commerce | Holy Cross College, Nagercoil |
| 8 | Fouzia Kousar A | F | Asst. Prof. of Economics | Holy Cross College, Trichy |
| 9 | Ms. Anitha.P | F | Asst. Prof. of Social Work Dept. | Holy Cross College, Trichy |
| 10 | Alan Potter S | M | Asst. Professor and Counselor | Mar Gregorios College |
| 11 | Dr. Anita Priscilla. J | F | Head, Associate Prof. | Women's Christian College |
| 12 | Jenelin Kamalam. R | F | Head, Asst. Prof. Dept. of BBA | Women's Christian College |
| 13 | Ms. Vaishnavi Kulkarni | F | Dept. of Psychology | St. Philomena's College |
| 14 | Mr. William Joseph | M | UG Dept. of English. | St. Philomena's College |
| 15 | Mrs. A. Kiruba | F | Asst.Prof | St. Xavier's college of Education |
| 16 | Mrs. J. Annie | F | Asst. Prof. of Computer Science | St. Xavier's college of Education |
| 17 | A. John Lawrence | M | Associate Prof. of English | St. Xavier's college of Education |
| 18 | Dr. D. Addline Esther Pushparani | F | Associate Prof. of Zoology | Sarah Tucker College |
| 19 | Dr. S. Lincy Mary Ponmani | F | Asst. Prof. in Physics | Sarah Tucker College |
| 20 | Ms. Sathiya. S | F | Ph.D Scholar | Cauvery College for Women |

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|----|--|---|---------------------------------|---|
| 21 | Dr. Sr. Alphonsa Mathew | F | Asst. Prof | St. Thomas College |
| 22 | Dr. Ezhilmathi Sophia | F | Asst. Prof. of Zoology | St. John's College |
| 23 | Mrs. Rajanthini Setukavalar | F | Class Teacher (Grade 5) | St. Thomas Preparatory School, Srilanka |
| 24 | Thusitha Udayangani | F | Academic Teacher | Trinity College, Srilanka |
| 25 | R. Prasitha Indhumathy | F | Asst. Prof | Thiagarajar College of Preceptors |
| 26 | Ms. K. Kalpana | F | Asst. Prof. of Physics | Bon Secours College for Women |
| 27 | Ms. P. Amalorpavamary | F | Asst. Prof. of Commerce | Bon Secours College for Women |
| 28 | Dr. Rita Latha D' Coutho | F | Asst. Prof | St. Joseph's College for Women |
| 29 | Dr. Buelah Jayarani | F | Asst. Prof. of Bioscience | Layola College of Education |
| 30 | P. David Sam Paul | M | Student Counsellor | Bishop Heber College |
| 31 | Mr. Vivekananthan Kumanan | M | Academic Teacher | St. John's College |
| 32 | Mr. Navaratnam Shanmugathan | M | Academic Teacher | St. John's College |
| 33 | Ms. Kanapathipillai Gnanendran Ajanthini | F | Academic Teacher | St. John's College |
| 34 | Mr. Christy Alfred Aravinthan | M | Academic Teacher | St. John's College |
| 35 | Ms. Joice Rathinam. E | F | Asst. Prof. of Computer Science | Lady Doak College |
| 36 | Dr. J. Ebenezer | M | Asst. Prof | American College |
| 37 | Dr. Roslind Daisy Rani. P | F | Asst. Prof | Pope's College |
| 38 | Mrs. M. Elameen | F | B.T. Assistant | Bentinck Girls Hr. Sec. School |
| 39 | J. Catherine Elizabeth | F | B.T. Assistant | Bentinck Girls Hr. Sec. School |

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|----|----------------------------|---|--------------------------------|--------------------------------|
| 40 | Mrs. N. Marian Usha Rani | F | Headmistress and Correspondent | Bentinck Girls Hr. Sec. School |
| 41 | Mrs. Anitha Priscilla | F | Teacher | St. Christopher's Academy |
| 42 | Miss. T.S. Duraimani Nisha | F | Teacher | St. Christopher's Academy |

List of Participants – Batch B

| S.No | Name | Gender | Designation & Department | College Address |
|------|----------------------------------|--------|-----------------------------------|---|
| 1 | Merlin Florence J | F | Asst. Professor | Sacred Heart College |
| 2 | Latha Munuswamy | F | Counsellor | Sacred Heart College |
| 3 | Dr. Sr. Irudaya Lourdu Gladis A | F | Asst. Professor | J A College for Women |
| 4 | Ms. A. Mable Jasmine Shobha | F | Asst. Professor | Fatima College, Madurai |
| 5 | Dr. Sr. Mary Johnsy | F | Librarian | Holy Cross College |
| 6 | Sr. Bridget | F | Asst. Professor | Holy Cross College |
| 7 | Sr. Celin Mario Dm | F | Counsellor | Mar Gregorios College |
| 8 | Serin. J | F | Head, Associate Prof. Dept. of IT | Women's Christian College |
| 9 | Mrs. Anjeline Theresa Lobo | F | UG Dept. of Commerce | St. Philomena's College |
| 10 | M. Rosary Kiruba Alexy | F | Asst. Prof | St. Xavier's college of Education |
| 11 | Dr. Selvi. R | F | Associate Prof. in English | Sarah Tucker College |
| 12 | Dr. Jencylin Navarani. D | F | Asst. Prof. in Physics | Sarah Tucker College |
| 13 | Mr. J. Jebaraj Kingsly Zechariah | M | Asst. Prof. of English | St. John's College |
| 14 | Ondriya Solomon | F | Academic Teacher | St. Thomas Preparatory School, Srilanka |
| 15 | Moureen Melijeem Andrew | F | Academic Teacher | Trinity College, Srilanka |

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|----|------------------------------------|---|---|--------------------------------------|
| 16 | Dr. I. Shatheesh Sam | M | Associate Prof. of Computer Science | NMCC |
| 17 | Mr. T. Gnanaprakasam | M | Asst. Prof | Thiagarajar College of Preceptors |
| 18 | Smt. Anjali George | F | Asst. Prof | St. Joseph's College for Women |
| 19 | V. Charles Durai | M | Asst. Prof. of Commerce | Bishop Heber College |
| 20 | Ms. Thilaharani Anandarajah | F | Academic Teacher | St. John's College, Srilanka |
| 21 | Mrs. Kamalakumar Annatte Nirupa | F | Academic Teacher | St. John's College, Srilanka |
| 22 | Mr. Antanyrajah Jehu | M | Academic Teacher | St. John's College, Srilanka |
| 23 | Dr. Arulappan | M | Asst. Prof | American College |
| 24 | Dr. David Christopher | M | Asst. Prof | American College |
| 25 | Dr. Sugantha. G | F | Asst. Prof | Pope's College |
| 26 | Mrs. C.S. Asha Angelin | F | Teacher | St. Christopher's Academy |
| 27 | Miss. Angelin Jeeva Charles | F | Teacher | St. Christopher's Academy |
| 28 | Mrs. J. Selvalatha | F | Tamil Pandit | Bentinck Girls Hr.Sec School |
| 29 | Ebenezer Josephine. P | F | Grass Root Volunteer (an NGO) | Bentinck Girls Hr.Sec School |
| 30 | Mrs. M. Hebzibah | F | Asst. Prof. of Education | St. Christopher's College |

SCHEDULE – BATCH A

| Time | 13 th Saturday | 14 th Sunday | 15 th Monday | 16 th Tuesday | 17 th Wednesday | 18 th Thursday | 19 th Friday | 20 th Saturday |
|------------------------------|------------------------------|-----------------------------|--------------------------------|--------------------------------|----------------------------------|---------------------------------|--|-------------------------------|
| 08.30 – 09.00 | Registration | Devotion | Devotion | Devotion | Devotion | Devotion | Devotion | Devotion |
| 09.00 - 10.15 | Devotion & Icebreaking | Concept of Personality SK | Icebreaking | Rejection & Acceptance SK | Biblical View of God & People JN | 7 Stage Model JN | Counselling & Healing-1 AD | Counselling Skills-5 SK |
| 10.15 - 10.30 | Tea Break | | | | | | | |
| 10.30 - 11.45 | Basis for counselling | Self-Image & Self Esteem SK | Counselling SK | Rejection & Acceptance SK | Personal Needs JN | 7 Stage Model JN | Counselling & Healing-2 AD | Counselling Skills-6 SK |
| 11.45 – 1.00 | Basis of Counselling ZA | Counsel Model SK | Introduction to counselling SV | Counselling Skills - 1 SK | Mood Disorders-1 SM | 7 Stage Model (Case Studies) JN | Crisis Counselling-1 AD | Counselling Skills-4 SK |
| 1.00 – 1.45 | Lunch | | | | | | | |
| 1.45 – 3.00 | Attitudes of a Counsellor MV | Case Study SK | Temperamental Analysis SK | Secular Approaches - 1 ZA | Mood Disorders-2 SM | Counselling Skills -2 SK | Crisis Counselling-2 AD | Discovering Gifts in Ministry |
| 3.00 – 4.15 | Attending | Attending | Temperamental Analysis SK | Secular Approaches - 1 ZA | Temperamental Analysis - 1 ZA | Counselling Skills -3 SK | Ethical Practices for Counselling SK | Counselling Demonstration JN |
| 4.15 - 4.30 | Coffee Break | | | | | | | |
| 4.30 – 5.45 | Relational Skills | Relational Skills | Counselling Approaches SV | Growth Groups-1 SK | Temperamental Analysis - 2 ZK | Growth Groups-3 SK | Appropriate Sources of Support | Final Review, Convocation SK |
| | Follow-up Work | | | | | | | |
| 5.45 | | | People & Problems (WA) | Attitudes of a Counsellor (RA) | Growth groups-2 SK | Assignment & Forgiveness (WA) | Use of Scripture Prayer (RA) Salvation & Wholeness | |
| JN : Mr. Jacob Ninan | | | AD : Dr. Anthony David | | ZA : Dr. Zarina Ahmed | | SM : Dr. Sony Mathews | |
| SV : Mr. Santhosh Vennamalla | | | SK : Mr. Syraskumar | | RA : Reading Assignment | | WA : Writing Assignment | |

SCHEDULE – BATCH B

| Time | 13th Saturday | 14 th Sunday | 15th Monday | 16th Tuesday | 17 th Wednesday | 18th Thursday | 19th Friday | 20th Saturday |
|----------------------------|-----------------------------|------------------------------------|--------------------------------|--------------------------------|-----------------------------|-------------------------------|--|---------------------------------|
| 08.30 – 09.00 | Registration | Devotion | Devotion | Devotion | Devotion | Devotion | Devotion | Devotion |
| 09.00 - 10.15 | Devotion & Icebreaking | Attitudes of a Counsellor MV | Icebreaking | Secular Approaches - 1 SV | Transaction Analysis - 1 SV | Crisis Counselling-1 AD | Biblical View of God & People JN | Counselling Skills-6 SK |
| 10.15 - 10.30 | Tea Break | | | | | | | |
| 10.30 - 11.45 | Basis of counselling ZA | Biblical Concept of Personality SK | Introduction to counselling SV | Secular Approaches - 2 SV | Transaction Analysis - 2 SV | Counselling & Healing-2 AD | Personal Needs-2 JN | 7 Stage Model JN |
| 11.45 – 1.00 | Basis for Counselling SK | Counsel Model ZA | Counselling SK | Discovery gifts in Ministry | Counselling Skills-2 SK | Counselling & Healing-1 AD | Ethical Practices for Counselling SV | 7 Stage Model JN |
| 1.00 – 1.45 | Lunch | | | | | | | |
| 1.45 – 3.00 | Self-Image & Self Esteem SK | Case Study ZA | Temperamental Analysis ZA | Rejection & Acceptance SK | Counselling Skills-3 SK | Crisis Counselling-2 AD | Appropriate Sources of Support SV | 7 Stage Model (Case Studies) JN |
| 3.00 – 4.15 | Empathy | Empathy | Temperamental Analysis ZA | Rejection & Acceptance SK | Mood Disorders-1 SM | Counselling Skills -4 SK | Counselling Skills-5 SK | Counselling Demonstration JN |
| 4.15 - 4.30 | Coffee Break | | | | | | | |
| 4.30 – 5.45 | Listening Skills | Listening Skills | Counselling Approaches SK | Counselling Skills-1 SK | Mood Disorders-2 SM | Growth Groups-2 SK | Growth Groups-3 SK | Final Review, Convocation SK |
| | Follow-up Work | | | | | | | |
| 5.45 | | | People & Problems (WA) | Attitudes of a Counsellor (RA) | Growth groups-1 SK | Assignment & Forgiveness (WA) | Use of Scripture Prayer (RA) Salvation & Wholeness | |
| JN : Mr. Jacob Ninan | | AD : Dr. Anthony David | | ZA : Dr. Zarina Ahmed | | SM : Dr. Sony Mathews | | |
| SV:Mr. Santhosh Vennamalla | | SK : Mr. Syraskumar | | RA : Reading Assignment | | WA : Writing Assignment | | |

**“Help at Hand – Strengthening Faculty in Counselling
Techniques to Facilitate Gen Z”**

Photographs



Inaugural Function



Invoking the presence of God – Prayer



Welcome address by Organizing Committee



St. Christopher's College of Education

No.63,E.V.K.Sampath Road, Vepery, Chennai-600 007



**Mr. Syras Kumar-
Counselor at Person to
Person –Delivering an
Introductory Note**



**Mrs. Zareena Ahmed, Prof of
WCC, Providing insights on
Counseling**



Morning Worship by Participants

**Dr. Spurgeon, Director of south Asian programmes UB Conducting Sunday Service in
the College Chapel**

Ice-Breaking Sessions – Initiated by Mr. Syras Kumar



Faculties of Various Colleges Actively Practicing Group Discussions



Participants Involved in Practicing Counseling



Dr. Sony Matthew- Enlightening on Mood Disorders



**Mr. Santhosh Venamala Sharing his
Expertise and Engaging the
Participants in Activities**



Activity



Feedback Session

Participants receiving the Certificates from the Dignitaries

