

## **Activities of MCJ Counseling Centre**

### **Report – June 2019 – March 2020**

#### **June & July 2019**

MCJ Counseling Centre has been offering services to students .33 sessions were given for the students which include 8 sessions during examinations. As there was increase in the need for services from July 2019, another room was allocated and it is used when counseling room is occupied. Outsiders those who are in need of counseling contact counselors who are using the space provided by Madras school of social Work .There are 11 counselors presently utilize this facility for which they pay 30% of income they receive and payment is done once in a month.

Google calendar has been followed and counselors update their appointments through this facility. This facility is helpful for all counselors who practice here in college campus to know the availability of the counseling room. Coordinator has a access to check the appointments periodically and reporting format is also suggested by coordinator.

On 22<sup>nd</sup> July Ms Krithiga joined for utilizing this space for her counseling and she is an alumina of MSSW.

Mr. Daniel Benjamin continued as Students counselor and Dr. Raja Meenakshi was also appointed on 23<sup>rd</sup> July 2019 after an interview to be student counselor.

#### **August 2019**

Both counselors actively involved in creating awareness among students .

**2<sup>nd</sup> of August 2019** orientation about free counseling services in campus was given to all new students in all departments. Official communication has been circulated to all Heads of the departments. Counseling services available in the college campus was put in notice boards along with contact numbers and it got familiarized .Students started calling for appointments and totally 26 sessions were given to students in August. 2020

On 5<sup>th</sup> of August 2019 Ms. Divya Krishnan has joined in counselors' group for utilizing the space in MSSW

**On 19<sup>th</sup> of August 2019** program was organized by the Coordinator, on **the topic “Emotional expressions in Problem solving”** 53 students participated in

and Mr. Daniel student counselor gave training based on Transactional analysis concepts and students came to know more and learnt different ways of expressing emotions appropriately.(Photos attached). This training had more interactional phases . students raised their concerns related to relationship skills. They were guided to choose right contact doors ( one of the key concepts of TA) 6 students from other colleges also participated and they were charged Rs. 200 each as fees.

### **September October November , 2019**

In the month of September Dr. Raja Meenakshi discontinued as she was going through difficult times in her personal life and she requested for break . so new counselor Ms. Minita was appointed in her place on 15<sup>th</sup> of October 2020

31 sessions ( in September ) were given by Mr. Daniel Benjamin and in October 40 sessions ( both counselors' sessions) and November 25 sessions( both counselors' sessions) were given.

### **December 2019 and January 2020**

4 sessions in December and 10 sessions in January were given by student counselor Ms. Minita. And Mr. Daniel has given 29 and 25 sessions in the month of December and January respectively.

### **February and March 2020**

On 4<sup>th</sup> February 2020 meeting was held to understand the progress of the counselling centre. Principal Dr. Raja Samuel , coordinator Dr. Hannah John and faculty member Dr. Subashree 2 student counselors and 1 more counselor Ms Sushma were present and few upcoming plans were discussed.

1. Bill books have to be updated periodically and separate bill books were given to Mr. Daniel Benjamin and Ms Sushma for updating their outside clients One more bill book is utilized for other
2. Materials( Cot and Mattress) which were not used by therapists were removed and given to Women cell room.
3. Request for mosquito net was accepted and steps were taken.
4. There was discussion to improve the location and find separate room for group counseling facility
5. Airconditioning provision for the counseling room was also discussed to avoid excessive heat and noise.
6. Training program in schools . ( as per the plan two schools were selected for conducting training program on 17<sup>th</sup> and 19<sup>th</sup> March 2020)

13 sessions and 25 sessions in the month of February 2020 were given by student counselors Ms. Minita and Mr. Daniel Benjamin respectively and March session update will be available on 31<sup>st</sup> march 2020.

Training program for IX standard students could not be held on 17<sup>th</sup> and 18<sup>th</sup> of March 2020 as schools were shut down due to spread of COVID- 19.

### **March 15<sup>th</sup> – April 5<sup>th</sup> 2020**

When WHO declared COVID-19 as pandemic and people started having panic and fear in quarantine, MSSW offered help through MCJ Counseling Centre. In the past history pandemic has never been only medical events but is affected society in many other ways and few studies reported there is also a psychological impact and people started experiencing moderate to severe anxiety and stress in other countries when there was outbreak of Corona .So MCJ counseling center has opened a helpline on 23<sup>rd</sup> of march with a panel of 4 people 2 faculty members from counseling department and 2 faculty members from MSW department have agreed to be on call. People started calling and reporting about fear of uncertainties, difficulty in sleeping , loss of appetite and fatigue and excessive worry of the health of family members, isolation and so on. On 24<sup>th</sup> march 2020 standard operational procedures(SOP) was also prepared to guide the counselors. On 25<sup>th</sup> march the checklist for measuring anxiousness and stress was uploaded in the website so people could take online test, if the scores is more than 80 they can call for telephonic counseling. On 26<sup>th</sup> march second panel of counselors were selected based on their experience and qualifications and their names were uploaded on the website . All these counsellors were guided through WhatsApp messages and materials related to online telephone counselling to update their knowledge and enhance their skills in crisis counseling. During this week 4 posters were uploaded. Telephonic online counselling is in progress and each counselor is asked to use Google forms

( based on physical and psychological symptoms) to study more about the clients.