



ANNUAL REPORT

Counselling Center



Academic Year 2021 - 2022

SAINT CLARET COLLEGE, ZIRO

The academic session 2021-2022 began in September on the blended mode with 934 students. As the students were packed with academic studies and programs, only seven counselling sessions were availed. There were two intake and consultation sessions with parents of students with clinical conditions and one consultation for a private residential school on student well-being.

Seminars conducted:

During this academic session, three major seminars were conducted in coordination with other departments for the police personnel of Lower Subansiri District and High School and Higher Secondary School Teachers of Ziro Valley.

1. *"Introduction to Well-being for Police Personnel: Building Resilience through Well-being Toolkit"*

The Mental Health Program for Police Personnel is an initiative by Shri Harsh Indora, IPS, SP, Lower Subansiri, in coordination with the Counselling Cell of Saint Claret College, Ziro (SCCZ). Through several consultations and discussions, *a proposal report* was presented last year (refer to Annual Report 2020-21); this seminar-workshop is one of the components of the said program. The preliminary session "Introduction to Well-being for Police Personnel: Building Resilience through Well-being Toolkit" was conducted on 16th September 2022 to orient the police personnel to the Well-being Toolkit and all the upcoming activities related to it

This seminar expounded on the components of Well-being under the PERMA model proposed by Martin Seligman with lectures, worksheets and group discussions. It also dealt with stress and effective coping techniques through lectures, assessment questionnaires and group discussions. (see separate Report)

2. *"Teachers' Toolbox for Classroom Counselling"*

The Department of Education, SCCZ, initiated and organized the seminar-workshop on *"Teachers' Toolbox for Classroom Counselling"* on 29th October 2022, coordinated with PESEC and the Counselling Cell. Counselling plays a significant role in promoting student learning and well-being, but only a few schools in India have counsellors. On the other hand, teachers spend more time with students in their classroom than any other professionals and thus are most likely to influence them and play a crucial role in resolving student issues and concerns (P.Behrani, 2016). In this context equipping teachers with basic counselling skills and tools would enhance their role in shaping the students' future.

This workshop dealt with the tenets of Positive Psychology, Communication in Counselling, Cognitive Reframing, and Stress & Self-Care. The workshop was composed of lectures, online and offline assessments, questionnaires, worksheets, activities, group discussions, and simulation/fishbowl sessions. There was active participation and interaction among the participants. (see separate Report)

3. Softskills Training for Tourism Policing – Phase I

This training program was conducted in collaboration with the Department of Education SCCZ for selected Police Personnel who will be deployed as tourist police. The five-phased seminar training package is designed to train the police personnel in self-awareness, creating purpose, emotional intelligence, communication skills, personality development, etiquette & manners, cross-cultural management and self stress management. The first of which was initiated on 28th March 2022, attended by 34 Police personnel (See separate Report). The succeeding training phases will be conducted in the course of time.

Signed



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