



ANNUAL REPORT - 2023-24

Counselling Centre



Academic Year 2023 - 2024

SAINT CLARET COLLEGE, ZIRO

The academic session 2023-2024 began with a batch of 1,105 students, with a freshman batch of 379 students enrolled themselves in the NEP scheme in the various departments (Anthropology – 12, Economics, 35, Education – 22, English – 40, Geography – 61, History – 42, Political Science – 119, B Com – 27, and Mass Com – 21). This academic year was geared toward preparations for NAAC and the Peer Team Visit. The regular programs were carried out and the observation of events was also done. The total number of beneficiaries of counselling was 449 (68 – counselling sessions, 359 – Counsellor in Classroom, 30 – FDP).

Office Based Counselling

There were 69 counselling sessions which is the highest number of counselling sessions in the past 5 years. There is a steady increase in the number of counselling sessions. 20 students availed of only one session, while 4 students came for 2 sessions, 3 students for 3 sessions, 2 students and one teacher had 4 sessions each and two students availed of 7 and 13 sessions respectively. At the end of the academic year, the students who availed themselves of multiple sessions were able to notice changes in their behaviours and confidence in dealing with their problems. Student problems ranged from adjustment to college requirements, relationship & family problems to clinical cases such as agoraphobia, panic disorder, self-harm, suicide ideation, suicide attempt, depression, etc.

Counsellor in Classroom: Counsellor in Classroom I was attended by a total of 271 students from the various departments: Anthropology (9), Commerce (21), Economics (26), Education (17), English (26), Geography (45), History (33), Mass Communication (16) and Political Science (78). At the beginning of the session, the students were not well acquainted with each other, as there was reluctance to interact but as the session proceeded, they were more collaborative. The students were taught the skills of introspection and positive self-care and helped to clarify ideas and assumptions about college life. They also wrote down their expectations in the meta cards provided to them.

The counsellor in classroom II was attended by only a few of the departments. Some of the departments had postponed or cancelled their sessions as the student turnout was very low. A total number of 88 students attended the following departments: History (20), Political Science (26), Education (9), English (17), and Economics (29). In these sessions, the students were able to talk about their problems, suggest solutions and learn the skill of deriving options and ideas from their peers.

Faculty Development Program: One of the counselling arms of the counselling centre is the teachers trained in counselling skills. As part of the FDP a workshop on “Basic Skills for Counselling & Well-being” was conducted on September 28, and August 3 & 4, 2023. This workshop aimed to train the teachers in basic skills to help the students at the classroom level. The workshop was attended by the administrators and faculty of the college. Games and activities elucidated further reflection from participants to make the learning truly accessible.

Personality Development – Interpersonal Relations: Given the limited period only one module was presented to the students. The student attendance was lower than expected. However, those who participated benefited from the classes, classroom discussions and activities.

Observation of Important Days

World Suicide Prevention Day is observed worldwide on the 10th of September, to elevate awareness on the issues surrounding suicide incidents. The Counselling Centre at SCCZ observed this event month-long from September 10 -30, 2023, with the theme from WHO, “*Creating Hope through Action*”. The college counsellor read the message for the day and highlighted some practical tips to help someone in emotional pain. One of the peer counsellors, Ms Wulla Linggi read a special poem of Hope for those considering suicide.

The notice board display was prepared in collaboration with the Health Promotion Cell; the students painted the theme of the day and some pictures relating to the event and issues at hand. An interactive element was included in the Board, inviting students to post messages of Hope for those who are contemplating or having suicidal thoughts. Many students actively participated in this campaign and the messages. (Separate Report)

Mental Health Awareness Month: The 10th of October is observed as the World Mental Health Awareness Day, at Saint Claret College, it was observed month-long from October 10 – 31. It was aimed at creating awareness among students and faculty on mental health needs and the importance of self-care needed at personal and college levels. Assembly messages, notice board activities, yoga, and meditations were part of the events of the day. The counselling centre coordinated with the Peer Counsellors and Claratine Fitness Centre for the activities. (Separate Report)

Valentine's day

The month of February was dedicated to the reflection & messages of Love. A notice board emphasized the meaning of love and its expressions. Lunch box notes were

displayed expressing ways to love self, others and God. A survey question "How do you know that you are loved? was also displayed for student interaction. Students wrote their answers in the space provided. A box containing messages of love was also placed on the notice board for students to pick a note. A big heart with bits of sticky tape was also placed on the board for students to write their message of love in the little hearts and stick it on the big heart. The fulfilled notice board was kept for the month and needed several refills of notes and little hearts for messages of love.

A calendar with 28 days of love challenge displayed ways to express love to self and others. Ms. Yai Yangfo a peer counsellor read an assembly message on the reflection of Love.

International Day of Happiness The notice board theme for March was Happiness. 'Happier together was the theme for the day'. The notice board contained messages and tips on what makes us happy. Some of the ideas were derived from the science of well-being. A calendar displayed activities for Actions for Happiness: Happier and kinder together.

World No Tobacco Day is observed worldwide on May 31. As on the 31st there was no exam, a pre-observation was done on May 30 in collaboration with SAGA and the Health Promotion Cell. 327 students who took exams on that day participated in the event in the college auditorium after their examinations. The college counsellor gave a short note on the significance of the day and highlighted the harmful effects of tobacco consumption, the SAGA coordinator, Mr. Tage Tagyung read aloud the Anti-Tobacco Pledge and students repeated it after him. Ms. Nending Sumpi the Health Promotions Cell coordinator took charge of the signing of the attendance for the pledge and observance of the event. (Separate Report)

Notice Board & Web page Messages is one of the ways to reach students with advisories and suggestions on various topics. Throughout the year, at a regular interval, the notice boards were changed with appropriate themes to address student realities. The posters were also displayed on the webpage of the College. The notice boards also contained surveys, opinion boards, pick-a-message boxes, etc. Following are the themes of the notice boards.

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| August | Welcome to College Life |
| September | Suicide Prevention Awareness |
| October | Mental Health Awareness |
| November | Growth Mindset |
| December | Exam Preparation |
| February | Love |

March Happiness
April Self-care & Mental Health – Counselling Month

Signed



Mary Vanaja, MA Psych.
College Counsellor