

DATES

Programme has been scheduled exclusively for college faculty.

1. **Phase I – Basic & Level I**

13.10.2018 – 20.10.2018

2. **Phase II – Level II**

13.01.2019 – 19.01.2019

REGISTRATION

Participants should pay Rs. 500/- towards registration for each phase. DD should be drawn in favour of '**Principal, St. Christopher's College of Education**'.

TRAVEL SUBSIDY

Travel subsidy of Rs. 1,500/- will be given for each phase to limited participants of other Districts/States on first come first serve basis.

FOOD AND ACCOMMODATION

Food and accommodation will be provided to all participants. However, participants should contact the organizers and confirm their stay within the campus.

CONTACT

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Assistant Professor of Education

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Mrs. N. G. Jyothsna

Assistant Professor of English

Contact No.: 9444889552

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(Kindly fill in the copy of the Registration Form and send to us)

St. Christopher's College of Education



Help at Hand - Strengthening Faculty in Counselling Techniques To Facilitate Gen Z

Registration Form

13.10.2018 – 20.10.2018

&

13.01.2019 – 19.01.2019

Name:

Gender: Male / Female

Designation:

College:

Address:

.....

Mobile No.:

E-Mail.

Accommodation: Yes / No

Details of DD / Cheque:

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Participant's Signature:

Principal's Signature with Seal:

St. Christopher's College of Education

(Autonomous)

Accredited by NAAC "A" level



HELP AT HAND – STRENGTHENING FACULTY IN COUNSELLING TECHNIQUES TO FACILITATE GEN Z

13.10.2018 – 20.10.2018

&

13.01.2019 – 19.01.2019

**Sponsored
by
United Board for
Christian Higher Education in Asia**

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

ABOUT OUR COLLEGE

St. Christopher's College of Education has been serving teaching and student community since 1923 with the vision to provide women, special consideration being given to the poor and the needy, with professional and general education of the highest order on Christian lines.

INTRODUCTION

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 connection 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.

The primary objective of this project 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.

OBJECTIVES

To enable college faculty

- recognize the importance of integrating counselling techniques in classroom scenario.
- practice counselling and listening skills.
- develop the attitudes needed for a counsellor.
- familiarize self-image and self-esteem.
- imbibe temperament analysis.
- demonstrate counsel models.
- identify mood disorders, implement transactional analysis and practice crisis counselling.

INTENDED OUTCOME

At the end of this program the young faculties will be able to

- incorporate effective counselling techniques in classroom scenario.
- demonstrate basics of counselling and listening skills.
- to put into action, the imbibed attitudes of a counsellor in small groups.
- recognize the importance of self.

- identify appropriate counsel models for a given situation.
- handle mood disorders and transactional analysis effectively.

PARTICIPANTS

Young committed and dedicated faculty of Arts and Science Colleges and Educational Colleges who have passion and concern towards student community in stretching out a helping hand to them in the time of difficult situations. The training programme will be conducted as two phases. **Participants must attend both the phases.** After successful completion of the entire program (Phase I & Phase II), participants will receive **Accredited Certificates.**

CONCLUSION

This project will certainly widen the knowledge and understanding of young faculty of Arts and Science Colleges and Educational Colleges to use different counselling methods and use different classroom management approaches to enable the student community to develop in problem solving ability, thereby enhancing their Wholesome development.

VENUE

St. Christopher's College of Education,
Vepery, Chennai – 7, Tamil Nadu, India.