

Criterion 3: Research, Innovations and Extension

Workshop on Counselling

Title:	Workshop on Counselling
Date:	05-08-2015
Venue:	Marian Hall, SH college, Thevara
Focus of the Event:	Skill Development
Organizing Body:	Department of Computer Science
Resource Person:	Fr. Varghese Puthusserry (Director, <u>Santhwana Institute of Counselling and Psychotherapy</u>)
Total Number of Attendees:	46



Event Report

The Department of Computer Science organised a workshop on counselling for students on 5th August 2015. Fr. Varghese Puthusserry, Director of Santhwana Institute of Counselling and Psychotherapy led the session. The main focus of the workshop was the overall grooming and personality development of the students. The resource person tried to address the stress related issues faced by the students. He said that symptoms of anxiety and stress are more prevalent among college students. He emphasised on the importance of mentoring and counselling in identifying the symptoms at the earliest.



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Event Brochure


05-08-2015.
Focus of the seminar/training:
Skills Development

SH SACRED
HEART
COLLEGE
Autonomous




COUNSELLING CLASS
FR. VARGHESE
PUTHUSSERRY
(DIRECTOR,
SANTHWANA INSTITUTE
OF COUNSELLING AND
PSYCHOTHERAPY)



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Event Attendance Sheet

9-10	1. Harish R Nair	II DC Physics	2502	Harish	12:00
	2. Alphin Francis	"	2556	Alphin	12:00
	3. Maria Sebastian	"	2558	Maria	12:00
7-12-0	4. Reethumul Raphael	"	2519	Reethumul	12:00
9-12-0	5. Alekha K.V.	"	2552	Alekha	12:00
-9-12	6. Meenu Maria Sunny	"	2504	Meenu	12:00
9-12-0	7. Adarsh Ramesh	"	2521	Adarsh	12:00
9-12-0	8. Anitta Maria Joseph	"	2550	Anitta	12:00
00-12	9. Nikita Unni	"	2508	Nikita	12:00
00-12	10. Reshma Prakash	"	2544	Reshma	12:00
00-18	11. Aiswarya Regi	"	2513	Aiswarya	12:00
9:00-18	12. Sandra Jose	II DC Zoology	2837	Sandra	
12:00	13. Anusree Thankachan	"	2836	Anusree	12:00
	14. Elizabeth George	"	2822	Elizabeth	12:00
	15. Parvathy Manoj	"	2815	Parvathy	
0:45	16. Meera Joshy	"	2818	Meera	
10:45	17. Safna P.m	II nd DC Botany	2733	Safna	12:00
"	18. Anziya Basheer	"	2725	Anziya	9-12:00
"	19. Anjana Venugopal	"	2739	Anjana	12:00
9:00-12	20. Darshya Krishnakumar	"	2717	Darshya	12:00
9:00-12	21. Sree Lakshmi V	"	2742	Sree Lakshmi	12:00
02	22. Sree Lakshmi B	"	2738	Sree Lakshmi	12:00
23	23. S. Sasin Jose	"	2732	S. Sasin	12:00
24	24. Eshana Muhammed	II nd DC Zoo	2816	Eshana	9-12:00
25	25. Vaishnavi Venuel	"	2820	Vaishnavi	



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27)	Anyana A	BSc Zoology - II	2847		
28)	Mohammed Bilal	B.com C.A - II	3220		
29)	Joseph Tomy	B.com Tax - II	3126		9-12
30)	Geo. Joseph	B.com Tax - II	3111		9-12
31)	Amal Manoj	B.com Tax - II	3117		9-12
32)	Anthony George	B.com Tax - II	3132		9-12
33)	Somya Johny	B.com Tax II	3121		9-12
34)	Roshael Saji	B.com CA II	3228		9-12
35)	Anju Vinod	BSc Physic	2530 2530		9-00-12
36)	Arya Muralidharan)	2549		9-00-12
37)	Christeena Jo)			9-00-12
37)	Christeena John)	2506		9-00-12
38)	Loliena Benny	BSc Zoology	2838		12:00
39)	Nathin KB	BA Economics	2259		
40)	Syarn Sundar	" "	2252		
41)	Radhika Gopi	" "	2234		10:45
42)	Shishira T.R	" "	2257		10:45
43)	Amrutha U. Royen	" "	2246		"
44)	Megha M	" "	2221		"
45)	Senna Benny	B.com C.A	3214		9:00-12
46)	Grown	B.com C.A	3249		9:00