

Capacity Building Programme (Mid-sem 2020)

January 6-10, 2020

**Centre for Counselling & Health Services (CCHS)
CHRIST (Deemed to be University)**

Programme Report

Jan 6, 2020: Monday | Venue: Block 2, 3rd floor Assembly Hall

Session 1: Computer Skill Training

Time: 9.30 AM – 10.30 AM Presenter(s): Ms Shylaja John

Ms. Shylaja presented tips and suggestions on how to work on PowerPoint presentation and its purpose. Presentation tips were also discussed. She also showed few keyboard shortcut keys to be able to use it while working on the system. The Q & A session at the end had a good response from the team.

Session 2: E-mail Etiquette

Time: 10.45 AM – 11.15 AM Presenter(s): Ms Deepa Venu Kumar

Ms. Deepa shared communication tips and techniques for e-mail writing and etiquette to be followed. A discussion in the context of communicating with parents and students added value to the session. The team also interacted about the choice of words, phrases, and salutations to be used.

Session 3: Paper presentation on Psycho-education

Time: 11.15 AM – 11.45 AM **Paper Title:** “Imparting Awareness of Life skills through Psycho-education”

Presenter(s): Ms Manjula T, Ms Savita Mandhana, & Ms Shylaja John

Ms Savita introduced the research paper title and the main objectives of the psycho education session in our campus. The need of these session was explained briefly. Ms. Shylaja then explained about the methodology. Under methodology she described on sample size, module development and training program for an effective psycho education session. Ms Manjula explicated on data collection, result analysis, discussion and conclusion. The presenters acknowledged CCHS director Fr. Jose CC and CCHS Co-ordinator Ms. Ashly for their continuous support and encouragement.

Session 4: Developing campus based youth mental health promotion initiatives-review & follow-up discussion

Time: 11.45 AM – 1.30 PM Presenter(s): Ms Shessy and Ms Jane Rodriguez

The objective of this session was to share experiences of the workshop conducted by NIMHANS in October 2019 primarily for the benefit of team members who could not participate in the same. The

session started with a video, *The Push*, by David McNally. Ms Shessy and Ms Jane then led the team through a discussion on myths and facts about mental health. Through the icebreaker session, the enthusiasm in the team was visible and was validated with a quiz that was conducted. The team was then divided into two groups to brainstorm and plan campus-based activities for mental health promotion. Both the teams shared their powerful points to be planned from next semester. Case studies were also discussed and a role-play was conducted to identify the type of mental illness.

Jan 8, 2020: Tuesday

Session 1: Trauma Counselling | Venue: Block 2, 3rd floor Assembly Hall

9.30-12.45 PM: Presenter(s): Ms Ashwini, Muktha Foundation

Ms Ashly, CCHS Co-ordinator, welcomed the counsellors from BLR Central campus, BGR campus, Kengeri campus, our supervisor, Ms Isabel Martin Paul, and also introduced our guest, Ms Ashwini, of Muktha Foundation.

Ms Ashwini focussed on trauma-informed counselling methodology as it was more apt for academic setting. She differentiated it from trauma focussed counselling, which requires clinical interventions. Types of trauma, adaptive vs pathological trauma, 4 metaphors of trauma, 3 levels of in-session trauma exposure, and PERMA model for trauma care were the topics discussed during the session. Ms Ashwini brought in interactive discussions and simple role plays (client-therapist) to enhance the learning. Ms Shessy presented vote of thanks on behalf of CCHS team.

Session 2: Team discussion | Venue: Room 203, Block 1, 2nd floor

Peer education curriculum updation and psycho-education feedback form improvisation

2.30 PM – 4 PM: Led by Ms Ashly George and Ms Manjula T

The current peer education course details were discussed. This included selection and interview process, orientation for selected students, the curriculum, and the scoring pattern. Ms Ashly noted the points and gave a realistic outlook of updating about 50% of the peer education program.

Ms Manjula led the psycho-education feedback form improvisation discussion. The inputs and suggestions were noted and discussion in smaller groups was mooted.

Further discussions and decisions will be taken during the end semester.

Jan 9, 2020: Thursday | Venue: Room 813, Audi Block, Basement Floor

Session 1: Wellness Space, Topic: Carpe Diem

11 AM - 1PM: Presenter(s): Ms Savita Mandhana

Carpe Diem is one of the oldest philosophies of life. The word “carpe” means to pluck and the philosophy of Carpe diem means “seize the day. Ms Savita showed a beautiful video clipping starring Anupam Kher, describing the differences and similarities between December and January which provoked a discussion on how we would like to move on to the new year and the new decade. This was done through an activity and then the session broke out into a flash mob on the song “Udd

Gaye". This was to introduce the topic of spontaneity, which is one of the elements of mindfulness. The other element of mindfulness is authenticity which was explained and followed with an introspection on what being authentic meant to each one. The session comprised activities, partner sharing, flash mob and group discussions. Snacks and coffee was served at the start of the session. The end was with a thought provoking song from Robin Williams' movie, Dead Poets Society, on Carpe Diem.

Session 2: Movie screening and review: Side Effects

2.30 PM to 4.30 PM

Side Effects is a movie about how mental health is treated in the U.S., both by doctors and how it's dealt with in society. The doctors and patients on screen address real issues of boundaries, ethics, and quandaries of treatment, including what happens when doctors make mistakes and things go wrong. The film is a psychological thriller that makes audiences question the sanity of nearly every character, even the psychologists, and ultimately themselves.

Jan 10, 2020: Friday | Venue: Block 2, 3rd floor, Assembly Hall

Session 1: Working paper presentation

9.30 AM -10.30 AM: Presenter(s): Dr. Urmi Shelley

Dr. Urmi Shelley presented her working paper titled, Effectiveness of Reverse Mentoring among University Teachers in India. This research was part of Centre of Research-projects wing of Christ (Deemed to be University).

Session 2: Health Awareness Session (Nutrition, Seasonal Illness & Menstrual Health)

11 AM – 12.30 PM: Presenter(s): Ms Sheena, Ms Lijimol & Ms Joslin

To enhance awareness and self-care among counsellors, the health team presented the following topics. Ms Sheena: Seasonal illness

Ms Joslin: Nutrition

Ms Lijimol: Menstrual health

The team actively participated in the Q&A session, which was led by Dr Asha.