



SACRED HEART COLLEGE (AUTONOMOUS)

Tirupattur – 635 601, Tamil Nadu, S.India

Resi : (04179) 220103

College : (04179) 220553

Fax : (04179) 226423

Ready for
Every Good Work

A Don Bosco Institution of Higher Education, Founded in 1951 * Affiliated to Thiruvalluvar University, Vellore * Autonomous since 1987

Accredited by NAAC (4th Cycle – under RAF) with CGPA of 3.31 / 4 at 'A+' Grade

Counselling Center – Report 2018-2019 Sacred Heart College, Tirupattur

Month wise details of number of students counseled

S.No	Month	Male	Female	Total
1	June	2	6	8
2	July	7	40	47
3	August	84	127	211
4	September	18	35	53
5	October	7	11	18
6	November	-	3	3
7	December	37	45	82
8	January	2	35	37
9	February	15	11	26
10	March	25	21	46
11	April	1	5	6
Total		198	339	537

Number of Parents and Past Pupil Counseled – 32

In Campus Programs

SNo	Participants	Topic
1	Department of Commerce	Counselling and Psychological Issues of Women
2	Department of Counselling Psychology	Pre- Marriage Counselling
3	Shift – I Girls	Psycho- Social Problems of Women and Management
4	Youth Red Cross	Stress Management
5	PG Department of Social Work	Relationship
6	Department of Bio-Chemistry	Women Empowerment



SACRED HEART COLLEGE (AUTONOMOUS)

Tirupattur – 635 601, Tamil Nadu, S.India

Resi : (04179) 220103

College : (04179) 220553

Fax : (04179) 226423

Ready for
Every Good Work

A Don Bosco Institution of Higher Education, Founded in 1951 * Affiliated to Thiruvalluvar University, Vellore * Autonomous since 1987

Accredited by NAAC (4th Cycle – under RAF) with CGPA of 3.31 / 4 at 'A+' Grade

7	Youth Red Ribbon Club	Suicide Awareness
8	National Youth Camp (MSW DEPT)	Youth and Media
9	PG Department of Social Work	Marriage and Couple Counselling
10	College students and School Students Psych Expo (Psychology Exhibition 2 days)	Psychology Topics
11	Shift I and Shift II UG students SHC, 3Days	Heterosexual Relationship

Out Reach Programs

SNo	Participnts	Topic
1	Don Bosco College Yaligiri	Psycho Social Problems of Adolescent Girls
2	CSI School TPT (4days, 8 th to 12 th std)	Understanding Adolescence
3	Government Arts and Science College Bargur	Women's Safety



SACRED HEART COLLEGE (AUTONOMOUS)

Tirupattur – 635 601, Tamil Nadu, S.India

Resi : (04179) 220103

College : (04179) 220553

Fax : (04179) 226423

Ready for
Every Good Work

A Don Bosco Institution of Higher Education, Founded in 1951 * Affiliated to Thiruvalluvar University, Vellore * Autonomous since 1987

Accredited by NAAC (4th Cycle – under RAF) with CGPA of 3.31 / 4 at 'A+' Grade

Counselling Center – Report 2019-2020 Sacred Heart College, Tirupattur

Month wise details of number of students counseled

S.No	Month	Male	Female	Total
1	July	30	65	95
2	August	135	82	217
3	September	20	47	67
4	October	4	5	9
5	November	2	3	5
6	December	24	6	30
7	January	24	6	30
8	February	36	32	68
9	March	14	8	22
Total		289	254	543

Number of Parents and Past Pupil Counseled – 17

In Campus Programs

SNo	Participants	Topic
1	Bcom Research Committee	Importance of Goal Setting
2	PG Department of Counselling Psychology	Art Therapy Workshop
3	PG Department of Counselling Psychology	Method to Write Case Study
4	Youth Red Cross Shift - I	Teenage Problems and Management
5	SHC Students	Suicide Prevention Day Celebration
6	Nirmala College for Women, Coimbatore	Psychology of Adolescence



SACRED HEART COLLEGE (AUTONOMOUS)

Tirupattur – 635 601, Tamil Nadu, S.India

Resi : (04179) 220103

College : (04179) 220553

Fax : (04179) 226423

Ready for
Every Good Work

A Don Bosco Institution of Higher Education, Founded in 1951 * Affiliated to Thiruvalluvar University, Vellore * Autonomous since 1987

Accredited by NAAC (4th Cycle – under RAF) with CGPA of 3.31 / 4 at 'A+' Grade

Out Reach Programs

SNo	Participnts	Topic
1	St Charles School TPT	Understanding Adolescence
2	NSS Camp Natrampalli Govt School	Adolescent Problems and Management
3	NSS Camp Mary Immaculate HSS, TPT	Adolescent- Media and safety
4	Don Bosco Collge Yalagiri (Girls)	Relationship- Healthy & Unhealthy



SACRED HEART COLLEGE (AUTONOMOUS)

Tirupattur – 635 601, Tamil Nadu, S.India

Resi : (04179) 220103

College : (04179) 220553

Fax : (04179) 226423

Ready for
Every Good Work

A Don Bosco Institution of Higher Education, Founded in 1951 * Affiliated to Thiruvalluvar University, Vellore * Autonomous since 1987

Accredited by NAAC (4th Cycle – under RAF) with CGPA of 3.31 / 4 at 'A+' Grade

Counselling Center – Report 2020- 2021 Sacred Heart College, Tirupattur

Total number of people counselled during COVID 19

People Counseled	56
Total Number of Sessions	84
Community	22
Student	13
Past Pupil	14
Staff	6

Total Number of Programs Conducted

SNO	Date	Institution	Topic
1	06/07/2020	Govt arts and Science College for Women Barugur IQAC	Webinar on Stress Management During covid-19 (73)
2	08/07/2020	Gov Thirumagal Mills College, Gudiyattam, BCom	National Level Webinar Stress Management and Suicide Prevention during Corona Pandemic (54)
3	28/07/2020	Govt College of Engineering Bargur, CS	Webinar on Overcoming online addictions during COVID-19 (76)



SACRED HEART COLLEGE (AUTONOMOUS)

Tirupattur – 635 601, Tamil Nadu, S.India

Resi : (04179) 220103

College : (04179) 220553

Fax : (04179) 226423

Ready for
Every Good Work

A Don Bosco Institution of Higher Education, Founded in 1951 * Affiliated to Thiruvalluvar University, Vellore * Autonomous since 1987

Accredited by NAAC (4th Cycle – under RAF) with CGPA of 3.31 / 4 at 'A+' Grade

4	30/07/2020	Sacred Heart College, Dept of Physics	Webinar on Stress management and Suicide Prevention during Corona Pandemic (200 S/P)
5	30/08/2020	SHC,FOLC	Meeting and Introduction (33)
6	06/09/2020	SHC, FOLC	Inauguration and Farewell function (55)
7	13/09/2020	Seeding Hope Foundation, Rajapalayam	Webinar on Loneliness and its Management during COVID-19 (24)
8	26/09/2020	SHC Dept of Counseling Psychology	Webinar on Stress Management during COVID-19 (19)
9	10/09/2020	FOLC, Uookam Foundation	Webinar on Mental Health (13)
10	4/10/2020 to 22/10/2020	Ist Counselling Psychology class (8.30 to 10.20 am)	Introduction to Counselling (28 hrs)
11	05/12/2020	SHC Dept of Counseling Psychology	Workshop on "Art Therapy in Counselling (19)



SACRED HEART COLLEGE (AUTONOMOUS)

Tirupattur – 635 601, Tamil Nadu, S.India

Resi : (04179) 220103

College : (04179) 220553

Fax : (04179) 226423

Ready for
Every Good Work

A Don Bosco Institution of Higher Education, Founded in 1951 * Affiliated to Thiruvalluvar University, Vellore * Autonomous since 1987

Accredited by NAAC (4th Cycle – under RAF) with CGPA of 3.31 / 4 at 'A+' Grade

SNO	Date	Institution	Topic
12	9/12/2020	Mary Immaculate Girls Higher Secoundary School TPT	Talk on “ Psychological Problems of Women during COVID-19”
13	10/01/2021	Jain College, VB	Human Trafficking
14	18/01/2021- 22/01/2021	Department of Counselling Psychology	Workshop on “Counselling Skills” PG 1 st Years
15	28/01/21	Department of Social Work SHC	National Webinar on Scope and Challenges of women migrant Workers- post COVID- 19 Pandemic. Topic handled “Coping Skills for Migrant Workers”
16	12/02/2021	Department of CS Shift II(Girls)	Relationship Management
17	13/02/2021	Department of CS Shift II(Boys)	Relationship Management
18	15/02/2021	Heritage Foundation DB Students, SHC	Webinar on “ Challenges of the Elderly”
19	24/02/2021	Department of Bcom(CA) Shift II	Relationship Management
20	25/02/2021	Department of Physics Shift II	Relationship Management
21	27/02/2021 – 02/03/2021	Fullness of Life Club, Venue- Fountain College	“ Healing the Inner Child Program”
	13/03/2021 – 14/03/2021	Fullness of Life Club, SHC	“ Healing the Inner Child Program”



SACRED HEART COLLEGE (AUTONOMOUS)

Tirupattur – 635 601, Tamil Nadu, S.India

Resi : (04179) 220103

College : (04179) 220553

Fax : (04179) 226423

Ready for
Every Good Work

A Don Bosco Institution of Higher Education, Founded in 1951 * Affiliated to Thiruvalluvar University, Vellore * Autonomous since 1987

Accredited by NAAC (4th Cycle – under RAF) with CGPA of 3.31 / 4 at 'A+' Grade

Counselling Center – Report 2021-2022 Sacred Heart College, Tirupattur

Number of People Counselling

Method of Counselling	Number of People
Direct Counselling	663
Screening	351
Community Counselling	30 (Parents, P.P and School Children)
Special Counselling	40 (HIV + MR Parents)

Programs conducted

Date	Program	Department	Students	Type of Program
19/08/2021	" Welcome to Psychology"- Introduction to Psychology	Department of Psychology	1 st UG and PG Students	Talk
19/08/2021	"Importance of Mental Health and Counselling"	Department of Computer Science (Shift-I)	1 st UG Students	Talk (Online)
04/09/2021	"Mental Health and Introduction to Counselling"	Department of BCom (CA) Shift I	1 st UG Students	Webinar(Online)
08/09/2021	Suicide Prevention Day	Counselling Centre & Department of Psychology	Both Shift II UG and PG Students	Celebration & Video Presentation



SACRED HEART COLLEGE (AUTONOMOUS)

Tirupattur – 635 601, Tamil Nadu, S.India

Resi : (04179) 220103

College : (04179) 220553

Fax : (04179) 226423

Ready for
Every Good Work

A Don Bosco Institution of Higher Education, Founded in 1951 * Affiliated to Thiruvalluvar University, Vellore * Autonomous since 1987

Accredited by NAAC (4th Cycle – under RAF) with CGPA of 3.31 / 4 at 'A+' Grade

28/09/2021	Gratitude Day Celebration	Counselling Centre & Department of Psychology	Both Shift II UG ,PG and Mphil Students	Celebration
07/10/2021	"Relationship and Emotions"	Department of Psychology	1 st UG Students	Talk
08/10/2021	Art Therapy Lab	Department of Psychology	1 st PG Students	Workshop
23/10/2021	Art Therapy for Mental Healing	St. Josephs Boys Home, Bargur	Adolescent Patients	Therapy
27/11/2021/ to 4/ 12/2022	Healing the Inner Child	Anugraha Dindigul	1 st PG Psychology students	Work shop

Date	Program	Department	Students	Type of Program
08/12/2022	Counselling Skills	Department of Social Work	Ist PG Students	Talk
19/3/2022 to 20/3/2022	Transpersonal Psychology National Seminar	Collobration With Psychology Dept	PG Students and open to all	National Seminar
21/03/2022	Mental Health and Importance of Counselling	Department of BCom (CA)	Ist Iind and IIIrd UG Students	Talk
25/03/2022	Relationship Management	Department of Computer Science	Ist UG Girls Shift I	Talk



SACRED HEART COLLEGE (AUTONOMOUS)

Tirupattur – 635 601, Tamil Nadu, S.India

Resi : (04179) 220103

College : (04179) 220553

Fax : (04179) 226423

Ready for
Every Good Work

A Don Bosco Institution of Higher Education, Founded in 1951 * Affiliated to Thiruvalluvar University, Vellore * Autonomous since 1987

Accredited by NAAC (4th Cycle – under RAF) with CGPA of 3.31 / 4 at 'A+' Grade

25/3/2022	Board of Studies Meeting	Department of Psychology	-	Meeting
30/03/2022	Psych Exhibition	Collaboration With Psychology Dept	School and College	2days
08/04/ 2022	Problems of Teenage and its Management	Green Valley CBSC, School, Natrampalli	7 th to 12 th students (Boys and Girls)	One day Program, Talk and Counselling
11/04/2022 – 15/04/2022	NLP	Kalady Kerala	II nd PG Psychology	Accompanied and attended

Date	Program	Department	Students	Type of Program
20/04/2022	Academic Fest Hosur	Sacred Heart Society	School Students	Exhibition (Stall)
24/04/2022	Mental Health and Adolescence	St. Joseph Boys Home, Bargur	HIV Adolescent 30	One day Work shop (Art Therapy)
25/04/2022	Counselling Sessions	Anantha Kuzhanthaigal Rehabilitation Centre	MR Parents	Counselling Sessions



SACRED HEART COLLEGE (AUTONOMOUS)

Tirupattur – 635 601, Tamil Nadu, S.India

Resi : (04179) 220103

College : (04179) 220553

Fax : (04179) 226423

Ready for
Every Good Work

A Don Bosco Institution of Higher Education, Founded in 1951 * Affiliated to Thiruvalluvar University, Vellore * Autonomous since 1987

Accredited by NAAC (4th Cycle – under RAF) with CGPA of 3.31 / 4 at 'A+' Grade

27/04/2022	Addiction and Management	Sacred Heart College	Hostel Boys	Focus Group Discission
07/05/2022 – 08/05/2022	Art Therapy Work Shop	Chennai	HIV Adolescent 60	Annual Camp
02/06/2022	Understanding Adolescence	Don Bosco School CBSC School Tirupattur	10 th and 12 th Girls	Talk



SACRED HEART COLLEGE (AUTONOMOUS)

Tirupattur – 635 601, Tamil Nadu, S.India

Resi : (04179) 220103

College : (04179) 220553

Fax : (04179) 226423

Ready for
Every Good Work

A Don Bosco Institution of Higher Education, Founded in 1951 * Affiliated to Thiruvalluvar University, Vellore * Autonomous since 1987

Accredited by NAAC (4th Cycle – under RAF) with CGPA of 3.31 / 4 at 'A+' Grade

Counselling Center – Report 2022-2023 Sacred Heart College, Tirupattur

Number of People Counselling

Method of Counselling	Number of People
Counselling	660
Screening & Counselling	FOLC -25
Others Past Pupal/ Parents/ Community	63
Others DB/St. Josephs Orphanage	23+ 13=36

Programs Conducted

Date	Program	Department	Students	Type of Program
22/07/2022	Mass Screening	Shift II	Shift II	Initial Screening of Ist UG students
13/09/2022	Suicide Prevention Day	Dept of Psychology & Counselling Centre	Campus	Awareness Program
29/09/2022	Mass Screening	Shift II	Shift II	Initial Screening of Ist UG students
30/09/2022	Counselling Skills	Msw	PG	Invited Talk
20/10/2022	Art Therapy	PG Counselling Psychology	Ist year PG	Lab



SACRED HEART COLLEGE (AUTONOMOUS)

Tirupattur – 635 601, Tamil Nadu, S.India

Resi : (04179) 220103

College : (04179) 220553

Fax : (04179) 226423

Ready for
Every Good Work

A Don Bosco Institution of Higher Education, Founded in 1951 * Affiliated to Thiruvalluvar University, Vellore * Autonomous since 1987

Accredited by NAAC (4th Cycle – under RAF) with CGPA of 3.31 / 4 at 'A+' Grade

20/10/2022	Motivational Talk and Counselling	DB Centre Students	All	Talk and Screening
28/10/2022	World Mental Health Day	Dept of Psychology & Counselling Centre	Campus	Awareness Program
12/01/2023	Basic Counselling Skills Workshop	We are for Youth Staff	Staff	Workshop
22 nd & 23 rd Feb	Psychological Testing	Dept of Counselling Psychology	PG students	Workshop
03/03/2023	Life Wheel	Dept Physics	All UG Students	Talk
05/03/2023	Womens Day	SHG Group Yelagiri	SHG Women	Talk
15 th , 16 th & 17 March	REBT	Counselling Psychology	PG Students	Workshop

Principal