



SACRED HEART COLLEGE (AUTONOMOUS)

Tirupattur – 635 601, Tamil Nadu, S.India

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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)
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)

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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”