



# KERALA COUNSELLORS' FORUM

(Reg. No. ER 344/92)

Santhwana Institute of Counselling & Psychotherapy  
Chittoor Road, Kacheripady, Ernakulam, Ph : 0484-2352961  
Website : [keralacounselorsforum.com](http://keralacounselorsforum.com)

## **PRESIDENT**

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## **KCF NEWS LETTER**

### **KCF ACTIVITIES DURING APRIL 2018 – SEPTEMBER 2018**

**During this period we conducted 5 Workshops and two Executive Committee Meetings at Santhwana.**

Annual General Body Meeting of Kerala Counsellors Forum was held at Santhwana Institute of Counselling & Psychotherapy, Chittoor Road, Kacheripady, Ernakulam on Sunday, 3<sup>rd</sup> June, 2018 at 1.30 p.m.

#### **WORKSHOP ON 'COUNSELLORS AND TEENAGE CARE'**

On the same day of AGM, a half day workshop on 'Counsellors and Teenage Care' was organized. About 104 members of KCF attended the programme. The workshop started with welcome address by Mr. A.S. Shenoy, Secretary, KCF followed by an introduction given by Fr. Varghese Pudussery, President, KCF. The Resource person was Mr. Sujan Thomas, Member, Kannur Branch.



#### **Honoring Dr. Varghese Pudussery CMI, President KCF**

In the afternoon session, KCF honoured Dr. Varghese Pudussery CMI, president KCF on his Golden Jubilee year of Religious Profession by giving a Memento, Bouquet, Ponnada and Crown. Shri. A.S. Shenoy, Secretary, KCF, Sr. Treesa Palackal, Vice President, Kannur Chapter and Dr. Kochuthresia, President, Thrissur Chapter felicitated during the occasion.

#### **Book Release**

Dr. Varghese Pudussery released the book 'Fostering Relationship' written by Shri. A.S. Shenoy. Sr. Treesa Palackal released the book 'ÈÜi øfßÄPÖßiøßÄP' written by Dr. P.J. Kochuthresia.

### **KCF WORKSHOP ON 'COUNSELLING SKILLS' FOR SCHOOL TEACHERS AND COUNSELLORS**

A one day workshop on 'Counselling Skills' for school teachers and counsellors was organized on 21st July 2018 at Santhwana. About 37 teachers from 27 schools and 16 members of KCF attended the programme. The resource persons and topics covered are :

1. Fr. Varghese Pudussery CMI, Ph.D - President, KCF  
Topic : Impact of Counselling in Life Situations
2. Mr. A.S. Shenoy, Counsellor – Secretary, KCF  
Topic : How to tackle emotional problems
3. Dr. Prema A.K.– KCF Member





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Topic : Need of Counselling in Schools

4. Prof. Lazar Thomas– Member, KCF

Topic : Counselling Skills and Techniques



## KCF WORKSHOP ON 'PEER COUNSELLING'

KCF conducted a one day workshop on 'Peer Counselling' for 9<sup>th</sup> standard students on 11<sup>th</sup> August 2018 at Santhwana. About 24 students from 5 schools and 8 members of KCF attended the programme. The resource persons and topics covered are :

1. Fr. Varghese Pudussery CMI, Ph.D - President, KCF

Topic : Impact of Counselling in Life Situations

2. Mr. A.S. Shenoy, Counsellor, KCF

Topic : How to tackle emotional problems

3. Mr. Gigi Varghese, Secretary, Idukki Chapter, KCF

Topic : Need of Peer Counselling

4. Mr. Jose Chandy, Counsellor – Member, KCF

Topic : Peer Counselling Skills and Techniques

## KCF WORKSHOP ON 'ISSUES AND CHALLENGES IN OLDAGE' :

KCF conducted a full day workshop at Santhwana on 'Issues and Challenges in Oldage' for senior citizens on 21<sup>st</sup> September 2018 in connection with International Day of Elders. More than 100 senior citizens participated in the programme.

Morning session was handled by the following resource persons :

1. Dr. Praveen G Pai, Lakeshore Hospital, Kochi

Topic : Healthy Living

2. Mr. A.S. Shenoy, Counsellor, KCF

Topic : Social support and Dignity of Elders

3. Fr. Varghese Pudussery CMI, Ph.D - President, KCF

Topic : Aging gracefully



There was a group activity in the afternoon session based on the theme 'Issues and Challenges in Oldage'.

## FLOOD RELATED ACTIVITIES BY KCF

KCF members took great effort to alleviate the sufferings of flood affected person in different ways.

1. Visit nearby camps and listen to their grief
2. Making food for relief camps
3. Supplying materials needed
4. Giving accommodation for the needy







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## THRISSUR CHAPTER

The Thrissur Chapter of Kerala Counsellors' Forum conducted a Mindfulness Workshop for the dental undergraduate and postgraduate students of Royal Dental College, Chalisery, Palakkad Dt. on September 10th 2018.

Resource Persons : Dr. Kochutheresia President and Dr. Anuradha Sunil, Vice-president.

Dr. Usha Balakrishnan, Secretary gave a talk on Personality Development and Social Commitment for High School students, Nattika, Thrissur.

Dr. Usha Balakrishnan took a session on Stress Management for MA Malayalam students of Little Flower College, Guruvayur.

Ms. Meghana P Nedumkallel, member KCF conducted a class on Self Esteem for the students of Mother College, Peruvalloor, Thrissur.

## Idukki Chapter Activities

Sr. Lissiuex Thekkel, President KCF Idukki Chapter visited the flood affected area in Idukki district and helped the people in their rehabilitation works and free counselling was given to the students of Korangatty Govt. Tribal School and Rajakumari Govt. H.S.S.



*Edited by Mrs. Alice Poulse*

*on behalf of KCF*

*For Private Circulation to members of KCF only*