



KERALA COUNSELLORS' FORUM

(Reg. No. ER 344/92)

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KCF ACTIVITIES - STATE BRANCH IN BRIEF

CELEBRATION OF WORLD MENTAL HEALTH DAY



An Elocution Competition for 9th standard students from schools around Cochin city was organized by KCF on 8th October 2017 at Santhwana in connection with World Mental Health Day. The theme of the elocution was 'MENTAL HEALTH IN WORKPLACE'. 12 schools participated in the programme. The winners - First, Second, Third and consolation prizes for 10 students were awarded with

Rs.1500, Rs.1000, Rs.750 and a book worth Rs.100 respectively.

WORKSHOP ON "HOW TO FACE EXAM WITH CONFIDENCE"

A half day workshop on 'How to Face Exam with Confidence' was organized on 21st January 2018. About 57 students from 19 schools attended the programme. The workshop started with welcome address by Mr. A.S. Shenoy, Secretary, KCF followed by an introduction by Fr. Varghese Pudussery, President, KCF.

Workshop was divided into three sessions

The topics covered in each session and the resource persons were :

Topic : How to handle stress situations and relaxation exercises
Fr. Varghese Pudussery, President, KCF

Topic : Distraction in studies and how to avoid them
Mr. A.S. Shenoy, Secretary, KCF

Topic : Study Skills – included planning, study methods and memory techniques
Mrs. Siji Shanty, Counsellor





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WORKSHOP ON “ENNEAGRAM”

A half day workshop on ‘Enneagram’ was conducted on 11th March 2018 by Prof. Lazar Thomas Member, KCF. About 63 KCF members attended the programme. The workshop started with welcome address by Mr. A.S. Shenoy, Secretary, KCF followed by an introduction by Fr. Varghese Pudussery, President, KCF.

In his presentation Prof. Lazar Thomas analyzed the human psyche and explained the typology of nine interconnected personality types.



THRISSUR CHAPTER ACTIVITIES

I. Seminar on Parenting



A seminar on Parenting was organized by KCF Thrissur Chapter on 21-1-2018 at Rotary Club Auditorium, Thrissur. Dr. Usha Balakrishnan handled sessions on **Emerging Teenage Identity and Peer Pressure**, Marina Mathew on **Cyber Space Addictions and Teenage Sexuality** and Dr. Kochuthresia on **Teenage Behavior Problems and Relationship Issues**.

II. How to Face Exams with Confidence

Second seminar on How to Face Exams with Confidence for the Tenth Standard students of Sree Sharadha Girls High School, Puranattukara, Thrissur, was conducted on 1st February 2018. Resource Person was : Dr Kochuthresia, President of Trissur Chapter.

IDUKKI CHAPTER ACTIVITIES

Free counselling service

Counsellors of KCF Idukki Chapter provided **free counselling services** at Govt. Tribal School, Mannamkandon, Korngapally from July to December 2017. It was conducted every Friday of the week. About 120 students participated in these sessions.

Leadership Training programme

On 13th October, Mr. Giji Varghese, Secretary KCF Idukki Branch conducted a leadership training program at St. Sebastians HS Thokkupara. 46 students participated.





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Women's Day Seminar

On 8th March, a seminar for the empowerment of women of Idukki diocese was conducted by Sr. Lisieux Thekkel, President KCF Idukki Branch. 52 women from the diocese attended the seminar.



SOCIAL SERVICE PROGRAMMES

Visit to Padikkappukudy Tribal Colony



Members of KCF Idukki branch visited Tribal Colony on 21st March 2018 and distributed cloths and food to the residents of the colony. President, Joint Secretary and members of KCF Kerala Branch were also present.

'UNARVU' OUTREACH PROGRAMME

Social Abuses

Unarvu, outreach programme of KCF organised a class for primary and upper primary students on 'Sexual Abuse' at Govt. UP School, North Mazhuvannoor on 11th October, 2017

Resource Team : Smt. Alice Poulouse, Smt. Geetha Devi

Programme on Sexual Abuses

Adolescence Issues

Under Unarvu, outreach programme KCF resource persons Dr. A.K. Prema, Mrs. Asha Asha Ashraf, Mr. Giji Varghese organised a programme for High school students on 'Adolescents Issues' at Kasturba School Edappally on 12th November, 2017

October 2017 to March 2018 was an active period for KCF activities with 4 workshops, 1 elocution competition and seminar. Other programmes conducted were 2 counselling session one by KCF State Office and another by KCF Idukki chapter - A counselling sessions for 6 months. Added activity of this half year was a social programme a visit to Padikkappukudy Tribal Colony and distribution of cloths and food to the residents.

On an average 60 members of KCF participated in these programmes and took active part in the activities of KCF.

*Edited by Sri. A.S.Shenoy, Secretary & Mrs. Alice Poulouse Jt. Secretary
on behalf of KCF*

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