



KERALA COUNSELLORS' FORUM

(Reg. No. ER 344/92)

Santhwana Institute of Counselling & Psychotherapy
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SECRETARY

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KCF NEWS LETTER

KCF ACTIVITIES DURING October 2018 – March 2019

During this period we conducted 3 Workshops and one Elocution competition at Santhwana and one Executive Committee Meeting at the residence of KCF Executive Committee Member Prof. V.J. Antony.

CELEBRATION OF WORLD MENTAL HEALTH DAY

An Elocution Competition for 9th standard students from schools around Kochi city was organized by KCF on 7th October 2018 at Santhwana in connection with World Mental Health Day. The theme of the elocution was '**YOUNG PEOPLE AND MENTAL HEALTH IN A CHANGING WORLD**'. 44 students from 21 schools participated in the programme. The winners were awarded Rs.3000, Rs.2000 and Rs.1000 respectively for First, Second and Third. Besides, consolation prizes were distributed for 10 participants.



WORKSHOP ON 'HAPPINESS PROGRAMME' FOR KCF MEMBERS - SESSION I

A half day workshop on 'Happiness Programme' was organized on Sunday, 13th January 2019. About 60 members of KCF attended the programme. The workshop started with welcome address by Fr. Varghese Pudussery, President, KCF. The resource persons and the topics covered:

1. Mrs. Mala Ramanath

Topic : Worthy Goals and Ideas – She gave an awareness on personal development goals, spiritual goals, relationship or friendship goals, career and financial goals which leads to happiness.





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2. Fr. Varghese Pudussery

Topic : Don't delay happiness – Fr. Varghese Pudussery reminded us not to wait for happiness, we should enjoy it here and now.

3. Dn. Arun Varghese George

Topic: Physical and mental wellness – His presentation was based on wellness which is an active process of becoming aware of and making choices towards a healthy and fulfilling life.



WORKSHOP ON “HOW TO FACE EXAM WITH CONFIDENCE”

A half day workshop on ‘How to Face Exam with Confidence’ was organized on 20th January 2019. About 40 students from 20 schools attended the programme. The workshop started with welcome address by Mrs. Alice Poullose, Secretary, KCF, followed by an introduction by Fr. Varghese Pudussery, President, KCF.

Workshop was divided into four sessions. The topics covered in each session and the resource persons were :



Warm up session by Mr. Gigi Varghese, Trainer

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, Counsellor

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





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WORKSHOP ON 'HAPPINESS PROGRAMME' FOR KCF MEMBERS - SESSION II

A half day workshop on 'Happiness Programme – Session II' was organized on Sunday, 10th March 2019. About 60 members of KCF attended the programme. The workshop started with welcome address by Fr. Varghese Pudussery, President, KCF.

The resource persons and the topics covered:

1. Dr. A.K. Prema

Topic : Socio cultural aspects of Finland Model – She shared her experience of recent visit to Finland. Finland is the top scorer in Happiness Index. Though there are cultural differences between Finland's regions, they maintain their own cultural characteristics.

2. Fr. Varghese Pudussery

Topic : You Make Yourself Happy – Fr. Varghese Pudussery conveyed the message “Very little is needed to make a happy life. It is all within us and in our way of thinking”.

3. Adv. Nelson Joseph

Topic: Self Knowledge and Self Awareness – He opined that when we *develop* self awareness we are able to make changes in our thoughts and which allows us to change our emotions. Self awareness is one of the attributes of happiness.



UNARVU OUTREACH PROGRAMME

Mrs. Alice Poulose and Dr. Prema A K conducted a workshop at SBOA School, Chittoor on 2nd March 2019.

Topics covered :

- Mrs. Alice Poulose : Study skills and Behaviour Modification
- Dr. Prema A.K. : Adolescent Health





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ACTIVITIES OF KCF CHAPTERS

Idukki Chapter Activities



1. Class on 'Disaster Management'
Resource Team : **Sr. Lissiuex Thekkel**,
President KCF Idukki Chapter
Mr. Giji Varghese
Secretary KCF Idukki Chapter

2. Hope Mentors' Training Programme at Police Society Auditorium, Idukki
Resource Person : **Mr. Giji Varghese**



Thrissur Chapter Activities

KCF Thrissur Chapter conducted a session on Transference and Counter Transference on 06.01.2019 at Thrissur

Dr. P.J. Kochuthresia conducted a Seminar for Professors of Royal Dental College, Chalisserry on 'Mentoring Students'.



Kannur Chapter Activities

Kerala Counsellor's Forum Kannur chapter in collaboration with Hrudayaram Community College initiated a psychological counselling in Alappuzha, Ernakulam districts in Kerala in the aftermath of the deluge.

*Edited by Mrs. Alice Poulse
on behalf of KCF*

For Private Circulation to members of KCF only